

RAIK

METABOLIC EVOLUTION
A walk through the Raik Road

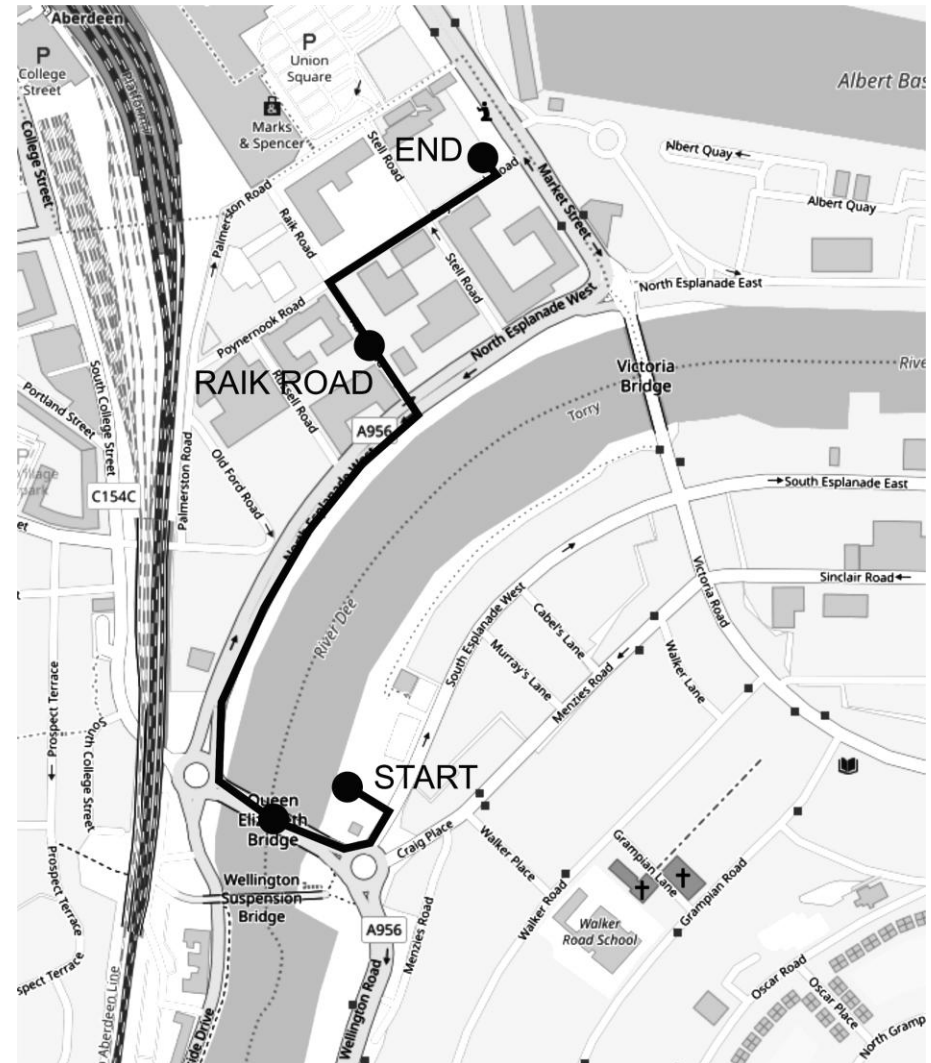
Metabolic Evolution: A walk through Raik Road

This booklet provides a set of resources to accompany a walk through the Raik Road area of Aberdeen. The walk starts on the banks of the River Dee on the Torry side, just next to the rowing club boat houses. It then crosses the bridge over to the Raik Road area on the north of the river and ends at Community Food Initiatives North East on Poyner Road.

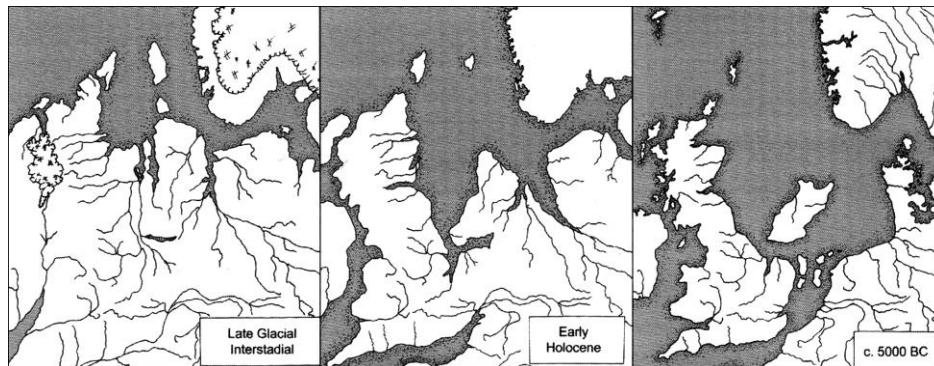
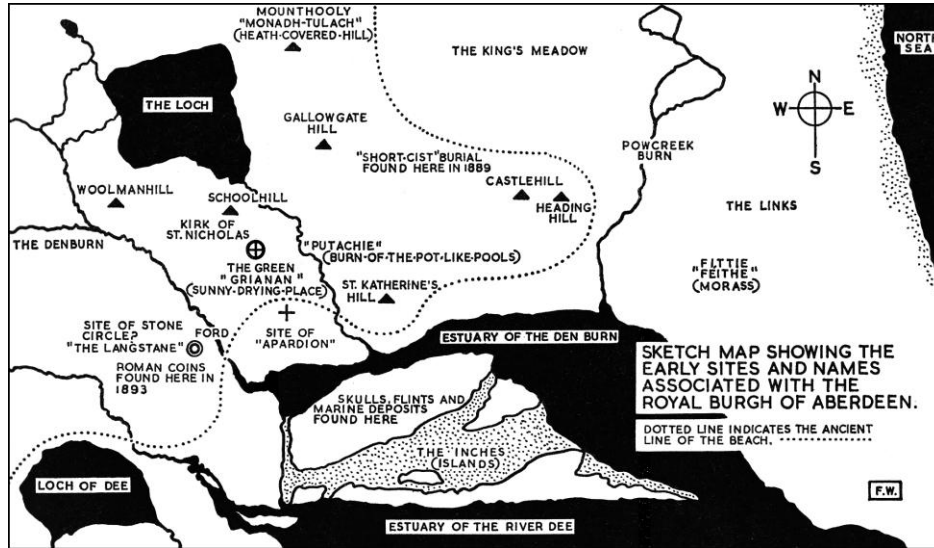
The resources include visual material relating to different periods in the history of the area, from the Mesolithic to the present, and interviews with people who have personal connections there.

These enable a richer reading of the area that is intended to feed into a Deep Mapping activity that is outlined at the end of the booklet.

The walk has been given in a guided form, with contributions from guest participants, but you can also follow the route yourself and create your own mappings of the area, its history and the different forms of life and ways of living that have passed through it over time.



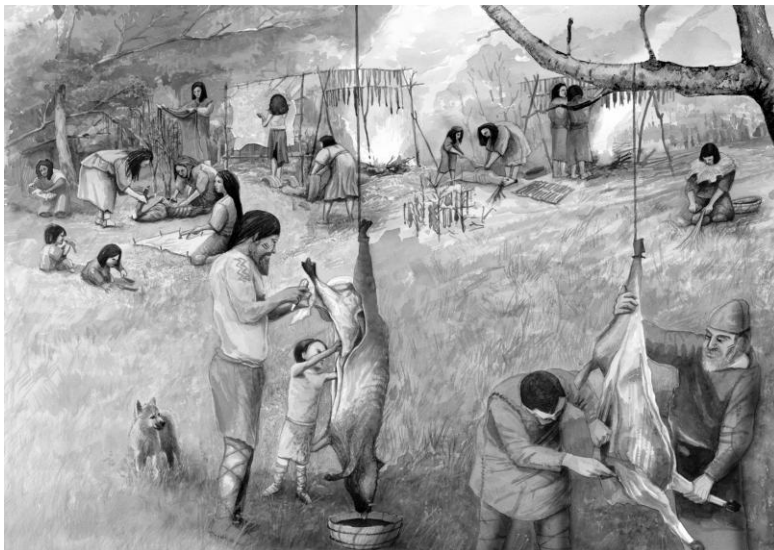
Mesolithic and Beyond



At the end of the Ice Age, during the Mesolithic era, Britain was connected to mainland Europe through a large plain area known as Doggerland. During this time reindeer herds and people crossed over the area. As the ice receded and sea levels rose Doggerland was submerged and Britain became an island.

The drawing by Jan Dunbar shows how the Aberdeenshire coastline may have looked during the Mesolithic era.

Maps from Fenton Wyness (1972) *City by the Grey North Sea: Aberdeen*, Aberdeen: Impulse Books and Graeme Warren (2010) *Mesolithic Lives in Scotland*, Stroud: The History Press.



Much archaeological evidence has been found for human settlement along the Dee during the Mesolithic period. These drawing by Jan Dunbar show an impression of how people may have lived based upon this.

We do not really know what the social structure and roles of people in such a society were. Many archaeologists are looking more closely at what we can learn about the lives of women and children in this time in ways that increase our understanding and may suggest different patterns of life from those we might first assume.

King Salmon

King Robert I. grants in perpetual feu to his burgesses of Aberdeen, for a yearly payment of £213 6s. 8d. sterling,† his burgh of Aberdeen and his forest of the Stocket. 10th December [1319].

ROBERT, by the grace of God King of Scots, to all good men of his whole land, greeting. Know ye that, with the advice and approval of the good men of our kingdom, we have granted and set to feufarm, and by our present charter confirmed to our burgesses and community of our burgh of Aberdeen, our foresaid burgh of Aberdeen and our forest of the Stocket with the pertinents; to be held and had by the foresaid burgesses and community, their heirs and successors, for ever, of us and our heirs in fee and heritage and in free burgage, by all their right meiths and marches, with mills, waters, fishings, petty customs, tolls, courts, weights, measures, and with all other privileges, conveniences, easements, usages, and their just pertinents by law and usage belonging, or which shall in future belong, to the sett of the said burgh and forest; paying yearly therefor the said burgesses, their heirs and successors, to us or to our heirs, as aforesaid, two hundred and thirteen pounds, six shillings and eightpence sterling only, into our Treasury at two terms yearly, half at the feast of Pentecost and the other half at the feast of Saint Martin in winter, in place of all other service, exaction, usage or demand. It is also our will and we grant that our said burgesses, the heirs and successors thereof, freely and without hindrance from anyone, in the fields, moors and other portions whatsoever of the said forest outwith the wood of the Stocket, hard by the foresaid burgh of Aberdeen, may perform every kind of tillage, erect dwelling-houses and other buildings, dig fuel, and exercise, carry out and regulate other conveniences whatsoever, as they shall see fit to arrange: reserving for ourselves and our heirs only the green-growth of the great trees in the foresaid wood, and game likewise, should any such chance to be found in the same forest. We have likewise granted to the same our burgh, the burgesses and community thereof, their heirs and successors, that no justiciar of the forest or any other person of our kingdom, of whatsoever condition or rank he be, shall in any way interfere with or take cognisance of the administration of the present grant and our infestment, or of infringements thereof, save only our Chamberlain for the time being; but so that whosoever shall be lawfully convicted of such infringements, or of destroying the green wood, or the game in the said forest, shall undergo the punishment of such crime in his own person, and no other: the chief grant, however, and our infestment remaining in full force strictly and for ever. In witness whereof we have ordered our seal to be appended to these presents. Witnesses: William, Bishop of Saint Andrews, and William, Bishop of Dunkeld; Bernard, Abbot of Arbroath, and our Chancellor; Thomas Ranulph, Earl of Moray, and Lord of Annandale and Man; Robert of Keith, our Marischal; Gilbert of Hay, our Constable; Alexander Fraser, our Chamberlain—Knights. At Berwick-on-Tweed, the tenth day of December, in the fourteenth year of our reign.

King Robert I. frees his burgesses of Aberdeen from payment of duty on ale and on red fish and white fish. 25th September [1323].

ROBERT, by the grace of God King of Scots, to all good men of his whole land, greeting. Know ye that we have granted, and by this our present charter have confirmed, to our burgesses of Aberdeen, that they themselves and their successors shall be free and for ever quit of all manner of duty on ale and on red fish and white fish, which duty they have been wont to pay in times past. It is, however, our will that the said burgesses shall pay and fully account for the said duty to Walter of Berkelay, Knight, our present sheriff of Aberdeen, so long as he shall continue to be our sheriff there. In witness whereof we have ordered our seal to be appended to our present charter. Witnesses: Bernard, Abbot of Arbroath, our Chancellor; Walter, Steward of Scotland; James, Lord of Douglas; Alexander Fraser, our Chamberlain; and Gilbert of Hay, our Constable—Knights. At Loch Leven, the twenty-fifth day of September, in the eighteenth year of our reign.

The River Dee was property of the Crown. In 1319 Robert the Bruce granted fishing rights to this area as part of his Great Charter bequeathing Stocket forest to the burgh. As with revenues generated from the forest, the sales of licences to fish these waters went to the city's Common Good Fund. A further grant of fishing rights was issued in 1323.

When the new harbour and the Raik Road area was constructed the fishing grounds were bought out by the Aberdeen Harbour Commissioners who paid £30,000 in compensation to the Fund.

Graeme Mackay

I was at British United Trawlers in the late seventies. Albert Quay was all fishing boats still at that time, but of course that's all pipe yard now. The fish market was at the opposite side, which would have been Commercial Quay, and the Commercial Quay again, it's the open quay. The fish market down the bottom of the dock there, which is the refrigerated fish market, there's no a fish market at all there now. I think there's only one fishing boat in here now, just a small part-time fishing boat.

There was salmon fishing. That was when I worked in British United Trawlers. I used to work down Esplanade there and the guys used to work on the south side of the bank and they used to launch the boats and drag the nets across the river halfway and drag the net as far as the Victoria Bridge. They had the salmon nets along the beach at the same time, out by Black Dog there, but that was all banned, as far as I know.

The ice factory was just across the road here, which is now an office block, and the next door, where Jewsons is, that used to be the depot for repairing the corporation dust wagons, I think it was at one time. But, there's nothing else that's really changed apart from obviously where the EnQuest building is now. That was all small units. There was a couple of smoke houses and there was individual units that the council built just for letting out but they remained empty for years and the whole thing was flattened again.

I suppose 100% of the offices here now are all to do with the oil. It was either that, oil or renewables, or some sort of thing. But the office blocks, they're not fully occupied. A good few years but you wouldn't get parked, there was just no parking at all to be had here, even Saturday

mornings but now it's just dead, it's dead on a Saturday morning now. There's just no action at all. It's just change, it's just things are moving on. Like everything else, all this stuff off-shore is becoming more automated as well, just less man power which is a natural progression I suppose. It's at its peak now, y'know, and I think the whole industry now, it just needs less man power. Whether or not you get some more people moving in here, and that's different companies, but I can't see what businesses you can attract up to Aberdeen now, you know. There's not much else apart from oil here, which I suppose you can say is slowly declining now. Certainly, the last four years have been pretty poor but I think it's starting to lift up again now a bit.

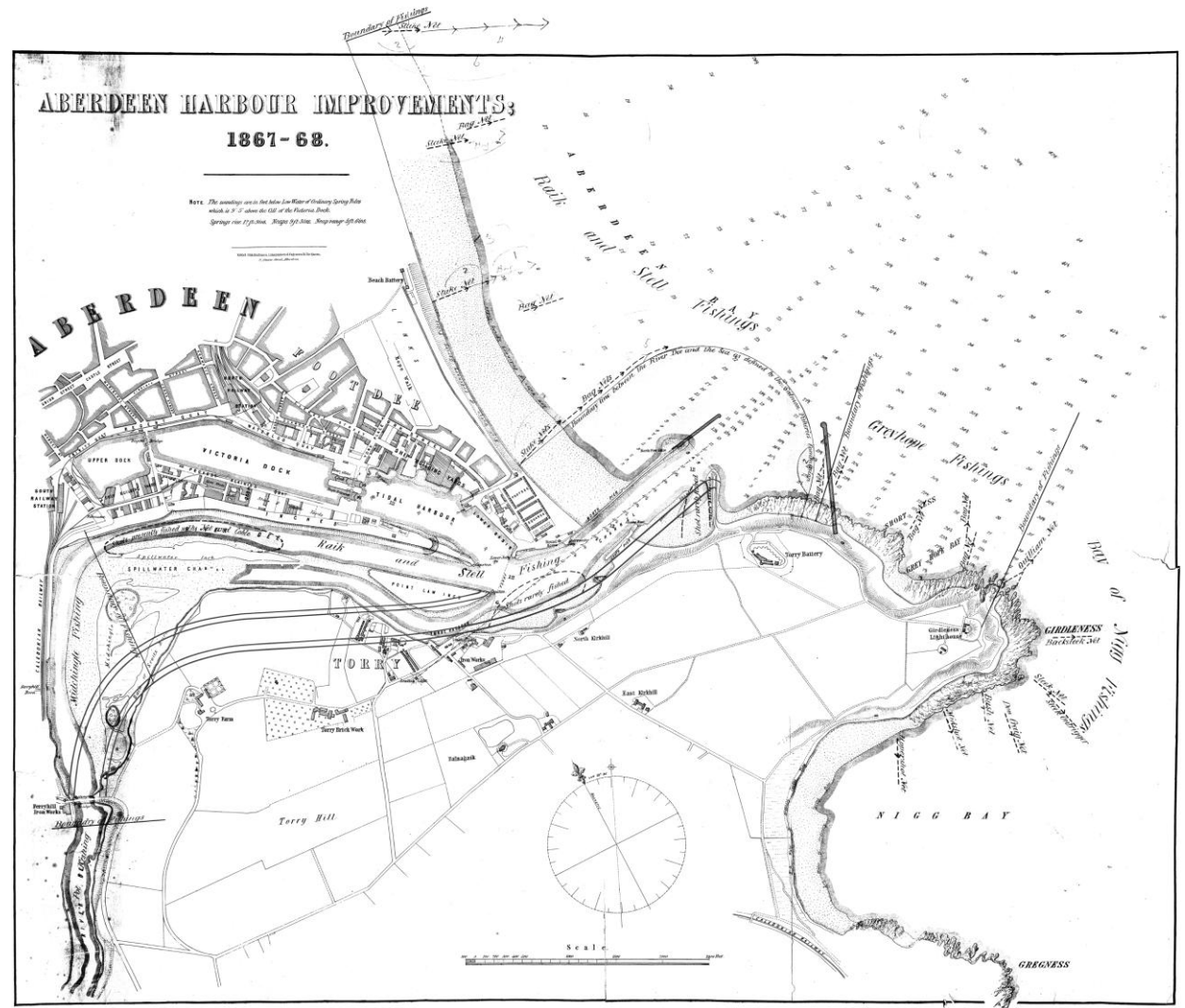


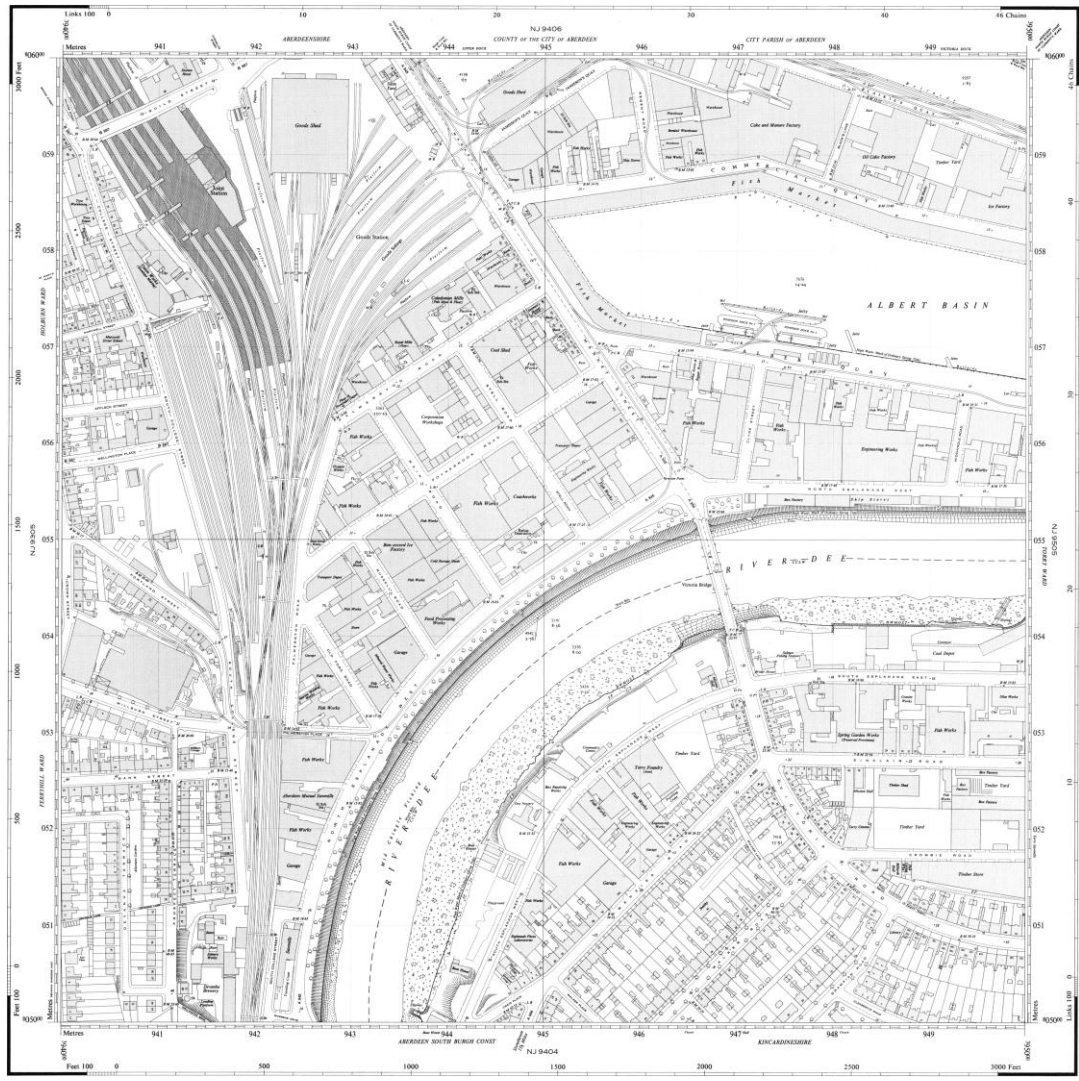
A postcard from the early 20th century showing salmon fishing on the River Dee. The men are working with *stell-nets*. The stell fishing area is marked on old maps of the area and Stell has become one of the local road names.

Harbour Development

This map shows the proposed route of the River Dee as it was redirected through a single channel towards the sea. The new route is superimposed over the previous river bed area of low lying tidal islands known as the Inches.

Aberdeen Harbour Improvements 1867-8 by Keith and Gibb, Aberdeen, Macdonald Collection, Department of Geography, University of Aberdeen





This Ordinance Survey map from 1955 shows the Raik Road area at the height of the fishing industry. Some of the smoke houses that are still standing can be seen on this map, as can the ice factory from when it was still in use.

John Reynolds

Before the harbour was built there were three channels going in and out. The river used to go along Market Street, turn at the bottom of Market Street proper, that's South Market Street, and go down Regent Quay. Down by Fittie. When it go down round there, they made a new channel all the way from the chain bridge to the new bridge, the Victoria Bridge. That was hand dug, dug by labourers, and the building down here called the Morlar, the Morlar Lodging House, was built for three hundred, four hundred men so they could dig and stay. Dig that channel. The channel was built up, so all the earth that came out of there went into Market Street and they created three "inches" (islands). There was Pipelaw, I can't remember the name of the other one, but there was three inches going out.

The earth from that digging out went into the middle of Market Street and the river was diverted down. Y' know Torry? Y'know what Torry means? The Rock. One side, where I come from, Fittie, is a sand bit, it's a spit on the other side it's rock, that's what Torry means. The Tor! Same as Torquay.

Poynernoon was what they originally, what they call in London, lightermen, right. They used to load the boat. The boat would come into the harbour, they would take a boat up to the side of the ship and take the goods from the ship onto the little boats, and they were called lighterboats. Up here they were called poyners because it was pine boats it was on the ship, it was lifted off the ship and they rowed the stuff back from the Gawpuyl, the Gawpuyl's doon in Fittie, right beside Torry and Poynter Pier. The Gawpuyl is a hollow, gouged out with the power of the spait from the north. The men were called Poyners form the word 'pine'. That's where the word derived from. And two of their

jobs was to take goods from the ships on the small boats up to Shipraw and take it up to Broad Street. That's where most of the trade was. Broad Street was the market place of Aberdeen.

The shore-porters took that name, they called them Poyners, but they were made into porters, that was the later name of them. Poyner's the early word deriving from taking a pine boat off the boat into the river and rowing up. Nook is a corner. At one time there was an area, more or less where the viaduct is, that comes into Aberdeen. That area was where they used to store the wood. When they built ships in Aberdeen in 1800s, they used to cut the wood up at Drumoak and they used to store the wood there, build it at the side of the river and dam it so it didn't move. Then when a heavy spait with the melt in the winter came, they'd know them out and they drove them out. And that's where the word raft comes from, rafters, used to guide them all the way down to Aberdeen and they used to store them in Poyners' Nook, in the corner. The timber coming down there was stored there and there was merchants there, and it got made into planks and wood and they would sell it to the ship people.

People used to come across the river, and it was a very early way of getting into Aberdeen without going up to the ferry at Torry. Originally the only way to get into Aberdeen at one time was at Mill Inn, there was a ford, they raised all the stones up so that it was two or three feet, so they could walk across. The next one was where Raik Road is, but it used to flood, it used to be heavy waters, but that's one way they used to walk into Aberdeen. They would roll up their clothes and walk in through there, walk over the inches.

The pink fish would come up the river and they would go over the stones, you would see them. The raik is the water coming down, the water falling over the stones. It was still going on in the seventies, the nets, where I was born in Fittie, if you go down to the Queens Links, there was about six nets going out. My Granda used to poach it, right, at 4 o'clock in the morning, used to go in and pinch them. he used to put them in a pram and push it up and sell them to a chef. the pram had a false bottom and you put them in the false bottom.

My dad started when he was 14 in a fish house called Johnny Grouse, Jake Grouse, and after the war, when he came back from war he started his own business and he took a fish house in number 10 Palmerston Road in 1947, 1948, '49. Then he went to Russell Road which was further over, then he went to Commercial Quay after that. Dad, more or less, was the buyer and he was the foreman of the place before he went away to the war and he was in charge of smoking and he used to go down at night, and go in and dampen down what they would call the smoke kiln. So there was a circle of sawdust, old chips and everything like that and before 10 o'clock, 9 o'clock at night, he would go down and put ring of water round the edge of the thingy so that it didn't flare up through the night. And then in the morning they would come in and the fish would be smoked. You would walk in the thing, it was a big kiln, a Torry kiln, they're still there. They were made of brick and they were about 50 feet high and girls would climb up, or men, and they hooked the fish all the way up. It smelled of fish and tar.

I went there, it must have been. My dad was working there in 1948, '47, '48, and I was there with him and I used to go back with my dad because my dad was always friendly with the boss. The reason why my dad went out on his own was, during the war, when my dad went away, he got a concession from the Labour government of a half box of every hundred that came into the market he could buy. During the war there was no concession on fish, you could buy and sell, it was a free market.

And 70% of the food caught from Aberdeen, be it fish, potatoes, corn, 70% went to England during the wars. Why do you think the Forth Road Bridge was built? One of the reasons was to take the silver darlings down to London so people could have kipper for their breakfast in the mornings. The fish would come off the North Sea, filleted, cured and down to London within a day and a half. It would go down there. The edible life expectancy of a herring when it's smoked is maybe a week and a half. The herring it can maybe keep for two weeks. That was the upper class thing, to have a kipper in your breakfast in the morning.

The ice factory had a lovely entablature all round the top of it. The top of it had a lovely carved entablature that went all the way round, but it was black. Coal smoke and tar! I think it was bull-nosed granite. Round the edges they're square but they're chopped with what they call a cleave, and they've got a cleave on the side, back, knocked-off the edges. It closed because it was uneconomical, they could make ice much cheaper with different things. I think it was a storage place as well. They actually used to store fish. there was a lot of stuff kept in Aberdeen, where, y'know the gut and the bits that comes off the fish, well that was stored and it used to be in the blocks of ice and they used to ship it to Russia and they think that was to make a fish paste. used to feed the bloody Russian Army! They still did it in the 50s and 60s and 70s, the herring guts, and they were saying it was to make a pate but it was for to feed the bloody army.

My brother-in-law was a fisherman for Rosehardy and he used to fish for mackerel and herring and he used to, the guts were block frozen, and there was Russian boats come into the harbour with prawns and they took awa' the gut.

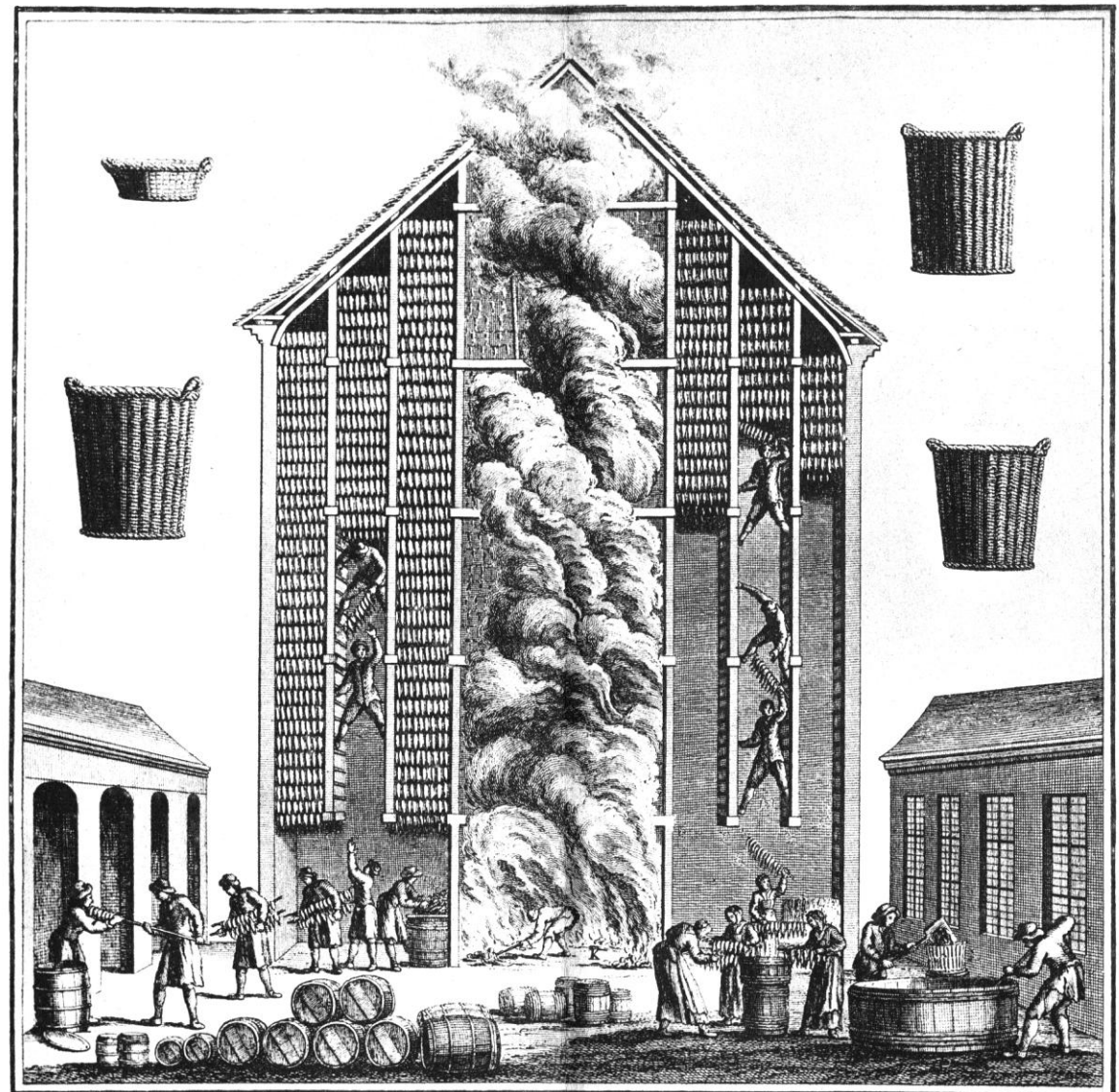
There is a tunnel that goes under that channel that was built. It's to carry a drain and electricity, cos there was a pumping station there. It

was more or less, where the filling station is at the new Elizabeth Bridge, at the back of the river there there was a little generator there and there's supposed to be a tunnel goes there and it was for a drain and the drain went out to where the new outflow is now, well, the old one was there. It was the drains from the city of Aberdeen, it went all the way to the Nigg. The whole thing's lined with granite and there's a tunnel and it took power and it took the waste from Aberdeen.

The waste at one time, came from the Castlegate, down Fittie, to York Street. It came down York Street, and it came to the Pocra Quay. You ever seen an obelisk there, square? It's called Scarty's Monument. Now Scarty derives from a pilotman who was down there. They used to stand and get their jobs there when they were pilotmen. He was an Orkney man, and the reason he was called Scarty, he was a tall man and the last thing you see coming out of Orkney is the Old Man of Hoy and that is an escarpment, so Scarty, escarpment, that's what it comes from that word. Now Scarty's Monument was the outflow from the main drain before. When that new one was built that became defunct, but the obelisk is still there and its an outflow from the drains from Castlegate and if there was a high, high tide, a flap used to come down, the backup of the shit coming from down George Street used to come up and go spouting out the top! And if you look along the side of Pocra Quay there's holes, that was to let the shite run out to the sea.

A cross-section through an old smoke house.

From Arthur Michael Samuel (1918) *The Herring : its effect on the history of Britain*, London: John Murray.



Making Red-herrings.

Scott Johnstone

When I was 16, left school, came and worked with my dad. I wasn't the greatest at school I have to say, I did have a choice, but it seemed like the only option at the time.

There was a lot more fish. This whole area was like a beehive, just people on the go all the time, fishermen all the time. It was a lot different from what it is like now for sure. The whole industry is a lot different from what it was then. The market used to go all the way round the harbour, then at the end, what was left of the fish market now, it's no longer used. There's not many smoke houses. Probably the last one, it got knocked down, was at the end of the road and in the end he wasn't allowed to smoke during the day because all the new offices that were around, they said that they were getting smoke coming in to the office. So it was upsetting them, y'know. And now, unfortunately, all the offices are empty and the guy who did the smoking he's gone as well! A sad demise I would say. My father was absolutely gutted when it came to an end.

The ice house was right round the corner. That was partly why there was a demise in the fish market because the boats came, landed their catch, but there was no ice. You couldn't re-ice here 'cos there was no ice factory for them to get ice, so they had to go to Peterhead and get ice, which basically made it non-viable y'know.

Maybe ten years ago we would have just gone down the fish market and bought our fish, brought it back here and start processing, but now, there's not a fish market in Aberdeen, everything comes from Peterhead, or some from the West Coast or some from Shetland. Sometimes we get fish from, most of them get fish from everywhere

now. We get fish from the Faroe Isles, fish from Ireland, we get fish from Peterhead, Shetland, anywhere we can get it, y'know. My brother goes to Peterhead every day. He goes to Peterhead market every morning, and buys, if he can buy, buys fish from there. We've not had fish from the Faroes for a couple of weeks now, but it come down on a ferry and then it lands at Scrabster, which is up beside Wick, or down Immingham, beside Grimsby, and either way it's trucked to us in pallets, basically.

We are in here for about 20 past 5, start at 6, finish at, well, the hours are 6 til 3 but we generally finish at 4 once we get everything done for the day. The morning is really quite a rush. The Irish fish and fish that comes from the north of Scotland, Scrabster, that comes in the earliest so we can work that earlier but everything else generally is a bit later on in the day. The lorries leave that deliver fish down in England, the first lorry leaves at 2 o'clock in the afternoon, so we need to get all that sorted out. We need to have fish in really.

We employ 5 people, and there's myself, my brother and my wife, she works part-time in here. We would like a bigger factory but at the minute we are under the rates. We don't have to pay rates as we are a small business, we just manage to keep under the rates threshold. If we want a bigger place then we've got to account for £10,000 rates every year, y'know. The bigger guys deal with the supermarkets and the big wholesalers and that sort of stuff markets, whereas we are dealing with fish wholesale market, like Billingsgate in London, and Manchester and that sort of place, who in turn are dealing with fryers, fish fryers and that sort of stuff, y'know.

The biggest problem is getting people to come into the industry and work. Our workforce is, we've got one lad who is 19 but everybody else is over 40. I mean getting people to come in and train, people are just not interested their hands wet, doing manual labour basically. It's too dangerous for them and their hands are cold all the time, working in icy water, y'know, it's just, young people are just not interested din at at all.

I guess the oil has a bit of an effect. They get more money for working in oil yards as well. When the oil did downturn this last couple of years, you could see people coming back to the industry who were previously in the industry and had gone away to work in the oil and then they came back to the industry and they were driving lorries and that sort of stuff. But because it's picked up a little bit, they've all gone back to the oil industry where they get more money.

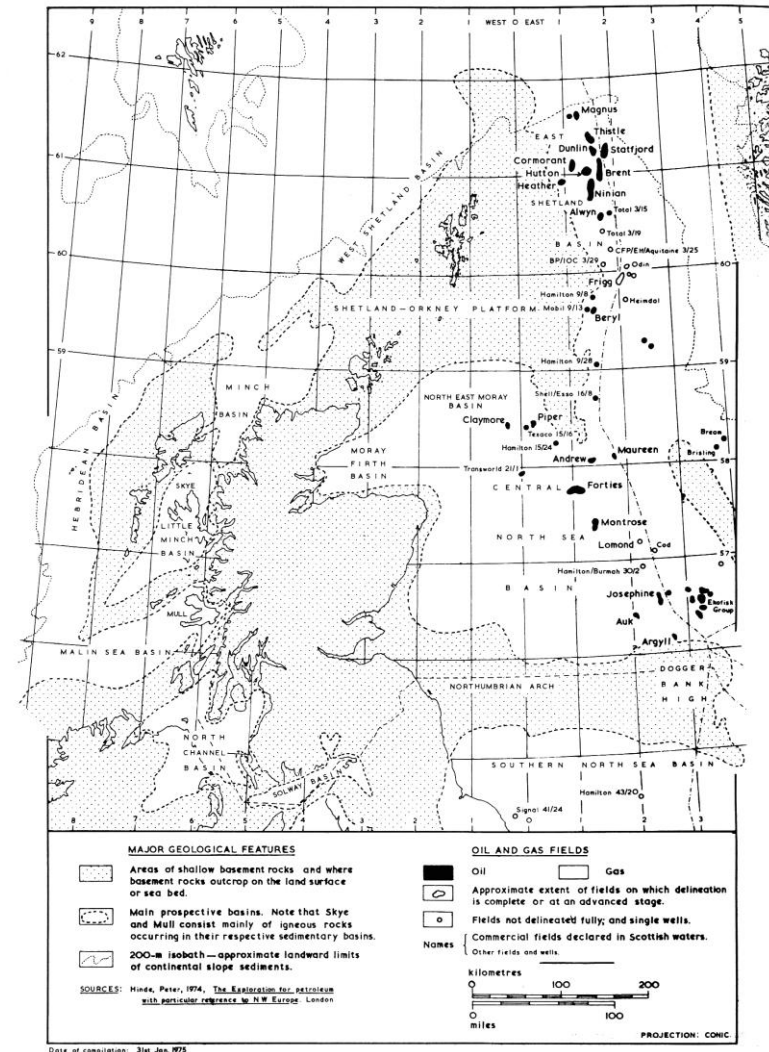
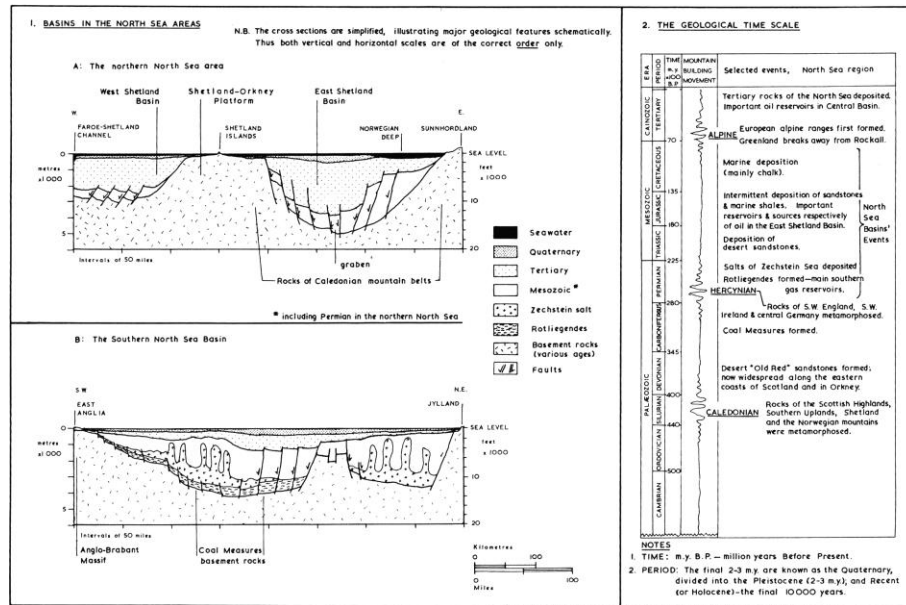
The two big places next door, Christie Juniors and the place that's attached to us, they were both fish factories and a developer bought them over because he wanted to make them into offices. So the people took the money, so they've gone out the industry. The two lads who owned the big fish factory, one of them's out of the industry and the other one, he buys fish for somebody in Peterhead now and the factories are all lying empty. So, all the people that were employed in there, all had to go and get jobs elsewhere. So if that's lying empty, I don't think there's many fish places left in this area.

I think, in reality, the council and the Harbour Board would like rid of us, that's my feeling. we'll just have to wait and see. As long as we own this place we'll be all-right. They can't get rid of us. But the two lanes here, they don't own the land there, it's the Harbour Board and they lease the land. And if the Harbour Board don't renew the leases, then they're all out of factories. There's nowhere else for them to go. Basically nobody wants them, because nobody wants the smell and all that around them, other factories, because it might detract other people

from coming in their yards and all. They've got two yards and one's a fish factory and the other one, why would you want a yard next to a smelly fish factory? That's what it comes down to. And there's no doubting that we do smell but we try to keep the places as clean as we can.

We've been told a lot of times that we're getting moved on and that but it's never happened. With the downturn in the oil nobody's interested in the offices now. They're all empty now. There was supposed to be another one built at the back of this one. It never happened. They wouldn't let him build it unless he had a lease on it and he couldnae get a lease on it. They all said, oh, don't worry, you guys will soon be gone we'll be taking over now, well they're all gone and we're still here!

Oil



Many of the fish factories have been replaced with large offices for the oil industry. Just as the smoke houses linked the area to the movement of fish shoals out in the North Sea, so too do these buildings link to even older lifeforms and processes out in the seas. The oil comes from the residue of zooplankton who lived in the oceans many millions of years ago and which has gathered in pockets under the earth as land masses have moved over time.

Diagrams from A. MacGregor Hutcheson and Alexander Hogg (1975) *Scotland and Oil*, Edinburgh: Oliver & Boyd.

CFINE: Kelly Donaldson, Dave Simmers & Kerry Wright

Dave: The food bank was established in 2013 because of the welfare reform that the UK government was introducing, and we could see that poor people were just going to get poorer and it was going to get very tough in a way that I would never have envisaged. The food bank is what people tend to hear about in Community Food Initiatives North East (CFINE) but we actually do a lot more than that. So, for example, Kerry is now a Support Advice Financial Education (SAFE) worker doing financial support with people and Kelly focuses on Cook at the 'Nook, which is a community training kitchen now, although they may have been involved in various things in CFINE. So there is a whole range of things we do but its the food bank that's noticed.

At the start our core activities were community food outlets. There is about 60 across the Grampian area and that's bringing fresh fruit and veg and making it as accessible and as affordable as possible in the community. So, for example, in sheltered housing where it is older people and fruit and veg is a heavy item, so we take it out into the sheltered housing and so on. Then there's FairShare which was the surplus produce from the food industry that we distribute free to people facing financial challenges. Over a year we would have 350 volunteers, recruited, trained and supported. So these three are our core activities. Then there is a whole range of add-ons like the SAFE team, like the kitchen, like the electric Tuk-Tuk and then community pantries and a whole range of things.

Kerry: Sanitary products, so many different things. It's trying to just give people that access that they might not ordinarily have because of one barrier or another, so that's what CFINE does best probably, it's an open door policy. You come here, tell them what the issue is and I

guarantee that there's someone in this building that can help you or support you or direct you to the right person or the right place. Say it's someone coming through the food bank, if they're using the food bank there's a reason that they're using the food bank or that's brought them in the door that day and it's not necessarily always about food. Sometimes it could just be in a really difficult time in their life and they are maybe suffering from a mental health condition and coming to the food bank somebody cares enough to say hello to them that day. Y'know they might not have that for days and days on end. So we've got a wee room down there, we'll build up a little bit of a relationship with them so that they're trusting us. We'll do benefit reviews to make sure that they're getting in as much income into that household as what they're entitled to. We will, though chatting to them and taking that more informal approach, you are able to find out well, doe this person actually want to try and go into employment or would they like to try volunteering or do they need access to their doctor, y'know, to try and get help through mental health routes and stuff like that.

It's very much about person-centred approach, so, we'll work with them for a little bit and we'll just get to that next stage whatever that may be. If that's going to the job centre and just making sure that they're got a work coach that's hearing what they're saying. If it's completing a form for them that they may be literacy issues so they can't do it, so therefore they're being deprived of benefits they are perfectly entitled to. The barrier of not being able to fill the form in. So we can do that with them. We will attend medical assessments, which are extremely, a lot of anxiety onto people, disability benefits, yeah. They often have to go through so much assessment criteria before they're awarded the benefit, but even then, we know at the moment with welfare reform and

they are reducing benefits that they are so many people out there that are being denied benefits that they are actually entitled to. So that's where the next part of our job comes in, in supporting people to appeal against the DWP in those circumstances and we're finding that that's happening more and more. And then at appeal the decision's overturned, so they were entitled to the benefit. It's often a fine line of that battle between getting people what they are entitled to and supporting them and knowing that even when that's refused you still have a route there. It's varied job. There's a lot in there that we try and do but the most important thing I suppose for me and my approach is because of the route I came in, it's just about making sure that it's about that person on that day, in that moment, and seeing what we can do to help them.

Kelly: I work primarily in the kitchen. We run classes from cooking on a budget because a lot of people have got a limited budget and don't know how to feed themselves properly. We come across people that don't even know how to cook pasta, for instance. So we run four week and six week courses, free of charge for food bank users, basically anybody who wants to come along and learn how to cook on a budget, and we teach them simple, quick and easy, cheap, cheap recipes. And they get to make it there and sit and have lunch, and maybe take some home, so they're maybe got two meals out of what they are cooking in the kitchen. And we find that most of them come back week after week. Not just for the cooking, for meeting other people and just being around people who are going through the same sort of thing and things like that. So that's quite rewarding. We also do Tuk Tuk, which is a little electric van, so what we do is we make soup and then we take it out to the communities, so like Tillydrone, Torry, lots of different places. We provide a pot of soup, a fruit pot with a mixture of chopped fruits and a slice of bread and we charge £1.50 which is super cheap and we find that a lot of parents, because we deliver it at lunch time are coming out, getting soup and stuff for their kids and maybe buying it as much as for

their supper so they don't have to use the electric to cook. We've just started yesterday, with the Food'n'Fun. So that's, we're feeding kids all over Aberdeen. So at the moment we are doing soups, pasta pot, salad pot, fruit, soup, you name it, we're making a volunteers up the stairs, and we're getting out every day, five days a week for six weeks and feeding, I think it's about 440 children in the week.

Kerry: You can imagine in my job, this time of the year, I have a lot of very worried parents because they now have to provide, breakfast, lunch, dinner plus snacks every day for six weeks and previously, for myself in my situation, my children go to breakfast club, which is provided at school, they have school meal provision, which is provided at school, they get snacks throughout the day at school, which is provided there. I usually only have to provide the evening meal, but now for three children, I have to provide three meals a day. My wages, or my benefits rates don't go up during that period. I don't get any help from the school, for the money they would be getting for those meals during term time, so, in the job I do I am seeing a lot of parents are worried about that and we will see an increase in the use of our food bank, and parents accessing it, even if they've got food in the house but they just need that top-up cos that anxiety and that panic will sit there with them for the whole of the holiday period. So the Food'n'Fun programme is very welcome because at least it's providing an access point. The parents can go along to with their children and get those meals, and they're healthy. It's not junk food, it's healthy sandwiches on good bread and with fresh-made soup with good vegetables in it. So, I would be happy to take my children along to that.

Kerry: In Aberdeen, I don't think we were really that affected previously by all the economic crises but now, it feels like everybody is struggling, when as previously nae quite so much, but this last year and a half, two years, it does really feel like everybody's feeling it a bit tighter. That's what we are finding in my team. When I first started it was people that

were predominantly on benefits or out of work, but what we're finding now, recently, is that there's a lot of people in work who are just not getting to the end of the week, or the end of the month. So they are needing to access other types of benefits to top up what their income is. We had a nurse come in, she worked at the hospital, full-time, couldn't afford to feed her family. So she was having to get food from the food banks every month. If our NHS staff, cannae afford to feed their kids, something is not good.

Dave: For forty years now I have been trying to get money and it's ayeways been an issue that the perception that Aberdeen is affluent: "There's nae a poverty issue." And we made the case and we made the argument time and again. I think we've got passed that now, there's a recognition. and in fact being poor in the context of such affluence, you see the big cars, you see expensive things, I think it reinforces, it has a negative effect on people's sense of self because they are poorer in this context.

Kerry: It's highlighted to you more, you can see it all around you but that's never going to be your life, you're never going to have that.

Dave: Poor people have just been screwed into the ground. It's unbelievable in the fifth wealthiest country in the world and the oil capital of Europe, and there's people in a situation that is just beyond belief, frankly. So with the best will in the world, we are only scraping the surface of this, of the people and the issues they face.

Kerry: Recently, we have had to take on a counselling service as well, to deal with the volume and complexities, and feelings that people going through, and the things that they are coming here presenting and saying, like suicide, self-harming, all these kinds of things that. With the best will in the world, we can't fix all of that. But to shows that that need is there because we have had to take on that service here in house

now as well.

Kerry: It shows that there is that need and that people are really suffering and struggling right now. They probably have been for a while but now it's starting to almost become externalized. Long may we be here, to do what we can! We've all got to eat, we all need access to food at some point, so it's that common thing that you can pull people in with the food and the access to that food, whether it's through the FairShare, whether it's through the Tuk Tuk, whether it's through the mobile café, it doesn't matter, it's all food-related and it pulls a person in and then, you've got a full belly, you're more likely to think straight and start yer yapping. it's that sense of social well-being as well that we can provide.

Kelly: There's no sense of putting in fancy organizations here and there and nobody using them.

Kerry: It doesn't work, they're suspicious of it. On a street level I am speaking about, until they get used to it, but whereas, if you include communities in how they want their community to look or be active in whatever, then, they are more likely to take those projects and run with them and have a sense of ownership, I think anyway.

Dave: We're committed, warts and all, that we involve the people who are affected by issues. They're the ones who should be looking at and considering what the solutions are and be involved at every stage of that. That's good community development, in partnership with agencies. and that just disnae happen, it needs to. Cos we missed the mark. If we do it to people, we're missing the mark. You've got to do it with people, because they're the ones who know.

The Crafty Pickle: Madi Myers & Arthur Serini

Fermentation was one of the first ever methods of preserving food, and it can transform one single ingredient into something completely different that you can't achieve with any other method. There's no heat required during the process, you are just using the energy of the microbes. We love that it has that kind of power and it's very unique in that in some respects, because it's very natural. It first came about by people literally, for example, just leaving milk out and it spontaneously turning into something completely different. It's amazing that you can have one raw ingredient and then completely transform it into something completely different and it was all done by an unseeable world around us. It's fascinating that these micro-organisms are everywhere. They are constantly eating and metabolising and changing their own environment. There's microbes all around us, in the air, on our skin, everywhere, so even that has an influence. There are studies where they've looked at where the microbes in an end-product sauerkraut have come from. They follow the entire process, so they sample the veg, they sample the person who's made it, the air, the surfaces of the preparation area and then, in the end product, you can almost track it back to the person and the place where it was made.

We do what is called wild or natural fermentation. We are just using the microbiota that's on the fruit and veg, the microbes that are just naturally present on them. By the processing that we do we create an environment that selects for those microbes that are there that we want to grow, the lactic acid bacteria. They're the ones that create the acids that reduce the pH and cause the preservation, and that happens through various successions of different types of bacteria. It depends a little bit on what's on the veg, because that's not obviously going to be exactly the same from vegetable to vegetable, it can vary based on time

of year, it can be based on the handling, it depends on the environment that it's made in, so a sauerkraut made here in Aberdeen will be probably very different microbial ecosystem as opposed to something that's made in Germany. That's what we love about wild fermentation, it's a science but there's also an element of surprise in it as well. We do have the method down so that we do get quite good consistency but there are always slight variations which is exciting.

Fermentation has been used to extend the life of raw ingredients for centuries but it has been forgotten about once we have had other forms of preservation like jarring and pasteurisation, refrigeration and freezing, and the development of vinegar and using that to preserve things instead. Fermentation was lost and now it's becoming more mainstream because people are quite curious about the potential health benefits and the new studies in gut microbiome that are coming out constantly. There are businesses that are trying to take advantage of that. They are commercialising on it and they are trying to make money on the assumption that some of these foods are maybe ensuring people's health. We wanted to take a different approach, like let's take a step back, the evidence is not quite there, let's address what fermentation was actually meant for. It's meant for preserving food and if we could provide health benefits, it's great, but let's tackle this huge problem of food waste by using the ancient art of food preservation.

We're both nutritionists, so science communication is really important to us and it is what we want to use our business as a platform for. 50% of food waste actually happens at the home, which is kind of crazy. If we can help people to see that there are other ways of using foods and helping them to reduce their own personal food waste, then that saves

people time, energy, money. So that's part of what we want to do in our business through workshops, how fermentation can be used both individually for people and as a whole throughout our businesses to help reduce food waste.

When we had the idea of opening a fermentation business with the emphasis upon reducing food waste we thought of CFINE. And we just started a conversation with them and then it turned into us renting a space in their warehouse and creating a business relationship with them. They're hugely important in our business right now because we are just starting out but they provide our produce, they let us use their kitchen at reduced rate, we have a room to age our products. We donate a percentage of our sales back to CFINE, and we are always hoping to be able to increase the amount that we donate back to them to support the work that they do helping to reduce food insecurity here in the North-East.

We are striving to include as much surplus or imperfect veg as possible. We're not using half-eaten apples or pizza crusts in our fermented products, we are using perfectly edible imperfect produce, so perfectly edible but imperfect because it's not pretty to the consumer. We are so used to having unblemished apples and perfect, tight looking veg. Once it starts to look a little imperfect or if it's just not the right size or shape, then farmers can't get rid of it, wholesalers can't get rid of it. Ideally, we would like to work with farmers at the point at which they've done harvesting and they are in the process of determining what's good and what's bad. That would be a point in the future where we would have a centralised location where all this produce that would otherwise have gone to waste can just come to us and we can transform it into product. If we were successful in reducing food waste to practically nothing we wouldn't need the huge amount of resources that we use right now to grow food or rear food, because so much of our resources goes into creating food that's just going to be wasted. What was that figure that

we heard? The all the world's hungry could be fed with just the food that's wasted in Western countries.

There's people fermenting milk now, allowing yeast to make milk, so you brew milk in a way you'd brew beer. They're doing that in the States. Instead of using cows for milk production they're brewing milk by allowing certain types of species of yeast to create milk. There are companies that have discovered a way for bacteria to make an alternative to plastic. The bacteria, through their metabolism, they create material that could be used as a supplement to plastic. Which is amazing, because you're just transforming waste into a plastic material. So, even though fermentation is an ancient tradition of preservation, it definitely has a place in our future. We can see a future where we go back to small scale food production, of people using allotments and taking the surplus that they have from those and fermenting them to last them over the winter which is what we historically used fermentation for. It's not going to be across the board, however, because living that kind of lifestyle requires a certain amount of privilege that you have the money to be able to do it, you have land, you have a garden or space to grow your own.

We think fermentation should be accessible to all and everyone should be able to use it and experience it and get joy out of it. One of the ways we want to do that is by holding fermentation workshops and holding as many free ones as we can. It's something that doesn't require someone to have an oven or electricity at all to use. At the moment, the kind of fermenting that we do is not widely known but we'd like it to be!

The Raik Method: Deep Mapping the Raik Road

1. Choose a place or an object in the landscape. Start with a small geographical area, preferably something inconspicuous.
2. Pay attention to small details. What you find might be different from what you are looking for.
3. Like the bard, nomadic and amateur polymath, enquire about the several layers of place (agriculture, archaeology, architecture, geology, history, horticulture, names and family history, politics, religion, topography, and etc.). Collect historical information about it. Has any description of the place been written? If not, you will write one.
4. Explore the local infrastructure: buildings, roads, water supplies, transport, electricity, etc. What materials do these use? What conditions are these in? How do they shape your sense of place?
5. If possible traverse the space by in different ways: by foot, by car, etc. Think how other bodies and objects pass through it.
6. Place your body in the landscape. What kinds of activities and groups of people are allowed in a certain landscape and why?
7. Talk to people living and working there or who knew the place before. The oral history of a place offers perspectives from 'below', insights of day-to-day activities, as well as different protagonists. What languages are spoken there? Be attentive to language and dialect.
8. What other life do we share this space with? What different birds, animals, plants, insects, lichens, algae are found here? How do they

make use of the space? What states do they exist in: alive, dead, migrating, nesting? Are they subjects or objects?

9. Compile everything into a text, diagram or drawing and discuss it with all the people who helped you in the process of knowing the landscape.

Use the page opposite to draw or write your notes, observations and mappings.

Credits

Walk devised by Simon Yuill as part of the exhibition *Raik* at Peacock Visual Arts, 11th October to 16th November 2019.

Project management of walk by Ane Smith.

Archaeological talk by Ali Cameron and Sheila Duthie from Mesolithic Deeside, <http://www.mesolithicdeeside.org>

Deep Mapping activity by Nuno Sacramento.

Fermentation Workshop by Madi Myres and Arthur Serini from The Crafty Pickle: <https://www.thecraftypickle.co.uk>
Workshop hosted at Community Food Initiatives North East: <https://www.cfine.org>

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The Raik Method was adapted from an earlier text by Nuno Sacramento The Lumsden Method in Brett Bloom and Nuno Sacramento (2017) *Deep Mapping*, Copenhagen: Breakdown Break Down Press

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