

73 years later...Cherry Tree replanting begins

In 1935, 5000 Girl Guides, Brownies and Rangers from the City of Edinburgh planted 400 cherry trees to commemorate the Silver Jubilee of King George V. Seventy-three years later, the ornamental cherries are reaching the end of their lives. In a tree consultation carried out by the Friends of Braidburn Valley Park, there was an overwhelming enthusiasm to replace the cherry tree trefoil in stages.

So, in January 2008, 12 of the original Guides from 1935 joined Guides, Brownies and Rainbows from Greenbank Church, the Friends of Braidburn Valley Park and Edinburgh Council to start to replant the cherry tree trefoil.

A bitterly cold day at the end of January is probably not the best time of the year to ask the veteran Guides to plant trees. However, it is good for the trees, and the blossom that appeared on all of the new trees this spring shows that they have got off to a good start for the next 73 years. Thank you very much to the



ladies who made such an effort to attend the event. 2009/10 is the Centenary of Girl Guiding and planning is underway to make sure that more trees can be planted in a ceremony during this time. This will make sure that Braidburn Valley Park continues to be a special place for Edinburgh Girl Guiding, and for the cherry blossom, an attractive feature, that can be seen from many vantage points in Edinburgh.

www.braidburnvalleypark.org.uk

The website of the Friends of Braidburn Valley Park - www.braidburnvalleypark.org.uk - is now up and running thanks to a small grant from Edinburgh Council Neighbourhood Partnership. It provides information about the latest news and events from the park, its history and wildlife, Friends Group details, and more. It also contains a wealth of photographs of different activities and scenes from the park.

The Friends have also set up an email address for

general enquiries:

info@braidburnvalleypark.org.uk

Comments and suggestions about the website, the Friends, or the park are always welcome.

Please visit the website, add it to your Favourites, Bookmark it and recommend it to your friends.

Friends of Braidburn Valley Executive Members

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Newsletter of The Friends of Braidburn Valley Park

Green Flag Flies



In 2007, Braidburn Valley Park became one of Scotland's first to receive the prestigious Green Flag Award for excellence in parks. Lindsay Walls, of the Friends of Braidburn Valley Park committee, along with Edinburgh Council staff, collected the flag from a ceremony in Leeds.

In February 2008, the flag was officially raised on our new flagpole at the main entrance in Greenbank Crescent. On one of the wildest days of the winter, the Council and Friends welcomed supporters from local organisations who have been so helpful in achieving the improvements that we all now enjoy in the park. Children from the Eco-committee of South Morningside Primary helped to hoist the flag just before the sycamore tree crashed onto the Shell garage on the other side of the road.

The Green Flag award is annual, so the assessment for 2008/9 started in January by updating the park management plan. Two judges visited in June and were again impressed with the amount of community involvement in the park. In July it was announced that Braidburn Valley Park had been awarded its second Green Flag. This was collected from a ceremony in Liverpool, again by Lindsay.

Then disaster struck! The first actual green flag was stolen in mid-July. Edinburgh Council are investigating ways of making sure that this does not happen again, and PC Mike Brookes would be delighted to hear from anyone who might know anything about its theft. This is why there has been no green flag in the park over the summer.

However, the plan is that the 2008/9 flag will be hoisted to start the 2008 "Afternoon Tea in the Park" summer event on 6th September at 2pm. Friends are invited to gather round the flagpole at the park entrance

to see it being hoisted. Then the work begins for 2009/10!

AFTERNOON TEA IN THE PARK, 2008

**Braidburn Valley Park
Saturday 6th September
2 - 4.30pm**

Featuring Te POOKA circus theatre

Duck Race Raft Building
Crafts Highland Dancers
Vintage Cars Face Painting

Refreshments

All Welcome!

Braidburn Valley Park Wildflower Meadow

Planted by the children of South Morningside Primary School and Pentland Primary School

Wildflowers form the basis of a healthy habitat for insects, birds and mammals. They also help bring us closer to nature. At one time wildflowers, including the ones planted here, were part of everyday life. They were used for food, medicine and more. Ten common wildflowers are shown here. Can you find them in the meadow?

If you want to find out more about the wildflower meadow and its habitat, Friends of Braidburn Valley Park have produced an education pack for schools and groups to use. Contact City of Edinburgh Council, Services for Communities.



<p>Self Heal Made into a syrup, it treated sore throats and was a gargle for mouth ulcers. It has been used to treat internal bleeding, as a compress, and for spleen, liver and kidney problems.</p>	<p>Birds-foot Trefoil This plant is so named because its seeds look like bird's feet. It's poisonous if eaten, but the flowers can be used to make a yellow-orange dye. It also makes a useful green manure.</p>	<p>Tufted Vetch This small but beautiful scrambling plant is a relative of the pea. It's good in pasture fields and makes an excellent green manure (a plant grown as fertiliser).</p>	<p>Ribwort Plantain This was used to make a poultice for wounds, swellings or sores and could be added to ointments. It was used in a ritual to try and foresee the future of two lovers.</p>	<p>Red Campion The root of this vivid plant has been used as a substitute for soap, especially for clothes washing. The crushed seeds are said to be able to cure snake bites.</p>	<p>Yarrow Yarrow makes beer and tea, a yellow dye and is said to cure many things, from consumption to baldness. Young women used it in a ritual to find out the name of their true love.</p>	<p>Common Poppy The seeds are used as a spice. A syrup of the flowers was once used to help children sleep. Poppies grew on World War I battlefields and symbolise Remembrance Day on November 11th.</p>	<p>Field Scabious 'Scabious' may come from the word 'scab'! Scabious ointment was used to treat breathing and skin problems, pleurisy, fever, coughs - even a stitch in the side!</p>	<p>Meadow Cranesbill This blue-flowered plant is named after the shape of its long brown seed heads. Some cultivars of this plant are specially grown for gardens.</p>	<p>Common Knapweed This plant looks a bit like a thistle. Knapweed could be used to make yellow, bright green and rich dark brown dyes.</p>
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Wildflower Meadow Panel Installed

Previous editions of the Valley Voice have reported the preparation of a wildflower meadow information panel that provides more details about some of the beautiful native flowers in the meadow. The panel has been prepared by Heather Christie and Andy Glidden for the Friends of Braidburn Valley Park as part of the wildflower meadow project funded by the Scottish Executive and Scottish Natural Heritage.

After a long wait, the panel has now been mounted on a stone cairn in the south east of the park, facing the wildflower meadow and the Pentlands beyond. The panel provides fascinating facts about ten key flowers. For example, did you know that Field Scabious was used to treat breathing and

skin problems, and that Yarrow and is a cure for baldness!

The wildflower meadow is at its best in the summer, so come along to the park to visit the new interpretation panel and find out for yourself about what amazing flowers are on our doorstep

Painting Competition

Congratulations to Alexandra Freeman-Carney from South Morningside Primary, whose painting of her visit to the park was featured on the front page of the last edition of the Valley Voice.

Braidburn Orienteering Course

Visitors to the park will have noticed a new feature - 21 orienteering posts placed around the park. The Friends have installed this course with money from Edinburgh Council's Parks and Greenspaces Community Grant Scheme. The low, wooden posts each have a steel plaque with a number and two initials. Runners use a map to find the posts and run between them competitively or for fun.

The Braidburn orienteering map has been prepared by Edinburgh orienteering club - Interlopers. This map is available for schools, uniformed organisations, orienteering clubs, families and individuals to download from the Friends of Braidburn Valley Park website: www.braidburnvalleypark.org.uk Print off the map and use it to set your own course.

Interlopers and the Friends of Braidburn Valley Park launched the course by hosting an Introduction to Orienteering evening in the park on 11th June. Participants ran round two specially prepared courses, finding the best way to run between the cunningly positioned markers.

Come along and try the course for yourself!

