

Rural Connect Newsletter No. 26

Hello and welcome to another edition of the newsletter. We have been enjoying the photos coming in to our [website for the photo-competition](#), keep sending them in. Our winter photo-competition closes on the 24th of February so we need your entries in to our website before then. But don't worry if you miss out on this one as our spring photo-competition will open very soon after.

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RURAL CONNECT

DISCOVER

The Rural Connect team are planning their summer events for 2014 and have finalised all the dates. You will be able to see all the [dates and locations here](#). We have loads of things happening and we would love to see everyone getting involved and taking part. We have the SRUC Oatridge Farm Open Day in May, West Lothian Project Bee in July and August, and our Wonderful Wild Wednesday roadshow starting in the summer holidays. Lots to get involved with, so have a look and get out and enjoy West Lothian.



SHARE



[The Garden Angels Project](#) is a volunteering project established by the [Volunteer Sector Gateway in West Lothian](#). If you are 60 years of age or over and are looking to get some help with your garden then you can contact Garden Angels and they can help out with all those design and maintenance jobs that the garden needs to keep looking good. The Garden Angels project is also looking for volunteers to help them out for this coming season, so if you have a bit of spare time, or are looking for a volunteering experience to improve your skills, knowledge and experience then this could be a good project to get involved with. Contact the coordinator Jeneva Storme via email at Jeneva.storme@vsgwl.org or give them a call on 01506 650111 for more information.

CONNECT

Young Scot and Homecoming Scotland 2014 Funding

Young Scot is offering an exciting opportunity to young people and youth groups to celebrate the year of Homecoming 2014. Young Scot will help fund £1000 to successful groups to host an event in their local area that helps celebrate the community. The event can take any form that the youth group decides. More information and the application form can be found at [Young Scot](#) and [Money for Life Challenge](#) websites.



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'Top Team Picks'

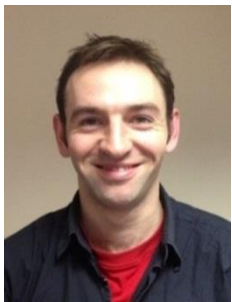
As always, our team gives their 'top picks' of things to see or do over the next two weeks.

If you follow one of the team's suggestions, please let us know what you thought of their 'top pick'!



Eric

Starting the Vegetables.; Mentioned a couple of weeks ago that we had started sowing the Kelsie onions in the greenhouse and these are looking well and will be potted up next week into individual pots ready for planting out into the raised beds in the coming months. We have also started on the seed potatoes for this season and have placed them in trays to allow them to sprout before we start to plant them – you can also use empty egg boxes to stand them in. This Saturday sees the annual [Linlithgow & District Allotment Society](#) is holding its annual Seed Potato Day - Masonic Hall in Linlithgow on Saturday 22nd February, between 10:30am – 12:30pm, If short on space look to grow your spuds in a sack or big plant container. Have a look in the BBC web site for more details on chitting and growing potatoes: <http://tinyurl.com/qh7xvl6>



Russell

An interesting little website that we have been using lately is the [Herb Society Schools website](#). There is a range of great facts and information sheets about herbs: how to use them and how to grow them for example. But the thing I like about it is the way it looks at the historical story of some herbs: humans and herbs have a very long connection reaching far into the past and this website tells a bit of that story. I really like the story about the Goddess Leto, who is stung by a bee and in anger sends a flock of purple birds to kill the bees. The beekeepers protect their bees though and instead kill the birds. Zeus is impressed by this act and then turns the dead birds into the plant we all know as Lavender. They don't tell 'em like that nowadays!



Bernice

Do you love eating fish or do you just love the wonders of the sea? Either way, our seas need our help! We only have a small section of coastline in West Lothian, however, this is all we need to join the 100's of people across the UK doing something amazing for our seas, shores and wildlife. Schools, community groups and individuals are all welcome. There are many ways in which you can get involved; check out - <http://www.thebluemile.com/> and get registered today.



Jemma

Ever thought about a career in the land based sector? There are lots of opportunities out there, from volunteering, internships and placements to full on courses and career opportunities. The land-based sector has a range of industries; environment and countryside, agriculture, aquaculture, horticulture, equine, fisheries, animal science and many more. There is a huge variety in the type of career you could end up in – some of them don't even require you to go outside! For information on the land-based sector see the [Lantra website](#) for more details.



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