

# East and Old Eco Special

The September Handout



The Memorial Rose Garden at the East and Old Church

## East and Old Church The latest local news on Eco and Creation

----- HEATHER MUNRO

Back in 2016, we added a memorial rose garden to the churchyard at the East and Old Church, but it most certainly took us longer than a day. The Green team took about a week to clear the site and another couple of weeks to get the posts cemented in, the trestles up and the soil ready for planting.

We also asked the good people of our church to buy rose plants in the names of lost loved ones so that we could plant them in their memories.

One project down so many more to go.



The green team have also added to God's creation by turning the swampy part of the lower churchyard into a gravel area of permanent planting and decorative tubs.



All hail Doug Robertson, the wonderful Michelangelo of the wood working world, who created the decorative tubs you can see around the churchyard. These were created from old pew wood which helped save new trees from being harvested, or wood from being added to landfill.

Although we aren't in God's league when it comes to creation, we do our best to help brighten his world.

### Creation

- **in the beginning** - God started creation
- **the first day** - light was created
- **the second day** - the sky was created
- **the third day** - dry land, seas, plants and trees were created
- **the fourth day** - the Sun, Moon and stars were created
- **the fifth day** - creatures that live in the sea and creatures that fly were created
- **the sixth day** - animals that live on the land and finally humans, made in the image of God were created
- **by day seven** - God finished his work of creation and rested, making the seventh day a special holy day.



A rose by any other name





The World's Oceans are not the only water in danger

# Handy Hints

## How to save water

----- **HEATHER MUNRO**

This months handy hints are all ways in which you can reduce your water to save money along the way .

- 1. Turn off the Fawcett between rinses when brushing your teeth.
- 2. Re-use the water from washing your windows and car to water the garden.
- 3. Boil all your vegetables in one pot - this saves on water and power too.
- 4. If you have an electric shower that produces instant hot water - don't use the water heater whenever you need a bucket of water to wash window or the car. You can even fill a basin whenever you need to wash the dishes.

- 5. Fill the kettle with just the amount of water you need as this takes less time and less power to produce your tea and coffee

### Water

#### How Lockdown helped the oceans

----- **HEATHER MUNRO**

According to the Ocean Conservation Trust climate change has lead to a "massive threat to coastal and marine ecosystems" through a rise in ocean temperatures and the melting of the ice caps.

Lockdown actually helped the planet as people stayed at home less emissions were released into the air, less people used the oceans for travel and fishing and das a result of this at least six places in the planet have benefited for less human use:

- 1. River Ganges, India, has been clean for the first time in decades.
- 2. Beaches used by turtles have seen almost extinct species thrive.
- 3. Horseshoe Crabs have increased substantially at Delaware Bay, along the shore of New Jersey.
- 4. Endangered otters returned to the lakes in Malaysia.
- 5. Fish stocks world wide have increased since the fishing fleets stayed at home.
- 6. With oceans being at their quietist for 150 years, whales and dolphins and other marine life, who usually stay away deep below the ocean surface have come up for a look see and rarely seen species such as Dugongs have been sighted.



**Remember we share the waterways on this planet.**





The Garden of Hope

## Trees – The Garden of Hope, Padanaram

----- **HEATHER MUNRO**

I want to thank everyone who helped to buy the trees and those who came out to plant trees and create the new Padanaram Memorial Woodland in April. The East and Old Church, Angus Council, and the Padanaram Community Action Group got together with the Woodland Trust to help get the new woodland underway. For three days volunteers helped to plant 1200 trees and a few hundred shrubs in memory of those who have died from Covid and those who work on the front lines in the NHS.

The work was completed in a very short time, and we hope that this woodland will be a not only a lasting memorial but a help in fighting climate change and improving the air quality in Forfar, Padanaram, Maryton and Kirriemuir.

Also thank you to everyone who attended the official opening on 7<sup>th</sup> August 2022.



Strathmore Primary School

Part of our tree planting projects also included building a planter from leftover wood and gifting it to Strathmore Primary School.

Once the planter was made and delivered, on the school sports day, we planted it out with a fruit tree and wildflower seeds.







The 2021 Septemer harvest from the Kids Kitchen Garden

# Harvest

## The Kids Kitchen Garden

----- HEATHER MUNRO

In October 2020 the East and Old Church applied for a grant of just under £2000 to create a Kid's Kitchen Garden and Orchard at the rear of the parish churchyard in Forfar.

In December 2020 the East and Old Church were informed by Keep Scotland Beautiful that we had been successful. We then bought large planters, soil, trees, vegetable seed etc., and began to create our garden spaces.

The items were delivered, and we began to move items to the church and begin our build.

Bleak view to this exciting and transformed view: With a mini orchard and a herb garden as well as vegetable tubs that were planted out by the Sunday School children and various volunteers.



This year we are doing something different with the Kids Kitchen Garden at the rear of the East & Old Church. We are using the garden to teach the children who attend Chimes Nursery to plant and grow their own vegetables



TOMATO PLANTS

Every other Monday at 10:15am for about an hour, we go to the nursery to teach the children about different vegetables - where the vegetables originated, how they help your body, when to plant them and how long it takes them to grow. We even teach them about various recipes they can use with their parents to make delicious wholesome homegrown veggie alternatives.



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# Climate Change

## How you can help save the planet

----- **HEATHER MUNRO**

Although the little guy cannot always change the minds of big business or government policy, we can contribute in small ways to saving the planet from climate change by doing unremarkable everyday routines such as:

1. Every time you use a roll-on antiperspirant instead of an aerosol spray.
2. Every time you use natural and non-toxic cleaning products in your home.
3. Every time you steam clean your home without the need to use harmful and abrasive cleaning products.
4. Every time you put a recycled item in your grey bin.
5. Every time you re-use the same plastic bag at a shop or use the canvas shopping bags instead.
6. Every time you buy a Fair Trade Product.
7. Every time you buy a product which has been made from recycled materials such as bin bags or kitchen rolls.
8. Every time you use those leaftovers instead of throwing them away.
9. Every time you donate items to a charity shop instead of sending it to landfill.
10. Every time you use a hoe to garden with instead of a chemical weed killer.
11. Every time you put your garden waste in your green bin or take it to the recycle centre.
12. Every time you plant an oxygen giving plant or carbon eating tree in your garden.
13. Every time you upcycle an item instead of sending it to landfill.
14. Every time you feed the birds and hedgehogs in your garden.
15. Every time you use less water in the shower or reuse your old water to water your plants.
16. Every time you decide to walk instead of taking the car.
17. Every time you plant and encourage bees and other wildlife in your garden.
18. Every time you take a low carbon holiday such as a cruise.
19. Every time you pick a piece of discarded rubbish up and put it in a bin.
20. Every time you think about the planet first.