

THE NEW RESERVE PLAN 2012 to 2022

Progress is being made on the next Reserve Plan for the next ten years which will include the 25 year vision for the NNR. However, we have several stages to go through with our specialists and advisors followed by a consultation. We then revise and formalise the results and then get our Area Manager Iain Rennick to approve the plan. We hope to be starting on the consultation process in the next month so look out for more details.

YEAR of NATURAL SCOTLAND 2013

The Year of Natural Scotland 2013 (YNS2013) is the latest in the Scottish Government's series of themed years, led by EventScotland and VisitScotland, which will culminate in Homecoming Scotland in 2014.

The aim of YNS2013 is to promote Scotland's stunning natural beauty and biodiversity, and promote opportunities to enjoy our beautiful landscapes, wildlife and heritage responsibly.

- Create economic benefit for Scotland through promotional and events activity by engaging with partners and businesses.
- Enhance Scotland's reputation as a place of outstanding natural beauty with a landscape and biodiversity to enjoy responsibly
- Increase awareness of and promote the activities available in Scotland's natural tourism attractions.
- Inspire Scots and visitors to experience and participate in Scotland's natural heritage at festivals & events, natural tourism attractions and outdoor locations.
- Promote Scotland's outdoors as a stunning and easily accessible place for active pursuits and the perfect stage for sporting events and outdoors events and festivals.
- Increase joint-working across industry bodies and public sector organisations across Scotland that play a role in supporting and enhancing nature tourism

Scottish Natural Heritage is the lead national agency for YNS2013 with responsibility for the planning and delivery of activity during the year. We will be playing a key role in promoting this throughout the country in a variety of ways.

Our aim at Tentsmuir NNR is, as always, to promote Scotland's natural heritage locally as well as nationally, with a view to encouraging more pride and enthusiasm in the Scottish population for that heritage. Our event programme this year will reflect this aim and will hopefully provide locals and visitors with a more informed and enjoyable experience of Tentsmuir Point & Morton Lochs. Look out for the events programme on our website, local press and our notice boards around the Reserve sites.

I am already excited as I think you'll agree I brought off the biggest coup, the biggest surprise of my life when I tentatively asked the brilliant wildlife artist Derek Robertson if he would like the position of Artist in Residence ... without hesitation Derek replied saying he would give his right arm for the post! More of Derek later.

So while we have some events planned, and we hope if successful with a funding bid in place we will enjoy a few more fantastic activities and events throughout the year.

TENTSMUIR NATIONAL NATURE RESERVE

BEHAVIOURAL & ATTITUDES STUDY

Phase Two of this study has been completed and we have received the final report from Rob Robinson Heritage Consultants. First of all we are delighted with the huge response from visitors.

To recap, the survey methodology aimed to obtain a good balance between observing sites, times of the day and phases of the tide, albeit with a focus on rising tides. During the times of observation (80 days in total) an effort was made to note every person/group that entered the Reserve – only those on the NNR were recorded. In total, some 1,051 groups comprising 3,342 people and 911 dogs were recorded.

Some of the key lessons concerning disturbance may be summarised as:

- The vast majority of visitors are responsible, with an interest in wildlife and a strong desire to see it conserved.

- Overall, around one in ten observed visitor groups caused a disturbance to wildlife.
- Disturbances were more likely to be caused by groups with dogs (65%) and the average number of dogs per group (with dogs) causing a disturbance was large at 3 dogs per group.
- Groups causing a disturbance were significantly more likely (twice as likely) to be approaching along the lower beach.
- The most common type of disturbance was caused by people being too close to wildlife (65%) followed by dogs being too close (46%), i.e. it was more likely that people (with or without dogs) were too close rather than only the dog being too close.
- The most common reaction of the disturbed seals was to head purposefully into the water (3 of the incidents).
- In 94% of incidents of disturbance there was no response or action taken by the individual involved or responsible for their dog.
- Around three quarters of visitors had seen the cartoon style behavioural signs and, of these, almost two thirds could remember one or more of their messages.
- For over one in ten of visitors who had seen the behavioural panels, the panels had caused them to change their behaviour.
- Visitors generally are aware that wildlife is endangered by visitors (and their dogs) and are keen to reduce their own impact and the impact of others on wildlife
- Some visitors would like to see a harder line taken on tackling dog mess and would favour access restrictions to particularly fragile parts of the site to protect wildlife in order to ensure that they were not accidentally causing a danger.

Hopefully, visitors to Tentsmuir NNR as well as visiting elsewhere in the countryside will become more aware of the disturbance they may cause to our wildlife and habitats.

Thanks again to Rob Robinson, Eve Schulte and Kirsten Campbell for the work involved in producing the report and to the visitors who volunteered for the focus groups. And a special thanks to everyone who completed a survey form.

The full report will be available on the NNR website very soon.

TENTSMUIR POINT

THE DYNAMIC COASTLINE

Returning after the Christmas break I was very aware that there had been storms and very high tides but I wasn't prepared for the dynamic and astonishing erosion in most areas of the Tentsmuir Point coastline. Areas such as the well established and growing southern end where the dunes had been building seaward over the past ten years had literally disappeared. To the north, the same thing occurred, the dune edge had been plucked away in places. Some slacks behind the dunes, which had been relatively dry since I came here over fourteen years ago, were filled with sea water.

The gale force winds have once again blown sand well inland covering large areas of the dune vegetation. However, the vegetation will recover quite quickly. Now if the next high tides can just dump all the sand back I would be better pleased!

MANAGEMENT

The herbicide programme to spray our target species on Tentsmuir Point and along Tayport Heath was successfully carried out, maintaining the open heath and the sequence of dunes from the pine, birch, willow, gorse, rosebay willow herb and clumps of creeping thistle from seeding and spreading. This highly successful management will continue this year.

The cattle grazed Tentsmuir Point for a few months and were often observed well out on the foreshore, no doubt escaping from the flies. This year they didn't even think about escaping that is until their last day on the site before returning to the farm, which was a relief. Thanks again to Robert Lamont and Rob of Scotsraig Farm.

Shortly Bob Ritchie and Mikey Smith and their team will carry out maintenance on the sea fences and rebuild parts of the south sea fence which took a battering during the storms.

In April we will again start the contract to control the numbers of crows and grey squirrels. The good news is we haven't observed a grey squirrel all year and they haven't been spotted by Elmwood College students who carry out the squirrel surveys.

EDUCATIONAL VISITS

Primary school visits have dropped off a fair bit and by all accounts it is down to the cost of hiring a coach to get the classes out onto the Reserve. A good number of high schools however, continue to enjoy the outdoor classroom. College and University student visits also continue to enjoy their field trips studies. We have a good number of requests for visits and for information mainly from High School students who are studying for their Higher and Advanced Higher in Geography. Most students are mainly studying sand dune succession and what a perfect place to study.

WILDLIFE UPDATE

Kirsten Campbell completed the big flora survey task of carrying out the National Vegetation Classification & a Rare Plants survey on Tentsmuir Point over summer. The report will be on our website shortly. Sadly some of the rare plants for example coral-root orchid did not show up this season and many other flora had a poor season due to the high rainfall, cold weather and a lack of sun. The sun something we all lacked from this year!

Its always exciting to find new species to the Reserve and this year Duncan Davidson had a moth group visit and the Scottish Entomologists Gathering held a weekend in Tentsmuir and they found: several moth species; the Red-necked Footman, Shore Wainscot, Lyme Grass moth and Sand Dart and several were recorded in the adjacent forest which were Fife firsts – Small Yellow Wave and two others that are to be confirmed by moth expert Duncan Davidson.

Three white-tailed sea eagles have been around for many months now and they can often be observed on the sandbars. Two ospreys spent their summer fishing the Tay which was a sight to behold, I wonder if they will return in the Spring?

At the moment there are good numbers of long-tailed duck, pinkfoot geese, greylag geese, snow bunting (26), eider duck, common scoter, velvet scoter, redshank, greenshank, grey plover, as well as the usual species; ringed plover, cormorant, oystercatcher, etc. Sadly shags have been hit hard due to the storms at sea where they have been unable to feed and it would appear hundreds have died of starvation.

Bill Alexander, who has carried out the SPA bird survey for over six years on Tentsmuir Point, has decided rather reluctantly to “retire”. Bill has been a tremendous ambassador for the Reserve, always willing to show other visitors what he has observed and pass his expertise on to others. I will miss the banter with Bill and wish him well for the future. This position is now vacant, if you fancy it and have a spare half day once per month please contact me and we can discuss the work involved. A keen knowledge of bird species, able to record on an electronic data sheet and a willingness to walk the coastline is all that is involved.

DID YOU KNOW & OTHER SNIPPETS

International award winning adventure cameraman, extreme-location and climbing photography for broadcast & film Keith Partridge, whom I mentioned in the last Newsletter, is the cameraman who filmed the Tentsmuir NNR production in 2003, had successfully climbed Mount Everest, has been awarded [International Explorers Festival 'Camera Extreme' Award](#).

Gordon Buchanan who was the presenter being filmed by Keith has been on TV lately with the BBC documentary about Polar Bears. Gordon is the man inside the safety of the reinforced pod, filming the polar bear which is out looking for its next meal!

MORTON LOCHS

MANAGEMENT

Contractor David Mackie and his team carried out the extensive herbicide programme around Morton Lochs and in the lochs themselves.

We have just started another heather seeding plot on Garpit Moor where Patrick Bowden Smith prepared the ground and used local heather seed. This is the sixth heather seeding plot and while growth is slow we are making progress. After discussing this management with local farmer Robert Lamont, Robert suggested planting large clumps of heather. We are looking into the possibility of bringing in large beds of mature heather from within the forest and planting them onto sites on the moor.

With such a wet year (the second wettest on record) we manipulated the spillway boards to keep the water levels at the desired height on a regular basis.

Shortly, a contractor will start to clean out the entire ditch network at Morton Lochs and dig out silt trap holes along each ditch. This will help to prevent silting up and increase the water flow through the loch system.

The Right-of-Way interpretation panel was broken up when a car driver reversed straight into it. This will be replaced shortly.

In April the mink, grey squirrel and crow control will start and during the summer the herbicide management programme will start on the lochs and throughout the site.

We are all glad to see the Forestry contractors come in this month and repair the access road up to Morton Lochs car park. Let's hope the wet weather and now with the weather forecast reporting frost it does not break up the surface too quickly.

WILDLIFE UPDATE

A previously unrecorded species for Morton Lochs turned up recently; a pair of raven was observed by Jean Stewart's Nature Group at Morton Lochs and we have also spotted them. They are probably the same pair that has been observed at Tentsmuir Point and around the office here at Fetterdale.

Although the lochs were frozen at the start of winter, the recent wet & mild weather has seen a fair bit of activity on the lochs. The mute swan pair were successful in rearing seven out of eight cygnets and the seven were chased off at the beginning of January.

Wigeon, mallard, coot, a solitary smew, heron, tufted duck, buzzard, kestrel, little grebe, great spotted woodpecker, green woodpecker, kingfisher, woodcock, jay, tree creeper, wren, blue tit, great tit, long-tailed tit, coal tit, goldcrest, mistle thrush, otter, roe deer, fox, badger and the elusive water rail have all been observed recently.

Shortly we are to start a three year investigation into the decline of teal at Morton Lochs. A contractor will monitor the teal and their habitat and provide SNH with the field data. Sadly the teal numbers on the lochs have been in decline since the Lead Burn was diverted away from Morton Lochs and they have not recovered in good numbers since the burn was restored.

We constructed two squirrel feeders and filled each with peanuts and they were put up around Morton Lochs. The plan was four fold; we can observe the condition of the red squirrels, we can see if there are any grey squirrels using them, Lorne Gill our photographer and his camera award winning son Fergus filmed and took images of the red squirrels for YNS2013 and shots of the birds feeding around one of the feeders. They are of course there for visitors to enjoy watching the red squirrels.

DEREK ROBERTSON BA RSW SSA SAA

It gives me great pleasure to introduce to you a wonderful wildlife artist Derek Robertson. Derek's art works have been a favourite of mine for many years and Derek has kindly accepted our invitation to be our Artist in Residence at Tentsmuir NNR for the Year of Natural Scotland 2013. Derek provided a bit of his life story and what he hopes to carry out over the year.

"I was both delighted and honoured by the invitation to be official artist-in-residence at Tentsmuir National Nature Reserve in 2013 – celebrating the Year of Natural Scotland.

I have a long and happy association with Tentsmuir. Having grown up near Wormit, I remember going on family walks and spending whole days in the woods and on the beaches. As a teenager, Tentsmuir and Morton Lochs were the first place I came to sketch wildlife. My parents would drop me off at the road end first thing in the morning and pick me up at the end of the day. When I got my driving licence, it was a regular place for me to go painting and I have many happy memories of the reserve- sitting in the hides at Morton Lochs early on a cold morning and watching otters and kingfisher. Once, a party of Capercaillie flew over the loch and landed in the trees. I always enjoyed winter –snow buntings flitting across the sand dunes, but also the end of summer -walking along the beach at night surrounded by the clamour of migrating terns.

We are still waiting on grant applications to see how the project will develop. We may have collaborations with other agencies and artists, but I am making plans now for what will be possible under

various scenarios for 2013. I will be building up a series of field studies and already have some ideas. I will be focusing a lot on the red squirrels, the seals and otters but I am also very interested in the sea eagles, the eider and some of the winter birds I have seen over the past few weeks. The long-tailed ducks at the point look magnificent at this time of year. I will also do a series of landscape studies and finished studio paintings. Later on, I will incorporate all of these into some more imaginative pieces of artwork. Watch this space.

Working with SNH, I will be participating in many of the events on the reserve as well as open studio and demonstration days. I will also mount on-site exhibits, both of real work and an on-line, virtual art-trail around the reserve that can be accessed from your phone. I will also run some exhibitions locally and will be holding displays in St Andrews and Dundee with a major show at the end of the project in Glasgow or Edinburgh. Throughout the year, I will also be displaying artwork and material related to the residency at the many exhibitions, talks and other events I take part in.

I want to thank Tom and all at SNH for this opportunity and for their enthusiasm and encouragement. I am really looking forward to 2013."

Derek Robertson has been a professional artist for over 20 years. Best known for his paintings of wildlife, he has written and presented television programmes and had many books published about his work. His books and television programmes have been short-listed for awards and his paintings have won numerous prizes. He exhibits internationally and his paintings are in art collections in over 50 countries around the world. He is an elected member of the Society of Scottish Artists, the Royal Scottish Society of Painters in Watercolour and the prestigious Society of Animal Artists in the USA. He works from his studio in Balmerino, Fife.

www.derekrobertson.com (Derek's Paintings of Wildlife and Countryside)

www.creativepastures.com (Derek's Poetic Narrative Paintings, Assemblage and Sculpture)

Derek also provided these images of his wonderful wildlife art works.



Woodcock – Painting Image kindly provided by Derek Robertson BA RSW SSA SAA

VOLUNTEERS AND VISITORS EXPERIENCE

The volunteers at Tentsmuir NNR continued their great work on the Reserve, butterfly and bird recording all carried out successfully by Daphne, Gillian, Ruth, Anne-Marie, Ailsa, Gerry, Paul & Bill. Emma Taylor and Eve Schulte led and assisted us at our summer events and Rob Bell carried out a heap of management work out on the Reserve.

We didn't have as many volunteers this summer which gave Assistant Reserve Manager Alex a bit of a rest :) however, Rob kept him busy.

Vi Shannon who is a regular visitor to Morton Lochs, the ever smiling Vi kindly provided this note of a recent visit to Morton lochs:

Dear Tom,

It was delightful to meet you last week at Morton Lochs, and we had a great time. Jean Stewart said that you had asked if one of our group could pen a piece about our visit, and I was forcibly elected to do so! Jean said you might consider using it in your newsletter if it was OK. I attach a brief account of our visit, and hope it will warm your heart, as it was a truly magical day. Thank you from all of us for maintaining the Reserve so beautifully for us all.

A Beautiful Winter Morning at Morton Lochs

"On 27 November 2012 our Tuesday Bird Watching Group enjoyed a special time at Morton Lochs. Although it was very cold, the sun shone from a clear blue sky, and it was a still morning with no wind. On our way to the Len Fullerton Hide we saw 3 roe deer sprinting across the path into the farther woodland. From the comfort of the Hide we were treated to a view of many widgeon and teal, seemingly floating across the water, or resting on the islands after their earlier foraging. The sunshine highlighted their plumage and their colours glowed. Occasionally flocks of teal took off in a sudden flight, to resettle again on a different part of the loch.

Across on the other side of the loch we spotted two snipe sleeping among the tufted grasses, watched by a resting moorhen, while a stately heron kept watch on the other shore before flying off across the loch to find another viewpoint. The gentle movement of these birds was a delight to see as they seemed to flow from one part of the loch to another. Into this ballet of movement then sailed a family of seven swans, the five cygnets almost as big as their parents.

Around the loch the trees were almost bare, but the willows still had a shimmer of golden leaves, set against the different shades of green of the Scots Pine. Suddenly we saw a display of drama in the sky as two ravens soared above the forest canopy, and three skeins of geese announced their own flight across the site with joyful calling.

The Hide is at the level of the willow canopy at the edge of the loch, and out of the side window we saw a Blue Tit and a Coal Tit busily searching along the willow branches for food, and missing nothing. Then, beside them we saw a Gold Crest also feeding in amongst the branches of the adjacent conifer tree. It was indeed a special morning, and we left feeling peaceful, and grateful to those who maintain this beautiful Nature Reserve for us all."

New Research completed at Tentsmuir Point by Gillian Agnew (SNH)

This article is a humorous look into celebrating a milestone birthday by one of my colleagues, who obviously wanted to celebrate this landmark birthday and rather than going to Paris or Rome wanted to spend this special day somewhere out of this world. As part of the permit conditions Gillian had to carry out the research for everyone to read, what makes the day that bit special.

Gillian wrote: In early September, we were joined on the reserve by a member of SNH staff wishing to carry out a short research project. After the necessary permits were obtained, the research got underway on a very sunny Wednesday and I am pleased to be able to provide the following report on the findings:

Research Project Title: "Over the (sand dune) hill"

Purpose of research: To establish if Tentsmuir NNR is a suitable place to spend your 40th Birthday.

Preparation: Bribe the Reserve Manager with cookies.
Chill a fine bottle of champagne.
Prepare (buy) a picnic lunch....this was no ordinary picnic lunch.....

Methodology:

- Load car with camping chairs and table, cool bag containing champagne and lunch, two (very well behaved) dogs, tennis ball and an old man.
- Drive through Fife to Tentsmuir, marvelling at the blue skies.

- Meet Reserve Manager to obtain permits and be escorted to beach.
- Apologise profusely to Reserve Manager after Isla the collie tries to take his leg off.
- Say farewell to Reserve Manager and pick a nice spot close to the water to set up picnic.
- Continue to marvel at blue skies and lack of rain...in September...in Scotland...
- Kick off shoes and run with carefree glee and energy of a twenty year old to water to get feet wet.
- Throw tennis ball for mutts.
- Return to picnic site and check time....11.50 am.....champagne time!
- Throw tennis ball for mutts.
- Take pictures as evidence of fun times being had and crack open champers....yay!
- Throw tennis ball for....you get the picture.
- Drink champers and feast on crayfish tail salad, Asian noodles, some fancy chicken thing, chocolate cake and cream.
- Regret not bringing two bottles of champagne.
- Laugh as the wind whips the hat off a man with a tripod making him run after it.
- Scold old man for passing wind...then realise it's the seals on the sandbank.
- Feel the sun in my face, the wind in my hair, the sand in my toenails....
- Pack up and return to car after several hours with a full tummy, two knackered dogs and the same old man.

Findings:

- Collie dogs are unpredictable (but lovable).
- The sun and sand are warm and blinding
- The views are stunning
- The peace and tranquillity are amazing
- Old men aren't as noisy as seals.
- A great time can be had doing very little....just....watching and listening.

Conclusion:

Tentsmuir NNR is a fantastic place to experience, observe and wonder at all that is magical about Scotland and its wildlife (including old men, dogs and Reserve Managers) on such a special day. Unforgettable although further research may be required!

WHAT'S ON

The events over last summer and autumn were attended by an amazing amount of visitors who all enjoyed the activities, we estimated over 993 visitors of all ages kept us very busy!

The events included; The Family Day 'Natures Olympians' event, Holiday Fun at Tentsmuir, Nature Explorers Day on Tentsmuir Point & through the forest, Habitat Day, Red Squirrel Activity Day and Crime Scene Investigation "Live 'n' Deadly" Autumn Fun. They were all great fun (if a little stressful at times) and the kids especially (and some BIG kids) had a ball and of course they learned a huge amount about our flora & fauna and habitats.

This is a short article about the last event:

Crime Scene Investigation "Live 'n' Deadly", Autumn Fun at Tentsmuir NNR.

The last main event on October on Tentsmuir NNR which was a joint event with FCS had us working flat out for over three hours.

Over 280 visitors, all families enjoyed the Crime Scene Investigation (a CBBC favourite, you will all know about that?) following the clues and questions in the little detectives note book, designed to lead them through our trail in the woodland to eventually solve the crime and reveal the culprit.

However, the eager visitors had more to do after they solved the crime, strictly marked of course to win the "Live 'n' Deadly" badge and they all expected it and everyone joined in. The challenging "touchy-feely" boxes had a few puzzled faces as their tentative fingers ferreted about in the boxes. Then fat and seed mixtures spread along the tables and on the ground as the kids pummelled the mix into pine cones. Apples next as they were punctured all over with the larger black sunflower seeds, and finally paper craft work producing bird face masks, wrist flyers and colouring in bird images.

Many thanks go to volunteer Eve Schulte who planned most of the activities and ably supported by FCS Robin Lofthouse, and myself and Caroline Gallacher. An enjoyable exhausting day oh aye roll on YNS2013!

At the end as we cleared up, there were still late starters coming back, eventually we were able to retire. The wild birds around the site must have had a feast with all the seed lying around.

You must have guessed who dun it by now guv? It was the Stoat of course!



Autumn Fun Day fun at the bird activity table

Year of Natural Scotland 2013 Events

We have a number of events planned for everyone and several have still to have dates settled so keep your eye on the four notice boards we have around the Reserve and Kinshaldy car park for forthcoming events, date & times. Several more may happen but it all depends upon the success of our bid application for funding, this mainly applies to Derek Robertson's great ideas.

- Artist in Residence, Derek Robertson will be on site throughout the year. A few days every month painting the wildlife and the habitat. Derek also has ideas for exhibitions and other wonderful activities BUT it depends upon funding.
- April - Spring into action at Tentsmuir NNR – the Big Weekend event. Walk and cycle to try and see 3 of the Big 5 (otters, red squirrels and seals).
- July – The Tentsmuir Point Family Day event. Celebration of the arts and music YNS2013 themed. Watch for news in the June Reserve Newsletter and local press.
- August 8th – Red Squirrel Day with SNH, FCS & FCCT Sophie Eastwood.
- August – Going Batty at Tentsmuir Forest & Tentsmuir NNR. Bat themed activities with the Fife Bat Group.
- November – Dawn goose watch at the Eden Estuary & Tentsmuir.

However, please keep a look out for information on these events and others that may happen. We will have articles in the local press, our websites (see front page) and the noticeboards.

IRRESPONSIBLE VISITORS

UPDATE: It just gets worse and worse, the dog poo around the Morton lochs car park and footpaths is disgusting. The irresponsible dog owners just do not care that other visitors particularly the young nursery children who are using this lovely area to learn about nature!

Fife Council in conjunction with the Police has launched a new initiative to catch irresponsible dog owners and posters and cards have been distributed in all the towns and villages. Basically anyone can contact them on 08451 550022 and provide information leading to the identification of the dog owner. Let's hope we can help catch the culprits.

What do these people think they are doing?

BIG THANKS

The electronic version of the Newsletter is spreading throughout the world. It is read by some of our heroes in Afghanistan, readers in Hungary, France, Australia and New Zealand. I believe one of our Tentsmuir NNR bags has even been in a helicopter that regularly flies over Antarctica.

I had a great response to our plea to receive an electronic copy of the Newsletter which helps to reduce our carbon footprint. I would ask those who can, to request an electronic copy of the Newsletter. Please email me if you are able to receive an electronic copy as this will reduce our paper usage, photocopier use and postage. Also please remember if you change your email address to let me know. A few people must have changed recently as I did get some failure to deliver messages.

Many thanks to all who contribute to the Newsletter and the valuable data collected for our flora and fauna records and to the local newspapers for articles.

Enjoy your visits to all the sites in the Reserve. Take away only memories and images and leave behind only your footprints.

Tom Cunningham.
Reserve Manager
Fetterdale Office
Tentsmuir Forest
By Tayport.
DD6 9PF

Tel/Fax/Answer machine. 01382-553704. Email: tom.cunningham@snh.gov.uk

PS After a good start to the football season the Mighty Raith Rovers form slipped, we hadn't won a game since November that was until this month when we won at last. And losing our local derby against Dunfermline three times in the trot Mutter Mutter mutter

Be aware of ticks in the UK countryside and elsewhere in Europe. This is a message from all the responsible environmental organisations in the UK who are aware of the rise in the number of ticks in our countryside. All visitors to our countryside should really examine themselves and check for ticks as soon as you can. If you do happen to have one attached remove it as soon as you can. To guard against ticks: Keep trousers tucked into socks and wear light coloured clothing. Examine your body for ticks in the backs of the knees, groin, under the arms and on the scalp. Dog owners should also check their dogs. Stay safe, be aware.

Useful websites: www.snh.gov.uk, www.nnr-scotland.org.uk and www.tentsmuir.org for information on the Reserve and surrounding area as well as our work in SNH.

Keep up to date on our Facebook page  "Scotland's National Nature Reserves".

Have a look at www.placebookscotland.com and put your own images, stories and poems on this new website, it's yours to use and put all your favourite places on it, including Tentsmuir NNR!