



Strathard News

FOR THE COMMUNITY - BY THE COMMUNITY



Aberfoyle - Stronachlachar - Kinlochard - Inversnaid

Issue No 120
May 2022

'Sunflowers In Strathard' - Sustainable Strathard Day!

To ready Strathard to welcome guests from Ukraine to be hosted in our community we want to encourage wee busts of colour, from sunflowers planting, pictures on windows to Ukrainian flags to show those fleeing their homes in the most desperate situation of war, that they

are safe and valued here in Strathard. Sunflower seeds were planted at our community day at both the hall and by residents. Refugees were welcomed at Dounans Camp during WW2, let's open our community's doors and hearts once again!

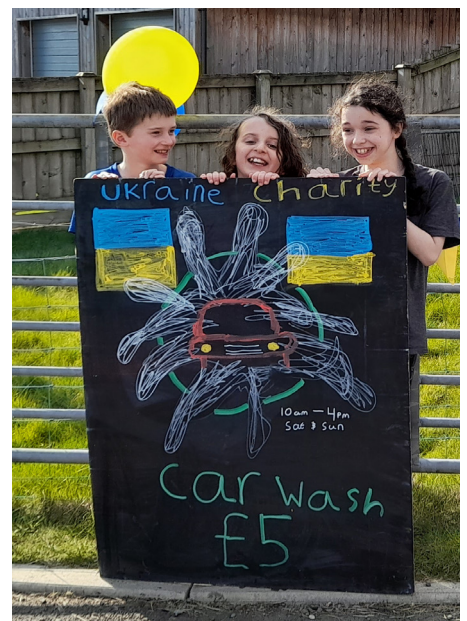
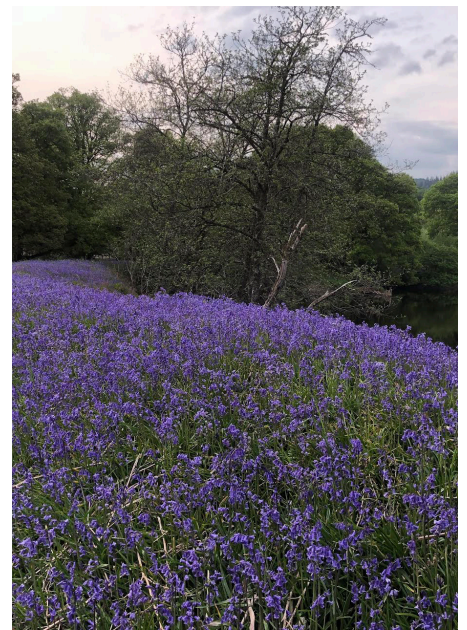


To help get AberFOOD working for our community,
email: aberfoylememorialhall@hotmail.co.uk
Subject: Sunflowers

Community Life Plans - We've done it!

Congratulations to all involved, we are celebrating the launch of the Aberfoyle Life Plan which was arguably the most extensive, democratic and grassroots consultation ever carried out in the community and now exists

as a foundation stone for planning and progress. This now sits alongside the Kinlochard and Stronachlachar/Inversnaid Life Plans.



Ukraine Charity Carwash!

I'd like to say a BIG THANK YOU to everyone that helped to wash cars, everyone who brought their cars, and the people who donated to the Ukraine charity car wash at Kinlochard Village Hall on the 26th & 27th of March 2022.

Over the weekend we washed loads of cars and we had lots of people helping; 9 of my friends and many of their parents, and everyone did a great job and worked really hard. I don't think there has ever been as many shiny cars in Kinlochard before!

We raised an amazing amount of £850.05 for the people of Ukraine. All the money has gone to the Disasters Emergency Committee (D.E.C). The D.E.C is a group of 15 charities across the UK who raise funds to help with crises across the world and are currently helping in Ukraine. More than 4 million people have fled Ukraine and another 7 million have left their homes to escape the conflict, leading to a huge humanitarian crisis so they need all the help they can get.

Thank you everyone!

Leon Clough



Welcome

Hooray for May in Strathard! We hope you enjoy our latest issue - it's crammed full of history, activities, stories and adventures.

Thanks very much to everyone who has contributed - we couldn't do it without you. Thanks also to the squad of delivery volunteers. Remember to like our facebook page 'Strathard News' and watch out for more events this summer. Keep space in your diaries for the Jubilee weekend and watch out for the Aberfoyle (31st July) & Gartmore (11th June) Gala days!

Great big massive thanks especially to Hannah who has taken on doing the layout for the magazine - she's done a fabulous job, I'm sure you'll agree!

the Strathard News team

Alison, Emma, Kate, Mark, John, Beverley & Hannah



Aberfoyle Seed Library

Intrepid in Aberfoyle is host to a new community initiative which aims to increase sustainability as well as health and wellbeing. Alongside six other local villages, Aberfoyle now has its own free seed library allowing members of the community to take and share vegetable, fruit and flower seeds that suit local growing conditions and enjoy the positive benefits of growing food. Behind the new venture is local food grower, Emma Calvert, who created a Facebook group for local and aspiring

food growers to connect with each other.

"I started the Food Growers G63 Facebook group in an effort to connect all the local food growers across the G63 postcode. I was looking to join a group and was surprised to find that there wasn't one already so I created it. I've since registered as a Community Interest Company with the aim of encouraging locally-grown produce in our back gardens - something akin to the Victory Garden movement of wartime! The seed libraries are a natural extension of that, where we can share seeds that have proven themselves to be adapted to our local environment.

The way it works is that members of the community can come along to the seed library and take the seeds they need or donate seeds that they have saved themselves. As well as locally-grown seeds there are seed packets donated by the community. The goal is to grow these seeds and harvest seeds to share the following year. This creates very robust seeds that are well-adapted to growing healthily in our community.

So far the initiative has been very popular with over 500 packets of seeds being distributed. There's



nothing more enjoyable than your own home-grown produce and creating a community around this healthy and environmentally-beneficial pastime where we can all learn and share with each other is so fulfilling."

The Facebook group currently has over 200 members who learn from each other by sharing local experience and tips but the group is also open to those who are very new to growing or those who want to get started but don't know where to start.

For those who want to participate visit www.facebook.com/groups/foodgrowersg63 or contact Emma on 07908045439



Mindful Ranger Moments

I hope the months since our last edition have given you some lovely moments with nature, despite the cold!

Cailleach, the Gaelic Winter goddess, hung on by her fingernails even when early Spring gave us some hope of things to come in late March, giving us a final bite of her wrath in early April, sending gardeners into a panic I'm sure!

By now the full splendour of Spring will be lifting our hearts and hopefully our mood with the sights and sounds it brings.

What Spring emergence brings you joy when you see or hear it around the Strathard lochs and forests? The trilling song thrushes or chaffinches? Is it the first 'chiff-chaff-chiff-chaff' of the same named migrant? Maybe it's the wild flowers, such as primroses, bluebells or ramsons (wild garlic) or the re-emergence of your favourite garden plants?

For me it is the return of colour I appreciate most... from the yellows, like gorse, to the bluebell carpets, the fresh lime-green oak leaves and larch needles or the fluffy whiteness of hawthorn and elder flowers.

We don't have to know the names of these welcome returners to appreciate them. Soak up the sights, sounds, scents and the rainbow of colours and allow yourself a wee mindful moment to enjoy them.

Please get in touch if you have any moments to share or questions to ask- themindfulranger@gmail.com

Bev Clarke

Images of Spring by Bev Clarke



Strathard getting connected

At the end of March, a new mobile phone mast was erected on the side of the mountain opposite Faery Knoll, which will markedly improve connectivity in the area of Strathard between Kinlochard and Stronachlachar.

According to the engineers, this mast is a Government backed installation therefore all the major mobile network providers can use the facility and by the time of this News edition, it is hoped the signals from the mast will be live.

This installation required significant ground work and the use of a helicopter to deliver foundation stone and steel. As can be seen from the photographs, it was quite a spectacular movement of materials and necessitated a helipad next to the B829.



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Jons Thoughts



I am constantly amazed with what humans can do. Human achievement is wonderful, though it sometimes makes me fearful. We as individuals are complicated and inscrutable, as well as creative and beautiful. We are remarkable creatures, aren't we? As the ancient book of Psalms puts it, we are 'fearfully and wonderfully made.' But what are we made for?

I'm amazed when I think of Usain Bolt blazing down the track setting another speed record, and also admit that I was mesmerised by the bobsleigh teams in the recent games. Are we made to test the boundaries of sporting achievement? Sure. But what else?

How about the global problem of environmental damage that we're facing as a species? On the face of it, it looks like it's too much to solve, but then I see ingenious solutions popping up, sometimes invented through individual scientific endeavour, sometimes by communities rediscovering ancient wisdom. I wouldn't think we are only made to find solutions to problems of our own making, but then what are we here for?

Now we see a conflict that seems to have grown from the madness of one man embroil the whole of the globe. And yet I'm impressed with the way in which communities have united to help those affected, through donating their time, money, and even through direct action. Even disparate governments – some of whom are old enemies - have



united against the threat. I truly hope we aren't made for conflict, even if it does happen quite a lot. But if we're not made for that, then what?

There was a another man who lived along time ago who made a bit of a splash on the world scene. Some say he was a sage, some a philosopher, and Christians say a saviour. Regardless as to what you believe, Jesus did say some remarkable things that have changed the way we live.

Things like 'put others before yourself, regard others as better than yourself, and love your neighbour as much as you love yourself.' Amazing to think that a message of kindness managed to get him assassinated. Sigh.

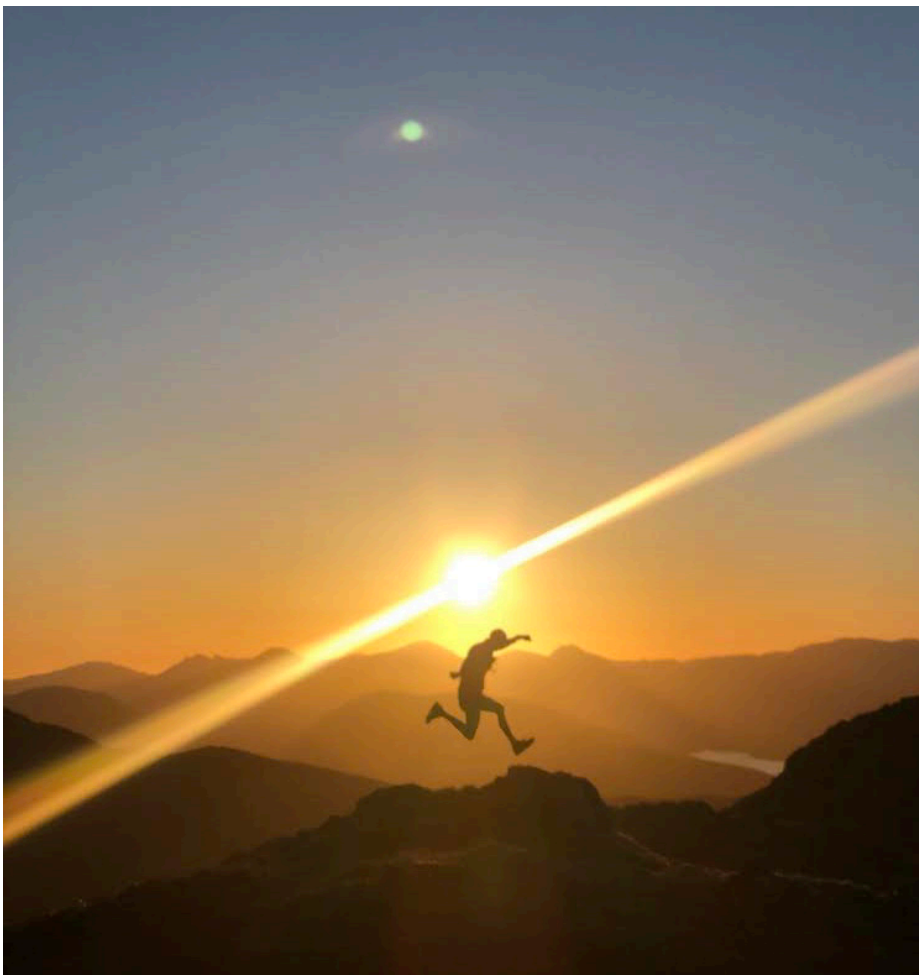
Jesus said that we were made for each other. Community and solidarity lay at the core of his moral message; selfishness and self-regard should be thrown out in favour of selflessness and regarding other's needs above one's own. Other philosophers and gurus had declared that you should love your neighbour as much as you love yourself, but most radically for the time, he said that our neighbours are world-wide, not just our own family or friends or ethnicity.

What are we made for, then? We're made for each other. And isn't it amazing what you can do when you do it together? Individual lives are altered for the better, communities are transformed for the good, and step by step, even the whole world can be turned toward peace.

As the saying goes, if you want to go fast, go alone, but if you want to go far, go together. Life - don't do it alone.

We're made for each other.

Jon Connell



Eve and Ian Update

An adventure, a challenge, add a charity, make it a world record, confront some perceptions of what's possible, oh, and blog all the gorey details on social media for everybody to see? "why not" we said to Sarah, Eve's mum & my wife with a tongue in my cheek. 12 months later, we were standing in a very cold and windy Dunnet Head (the most northerly location of mainland Britain), being waved off by Sarah to start walking 1300 miles to Lizard's Point (the most southerly location of mainland Britain)



Hi, I'm Ian Alderman, an autistic father to an autistic (home educated) daughter and husband (to the most amazing & patient woman in the world) Sarah.

Both Eve and I are attempting to walk the full length of this beautiful and varied island to try and raise £10,000 for The National Autistic Society. On route we are trying to meet as many different people as we can and raise awareness whilst challenge assumptions as to what is autism is, and more importantly what it is not!



We started our journey with the most amazing fanfare in Aberfoyle, by being waved off by local residents and friends. To everybody who was there, and those who couldn't make it, we cannot thank you enough. The experience will live with all of us forever! As I write this article, we have managed to reach the centre of Fort William and the start of the West Highland Way. As you read this, I hope that we will be on the edge of Glasgow... hopefully walking along the Forth canal in the warm sun, having had a cup of tea and slice of cake... yum!

So far, we have hiked about 300 miles and dealt with wind gusts over 60 mph (I had to hold on to Eve to stop her being blown over), rain so hard it stung as it hit us, sea spray so salty it made us feel sick, blizzards, bogs, cliffs, barbed wire and we even got charged by a herd of cows...!

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The walk has at times be brutal, physically, mentally, and emotionally (I'm thinking of a specific Facebook post that I wrote whilst in a bad emotional place!) But we have also met and been supported by some of the most kind and caring people anybody could hope to meet (I only wish I could list them all here to say thank you).

We are both looking forward to the next 1000 miles and what it will bring, the people that we will meet and the challenges that we will all face. However, I will be honest with you, the best thing about this whole journey is having the time with Eve, whilst raising money and awareness for something that we all (Sarah, Eve and I) have the challenge and privilege to live with every day...

AUTISM.

Please follow our journey every step of the way:
@ facebook.com/ourspectrumadventures
You can donate @ justgiving.com/
johnnagroaststolandsendourspectrumadventures
Youcansupportus@buymeacoffee.com/ourspectrumadv

All photos by Ian Alderman

Aberfoyle Brownies- Walk with Friends

You can tell spring is in the air, so 1st Aberfoyle Rainbows started their walk with friends on Saturday 19th March.

The Rainbows and friends did a great job picking up litter along the old railway line. Thanks to Alison for having the necessary stuff and the surprise treat at the end.

The weather was great and the girls picked 2 full bags of litter. Next term the rainbows will have more weekend walks and everyone is welcome to join if you are interested please get in touch at aberfoylerrainbows@gmail.com. Rainbows exist thanks to parents and people who support them so a big thank you to you all. Rainbows are always on the look out for more helpers and from summer term we'll definitely need more help as Alicja will be standing down as leader. If you can help please get in touch on above email.



Kinlochard Litter pick - Sunday 13th March

A big thank you to everyone for coming along and completing our mammoth litter pick on Sunday 13th March. 45 volunteers braved the weather, including 11 children from the village.

We last did a litter pick in March 2019 - since when two years of increased tourist traffic driven by the Covid crisis have resulted in more litter than ever being left behind by a minority of irresponsible visitors.

We managed to litter pick both sides of the road from the Aberfoyle Co-Op to Stronachlachar Pier ! That is 26 miles of road verge, a 13 mile stretch of road. We collected 90 bags of rubbish, plus numerous larger items. By any measure an amazing result all round.

Special thanks go to the Village Hall Committee and Joyce and Morag for rewarding us all with a delicious lunch, and to the Forest Hills Hotel for making their skip available.

Simon Miller

Mobile Libraries

Thursday

May: 12, 26

Jun: 9, 23

	Arrive	Depart
Arnprior Village	10:15	10:45
Braeval	11:05	11:35
Aberfoyle Car Park	11:45	12:45
Kinlochard Shop	14:10	14:40
Forestry Houses	14:45	15:15



Save the Date
Free Community Party
Sunday 5th June 2022



Dancing
Food
Stories
Entertainment
BYO

Please book via QR code or
contact Kate on
07951091982 to reserve a
place

Lessons of History

Many of you will know our own Trevor Geraghty from Stronachlachar downed tools in response to the invasion of Ukraine by Russian Troops. The following is a shortened edit of his account. Please get in touch if you would like a copy of the full item – not space to include here but is a must read:

My eyewitness account of helping one family to safety into the arms of their family in Scotland.



On March 2nd moved by the realisation of the horrors of war I assembled a truck of private aid, baby food, nappies, drinks, first aid kits, sleeping bags and energy bars and headed for Medyka on the Ukrainian border alone. As the old saying goes "to go fast go alone, to go far you need a team" I had 2 goals deliver aid to help those in need and to help tired and traumatised people to a place of safety. On the 3rd of March I drove late into the night stopping in Dresden (where Vladimir Putin spent 12 formative years) for one final night's sleep near the Polish border, with the words of my German friends to prepare me for what I was about to encounter ringing in my ears "Rest and prepare mentally, you will need to be sharp and focussed you will encounter trauma and chaos", I did and drove all day getting to the border at 17:00 with approximately 1 more hour of daylight left, I was directed to Przemy some 13 km from the border where I unloaded the truck to grateful recipients knowing that the cargo was specifically going to be taken straight into Ukraine.

The scenes were of organised chaos, with thousands of young mothers, babies, small children and elderly people gathered, having completed huge journeys to arrive there. I found myself helping and comforting a young Jewish couple from Kharkiv who has survived 6 days of shelling and a monumental journey to arrive at the border, they were hollowed out by fear, I will never forget the face of that young lady.

The car park had private charity minibuses from Denmark, Germany and Spain delivering medical supplies and taking back anyone they could, there were no major agencies present. Media organisations were present bearing witness to the horrors of war in Europe. Amongst the chaos, I was deliberately wearing a Scotland hat and carrying a sign saying Scotland. I had a phone pushed in my face by a little lady and I noticed that a video call was on the screen, the person on the screen asked very simply the question "will you take care of my grandchildren? I explained

that home for me is Stronachlachar, the lady on the screen Galyna is a Ukrainian now married for 15 years and living in Clackmannan by chance. I gathered the family from Zaporizha next to Europe's largest atomic plant, little Polyna aged 7, Kyriko 13 and Sasha 15 and Liza 37 with a small backpack each and took them to the truck driving out of there as darkness fell. I called Galyna back to reassure them of the fast forming plan and also called my sisters Ukrainian neighbour in Ireland (my homeland) to explain to my Ukrainian speaking guests that they were now on the way to safety.



The roads were packed and the atmosphere charged, I booked the family hotel rooms in Katowice which is the closest major city to Auschwitz, the historical connection of seeing fleeing Jewish refugees in 1939 and the location wasn't lost on me. I was making all the contacts I could but even at that stage it was obvious that Fortress Britain was pulling up the drawbridge just as our European family needed assistance. The forms for the Ukraine Family Scheme were being talked about on the 5th of March but the online systems were non-existent at this stage, no information, helplines etc were available. I called everyone and every agency I could on route, to be brutally honest I encountered too much handwringing, obfuscation and misinformation. Back in Scotland Galyna and Robert her husband completed one of the first Ukraine Family Scheme visa applications I had been sent the

number of a hastily established "British advice line" which was a French number and spoke to a pleasant young woman "you won't like what I am about to say but your only hope is to go to Ireland" I was 2 hours from Calais and Eurotunnel taking the only decision available and travelling 10 hours by car to Cherbourg for the ferry to Rosslare in my home county of Wexford Ireland, 18 additional hours for people who had never been on a boat in their lives. The rest of Trevor's account highlights the kindness and openness of the support of the Irish authorities and communities in stark contrast to out-sourced and inept UK gov service and unresponsive Scot Gov authorities. Finally they managed to jump through the most ridiculous hoops to gain a Visa on the 15th March and join Galyna in Scotland. I'm glad I haven't had to walk a mile in their shoes.



The Monster Radish Community Garden

I want to talk about the new Community Garden Group, It is informally known as The Monster Radishes. I joined a few months ago after looking for a way that I could reduce the amount of food waste I had. I saw an article about Neighbours in a particular street who were growing their own Vegetables and sharing with each other, and thought it was a brilliant idea with a great potential for reducing food waste.

I came across this new group online after commenting on a post by a resident in a local Aberfoyle group, who tagged me into this new group being set up within the grounds of The Memorial Hall in Aberfoyle. The first meeting held was

brilliant with a great turnout. There were lots of ideas voiced and a rough idea of what everyone would want to see being grown on the surrounding land, and ideas they might have.

I have never grown any kind of Fruit or Veg and I wanted to learn so I was really happy that so many people there had a lot of knowledge and I would be able to learn a lot in my own Garden. I met some really lovely people there and we had some Tea and Coffee set up within the hall and had a great chance to talk around the table.

I think this is a great group to meet new people. You can join in with the work,

contribute your own ideas or learn from others. It feels like a really nice Community Project to be a part of.

Roseann Kay

If you are interested you can contact:
Kate and Wendy
wendyfaulkner34@btinternet.com

Thanks
to Maggie & Bob for
the lovely pots they donated to
the Community Garden Group.





Aberfoyle Primary School News



Dalguise Day Trip

This year Aberfoyle's P7's got the opportunity to go to Dalguise outdoor activity centre, as part of their transition activities for McLaren High School. Throughout the day the P7's had three activities they did in small groups. The groups were made up of pupils from Aberfoyle and other schools that will go to McLaren High School in August. I think everyone who went really enjoyed it.
By Evie S.

Dalguise was really fun but scary. We did trapeze, where you have to climb a tall pole to get onto a platform. Then we had to jump off and hit a ball. It was scary jumping because you knew you would be fine but your instincts were telling you not to do it. We also did archery with sharp arrows. You have to get a lot of power into it or the arrow won't hit the target. And lastly I did orienteering. It was a sort of treasure hunt all around Dalguise. We had to find certain numbers hidden everywhere.

By Tayla R

Bikeability

Most of P6/7 have been working on completing Bikeability 2. Bikeability 2 is learning to ride your bike safely and use correct hand signals on the road. You might have seen us as we have been cycling from the school to the car park in Aberfoyle. The car park is a great place for us to practise because it is similar to the road but there aren't any moving cars.

By Leon C

IDL Topics

Last term each class learned about a range of different topics. P5/4/3 have been working on a historical topic, The Vikings. P3/2/1 have also learned about people and places in the past through their topic, Knights and Castles. P6/7 focussed on geography when they learned all about Asia.

By Emily S

Digital Skills

Primary 3-7 have been using codeable objects called 'microbits'. The 'microbits' have been helping the children of Aberfoyle Primary School learn basic coding skills; how to make lights flash, how to make wee songs play out of the microbit, etc. Students then went on to learn more complex skills, such as creating simple games.

During the final week we pupils were allowed free rein and began coding their microbits individually, creating their own unique games and features.

Emily E



Music

Before the Easter Holidays Amy Lord (Professional Scots singer) taught us Scots songs and how to pronounce them! We learned many fun and enjoyable songs and met (virtually) some traditional musicians..

At the end of the block each class performed for one another at an assembly. P1/2/3 Sang Three Wee Mice, Three Crows and The World Must be Comin' to an End. P3/4/5 sang Rantin' Rovin' Robin' and finally, P6/7 sang Tae the Beggan' I Will Go.

On Thursday Mrs. Brown, our music specialist, was able to visit the school again to teach us music. Everyone was very happy because we hadn't seen her since Covid began. Our class (P6/7) began to learn 'Count on Me' by Bruno Mars.

Amelie H

Summer Fayre

Aberfoyle Primary School will be holding a summer fayre on Saturday 21st May from 11am - 2.00pm. There will be exciting stalls, fun activities, a raffle and lots of fun. There will also be a car wash from 9.00am - 11.00am. This is an important fundraiser for the school so please come along and support us.

By Gregory M.



Outdoor Learning

Primary 6/7 have been enjoying outdoor learning every Friday. We have built dens in the woods behind Aberfoyle Primary School. We had a competition to see whose den was most waterproof. The winners were Harriet M, Alaina F, Emily S, Connor O and Evie S.

We made mouth-watering treats called dampers. Dampers are an Australian food made out of water, sugar and flour. They were cooked over an open fire that the children started (with adult supervision). We covered them in jam!

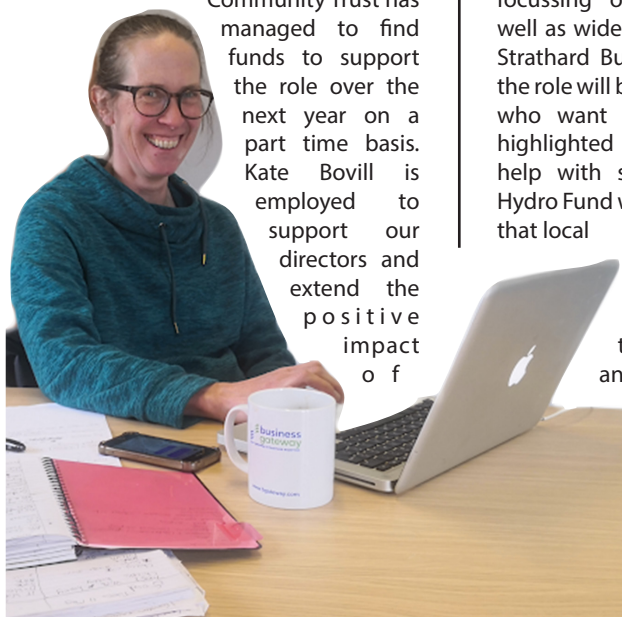
We also learned how to read a map, tie square lashings to connect sticks and created some outdoor art.

Alexander H and Struan D

Strathard Community Trust Update

Following our pilot Development Officer work through the winter, Strathard

Community Trust has managed to find funds to support the role over the next year on a part time basis. Kate Bovill is employed to support our directors and extend the positive impact of



the Trust. Over the next few months, she will be focussing on transport solutions as well as widening access and use of the Strathard Business Hub. A key part of the role will be to support local residents who want to take forward projects highlighted in the Life Plans, including help with small grants through the Hydro Fund where needed. Key projects that local

residents might want to contact us about are improving playparks, transport issues (see below) and communicating our local Heritage.

Issues around transport and access to services for residents have been highlighted across the community. To help us build the evidence base

for improvements, it would be really helpful if as many people as possible could complete the transport survey here:

<https://forms.gle/bjtGpCi8YuAHWF356>

or fill in a paper copy available at the post office or Coop.



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Coronation Celebrations in Strathard

As we make our plans for the forthcoming Platinum Jubilee events in our community, James Kennedy has delved into the 1952 and 1953 editions of the Stirling Observer to reveal how the Coronation itself was celebrated. Our thanks to the team at Stirling Archives for their help. A longer version of this is available with a host of other local history material on the Strathard Heritage Digital Website <https://strathardheritage.org/>

Background: Queen Elizabeth II was crowned on Tuesday 2 June, 1953 in Westminster Abbey. Her Majesty was the thirty-ninth Sovereign to be crowned at Westminster Abbey. The coronation was held more than one year after the death of King George VI, because of the tradition of allowing an appropriate length of time to pass after a monarch dies before holding such festivals. It also gave the planning committees adequate time to make preparations for the ceremony.

The then Princess Elizabeth and Duke of Edinburgh were in Kenya on February 6, 1952, when King George VI died as a result of lung cancer at the age of 56, and his 25-year-old daughter became the sixth woman in history to ascend to the British throne. She became Queen on February 6 1952.

The Coronation In Stirling and Strathard

Not surprisingly the coronation was a subject of great anticipation and celebration. The Stirling Observer reported on the plans and then the events themselves. Stirling Castle was floodlit for the coronation and for the following 3 weeks. Special events were held all over the country including in Strathard, when events were held in *Aberfoyle, Kinlochard and Inversnaid and Stronachlachar*. A special church service was held on Coronation day in Aberfoyle Parish Church

The Coronation Medal

The 1953 Coronation Medal was a commemorative medal made to celebrate the coronation of Queen Elizabeth II awarded for community contribution. The oldest member of the community Archie Menzies received the award in recognition of his significant public service. Mr. Menzies who was 89 years of age also had the honour of setting off the bonfire on Coronation night.

Aberfoyle

To celebrate the Coronation, Aberfoyle



The 1953 Coronation Medal

had a full programme of events. A service of thanksgiving and devotion started the day and following this everyone went to the recreation grounds to see a procession of children in fancy dress. This competition was judged by Lady French. The best fancy dress was won by Fiona Faulds and Helen Hawkerton as Queen and Train-bearer.

Afterwards it was possible to view the Coronation on a television in the Church Hall. Afterwards some The 1953 Coronation Medal 50 sports events for all ages were held in the recreation ground.

A five a side football match between McLaren High and Aberfoyle led to defeat for the local team. Souvenir medals and mugs were presented to all children of school age by Mrs. Joynson of the Glassert. Mrs Joynson also presented prizes to the winners of the competitions. For the children the day ended with a march from the field back to the village. This was led by the Strathendrick and District Pipe Band. The focus of the evening was on a dance in the Pavilion followed by fire

The Womens Rural Institute held a dance on Friday 5 June to celebrate Coronation week and a good number

of people turned up in fancy dress. Music was supplied by McLaren's Band. and William Smith acted as Master of Ceremonies As well as a general raffle there were also prizes for the best fancy dress which Mrs. McDonald won for best dressed. There were also prizes for best home-made outfit won by Mrs. Beaton, most comical won by Mrs. McKay and topical won by Mrs. Laing. All in all, the evening was judged to be a great success.

There was a major focus on the children of the area as part of the celebrations. Miss Watson the headteacher played a major role in the planning committee. All of the schoolchildren received a copy of a new Testament prayer book from the Perth and Kinross Education Committee and a souvenir book gifted by Mrs. Cunninghame from Couligarten.

Celebrations started in the school which had been especially decorated by the pupils in bright colours. A procession headed by Miss Watson marched to the Mill of Chon sports field where all of the sports and fun activities took place. Again, there was a fancy-dress theme which was judged by Dr. Perry.

Topical was won by Mary Allan;

original Ronald Luke; homemade Isobel McMillan; youngest Alasdair MacDonald and comical Ian McGregor. Ronald wore a outfit dressed as a clown, created from tissue paper by his aunt May whilst his sister Margaret want as princess.

Races took place in the sports field with ice cream and lemonade for the young folk. Later on, tea was served in the school and a conjurer had been hired to provide entertainment. Wilf Luke presented each child with a financial gift which had been organised by Mrs. E. Joynson of the Altskeith.

Souvenirs of a mug and sweets were also an addition to the children's special day.

In the early evening a bonfire was lit by Mr. Mackie. It had been planned to also have fireworks but this was postponed as the children were very tired and the evening was very clear.

The Aberfoyle celebrations were brought to a conclusion when on Saturday 19 June a Coronation tree was planted in the grounds of the Bailie Nicol Jarvie by Mrs. Cameron. It was also reported that there was a final distribution of coronation tea to the older members of the community.

Stronachlachar and Inversnaid Coronation day started with the community gathering in Stronachlachar

to listen to the special radio programme followed by a clay pigeon shoot. It was reported by the Stirling Observer that 'young children were entranced by witnessing a chapter of history'. In the afternoon there were sport activities and into the evening a choice of bowling or dancing. The special day finished with the bonfire being lit by George Buchan 'veteran shepherd of Inversnaid'. On the following day a coronation sheep dog trial was held at Garrison Farm and it was won by Charles McLachlan from Portnellan.

My thanks to the team at the Archives in Stirling Council.

James Kennedy



BAILIE NICOL JARVIE PAVILION, ABERFOYLE
The Pavilion Aberfoyle



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A Walk from The Crescent to the Ballie

circa 1952, by Isobel Orr (Part 3)

This is the conclusion of Isobel Orr's childhood memories of Aberfoyle, first published in the Strathard News, October 2010.



Many of the boys at that time were employed after school and on Saturday to deliver orders on the delivery bicycles. The Co-op was also a fine shop and to my knowledge no one ever left the village to buy their groceries, all we ever needed was available on hand. At the Co-op you always had to remember your number, ours was 647, and the dividend in these days was a marvellous windfall at the end of every quarter.

We will continue on the right hand side of the street to the Baillie and return from there on the left.

Next door to the Co-op was the Post Office, and it was only a post office, as far as I can remember, and then there

was the Butcher's shop, presided over by Mr. McLaren and later by Mr Halkerston. It was a proper butcher's shop, and you may find this disagreeable, but we knew no difference. The carcasses of the sheep, and pigs, were hanging on hooks to the right of the shop, opposite the counter, and a huge carcass of beef was always hanging towards the back of the shop waiting to be cut into the various cuts. There always seemed to be a queue at the butchers.

Next door to the butcher was the cafe - Johnny's. Political correctness was alien to us at that time and the cafe was affectionately known as the "Tally's". They made the best ice cream, a threepenny cone was the order of the day with a dash of raspberry. Dora and Johnny were the salt

of the earth. I don't think there was an extensive menu but teas and coffees and hot orange was always on offer and they were always busy especially at weekends. (In 1956 we thought we were in Heaven when they installed a Juke box - pure magic - music and hot orange).

Then on the corner, as now, was the Bank. I remember going in there with my mother and feeling as if I was in a hallowed place, presided over by Mr. Cameron and Mr. Wilson, and of course, unlike now, it was open every day.

On the other side of the Trossachs Road was the Baillie Nicol Jarvie Hotel, renowned for its excellence. The public bar was a favourite meeting place for

the village men and in the hotel was the cocktail bar, barman George McAdam - this was as quaint and as beautiful a small bar as you could ever imagine.

Probably the hotel's best known resident, to us, the children of the time, was Jimmy the Parrot. Health and Safety was not an issue at that time and Jimmy was housed in the kitchen in the hotel. On good days in the summer Jimmy was brought out in his cage into the very beautiful garden at the Baillie. Coming down the road from school we could hear Jimmy whistling as far away as the police brae, whereupon we all ran to get a prize place on the wall to watch him and to encourage him to whistle, shout and swear.

To the rear of the car park in front of the hotel was the Baillie Garage. Among other things this housed the local fire engine. A fire was reported to the Baillie office, someone ran to the hotel kitchen and pressed the switch which activated the siren alerting the local retained firemen. There was also a workshop where rather beautiful small brass ornaments were made. The business was called Aberfoyle Industries and was

masterminded by a lovely Polish man who stayed in Scotland after the war, his name was Shemanus (Sp. doubtful). Major Cameron who owned the hotel, also kept his car here, and Tommy Sinclair, his chauffeur spent a part of every day polishing this, his pride and joy.

Crossing over the street was the poker tree, again that was a very beautiful garden but at that time my father was the head gardener and if my memory serves me correctly he had three assistants.

Continuing along on this side of the street, crossing the Manse Road on the right hand side was the putting green. This also belonged to the Baillie. It was beautifully kept and generally well used in good weather. Bordering this on the street side was a low wall, the Medical Board. I do not know how you qualified to sit there but it always seemed to me to be the "old" men of the village, probably they were not that old, but we loved to join in and listen to their stories of more colourful times and often hard times of which we as children were unaware.

Completing our walk we arrive at the Pavilion - now the Forth Inn. At that time it was like a big wooden chalet, but it was very well maintained, and I appreciated later had a wonderful floor for dancing. This was also owned by the Baillie, run and managed by Mrs Cameron. I started working there in the summer holidays when I was 12. That seemed to be allowed at that time. It was very, very busy, seasonal, opening only from March to October, but serving approx 250 lunches and 250 high teas every day. These are stories for another time and we have now completed our walk round the village.

I feel that it was a great privilege to grow up in Aberfoyle and I have nothing but happy memories of a care free childhood. In comparison with today we had very little and yet we had everything that we needed. The village was a friendly place where we all knew each other, where many extended families lived and where there was not a great deal of necessity to go too far afield to get all that you needed to survive. I hope some of my memories will trigger some more from other folks who shared the privilege of growing up in Aberfoyle at that time.



We are grateful to the Strathard Heritage Digital Website (<https://strathardheritage.org>) for the contemporaneous postcards that have illustrated the three articles.

TASK DESCRIPTION: VOLUNTEER BEFRIENDER

Job Title: Volunteer Befriender
Organisation: Wellbeing Scotland, 14 Bank Street, Alloa, FK10 1HP
Location: Currently online and by phone



Overall Purpose of the Project

Wellbeing Scotland is a community based organisation working with impact on Wellbeing from life circumstances comprising a range of specialist services under the Wellbeing Scotland umbrella.

Services include:

Open Secret working with survivors of childhood abuse
Wellbeing matters working with all aspects of wellbeing |
Stronger Together working with sexual exploitation and abuse in young people
Children and Families
The In Care Survivors Service Scotland was developed to highlight and address the long term effects, as well as current and future needs of those survivors subjected to neglect, physical, emotional and sexual abuse whilst in care

Training

All services involve:

- Individual/group work
- Training, support and supervision of volunteers
- Resource bank of information
- Raising awareness and campaigning
- Involvement in issue based work which tackles discrimination and disadvantage at local, national and international levels
- Contributing to research and legislative changes and developments
- Advocacy and signposting to other services

Services are also offered to workers in statutory, voluntary and community settings.

Services comprise:

- Training/consultation for statutory, voluntary and community agencies
- Resource bank of information
- Opportunities for partnership/joint working

Job Purpose

To provide support with social isolation with an emphasis on building the confidence and self-esteem of the service user.

Job Responsibilities

- To speak with a befriender on a planned and regular basis.
- To utilise telephone or online measures of contact through the Covid-19 crisis.
- To establish and maintain appropriate boundaries within the relationship
- To support and encourage befrienders to access any support due to them
- To work within Wellbeing Scotland Policies and Guidelines
- To record content and dates of meetings and expenses incurred
- To attend regular support sessions
- To inform the management team of any concerns about Child Protection and of Vulnerable Adult Issues.

Special Feature of the Post

This post may require some evening or weekend work.
The role requires a PVG.

'AberFOOD' - Sustainable Strathard Day!

The Community Food Larder 'AberFOOD' board is full of brilliant ideas, captured at our Sustainable Strathard Community day on 26 th March! Here's a wee 'taster' to encourage YOU to get involved:

- Part of community hub open mornings/ afternoons at the Memorial Hall
- Donating excess (in date) food to reduce household food waste
- Using our cashless food larder to share community food and help reduce food waste at local business food share partners
- Outlet for community growing garden produce when available.
- Food waste information sessions
- Food preservation & storage tips to make it last longer
- Scratch cooking courses.
- Community Feasts!

To help get AberFOOD working for our community, email:
aberfoylememorialhall@hotmail.co.uk
Subject: AberFOOD





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Pain and Rehabilitation- How Linda can Help

Rehabilitation is so much more than just mobility and strength, although these are very important. Rarely do I see a patient and diagnose a clinically significant weakness in a muscle or body part. We need to be able to put our body in the right place, at the right time to give our muscles signals to 'fire-up'. If not, areas may appear 'weak'.

Unless you have had an actual trauma where you have sustained an injury the pain you experience does not necessarily correlate with tissue damage. Research has shown that when the general population undergoes an MRI scan, all sorts of wonky spines and disc bulges are found and yet they experience no pain at all. Only about 1-2% of MRI scans of the spine require surgical treatment due to pathology.

So, why do people experience pain? Well, everybody (or every body) has their own 'reservoir of compensation' and once that reservoir is spilling over pain may be experienced. Stressors that fill up the reservoir include not only tissue state (muscles, joints, discs etc) but also life-stresses; lack of sleep; low mood; lack of exercise, and beliefs and expectations of pain. Our relationship with pain matters.

Many of the people I see have pain for no apparent reason at all. Some can recall the very first time, for example, their 'back went' in 1990 when they lifted a fridge and ever since they have been plagued with intermittent flare ups of pain that can be debilitating, which come on for no real reason. But here's the thing: the brain remembers and makes little memories to make sure this doesn't happen again. The back of the brain, the cerebellum, makes templates of movement and it actually plays out the movement before you have done it. It is constantly monitoring your environment and without you knowing it, it makes you move and hold yourself differently, causing tension or bracing, which stops the flow of easeful movement and that can cause pain.

As an Osteopath I help people in pain in any body part, not just backs, not just bones as the 'osteo-' in the title implies. I use an array of sensitive hands-on techniques to relax you and loosen you up. I'm particularly interested in chronic pain (which by the way, is when you have had pain



for more than 12 weeks) and with my Pilates background I can offer quite a lot. I also know JEMS® (Joanne Elphinstone's Movement Systems) and I am working towards becoming a JEMS® practitioner.

So what is JEMS®? It is a multi-systems approach to guiding people to 'move beautifully'. It can be applied to everyone no matter your background or age. I apply it in my clinic and my Pilates classes. Through its 'Functional Holistic Model' JEMS® considers all aspects of why the person is moving the way they do and why the area that is sore is under more load. There are always reasons! JEMS® teaches us to listen and to observe the big picture and invite the patient to explore new ways of moving and carrying themselves to feel better, stronger, easier, and pain-free. There's always something that can be done.

Mobility, strength, co-ordination and muscle timing, balance, flexibility, stress levels, general tone, beliefs and expectations are explored. No one of these aspects are more important than another and they all interlink and support, well, movement. It is exciting, it can be emotional, and it can be so simple too.

For more information about how I can help you, please do not hesitate to contact.



email@talltreesaberfoyle.co.uk
www.talltreesaberfoyle.co.uk
07758 496 820

Aberfoyle Guild News

The final meeting of the 2021/22 Session was held on Wednesday 23rd February 2022 in the Forth Inn when members and friends were entertained by Mondayles Ukulele Group. The Guild meet once a month from September to March and is open to both men and women and have a varied list of speakers. It is hoped we will have new members in September.



The man who saved our Guild

When Aberfoyle Parish Church Hall was deemed unfit for purpose the Guild had nowhere to meet. Convenor, Isabel contacted local hotelier Phil Crowder to see if he was able to accommodate us at the Forth Inn. He said we may be able to use the function suite at no cost depending on the dates.

I advised him that it was a Monday afternoon once a month. He then offered us the use of the function suite and I should contact Lee the manager with the dates. When I gave Lee the dates he said they would set up the room and supply tea, we could supply cakes as we normally do. The December meeting over the past few years was Christmas Lunch at the Forth Inn.

At our first meeting the room was set up and being a hotel everything was Covid safe. We are very grateful to Phil and his team for hosting us, we are now able to continue as a Guild for the coming year.

NB We had to change to Wednesday as Forth Inn is closed on a Monday.



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Thank You's

I would like to thank everyone who turned out to wave off Ian and Eve (Our Spectrum Adventures) when they were leaving to embark on their epic walk from the top of the country to the bottom. I would especially like to thank QRK for the balloons, Annie McKerracher Clayton (Aberfoyle Village People) for putting up the bunting and Phil Crowder (Phil Crowder Photography) for taking the photos. - Emma Ferguson, Coop Member Pioneer.

The community gardening group would like to thank Aberfoyle Coop for their kind donations of tea/coffee and biscuits for refreshments after the hard work in the garden.

£400 was raised to aid Ukraine and donated to the Red Cross and Save The Children. Thank you everyone for your generosity. - Church of Scotland and Aberfoyle Post Office.

An unbelievable £1255 was raised by our customers and donated to the Disasters Emergency Committee to get aid to the people of Ukraine. Thank you all. - Aberfoyle Pharmacy and Travel Clinic.

Gartmore Gala Day

11TH JUNE 2022

Meet at Gartmore Village Hall @ 12.30pm for the crowning of the Gala Queen, Fancy Dress Competition and Parade to Football Field.
Theme: **Under the Sea!**

Inflatables

BBQ by the Black Bull, Gartmore

Home Baking

Classic Cars

Taiko Drumming

Bushcraft Sessions

Dog Show

Beer Tent

Kids Races

and much more!

1PM START

GARTMORE FOOTBALL FIELD

Flooding and Resilience

Are you interested in what actions can be taken around Flooding or would like to be part of improving emergency resilience in Strathard? Would you like to be informed and involved?

Strathard Community Council and Strathard Community Trust will be holding a public meeting on **Tuesday 24th May at 7.30** in Aberfoyle Memorial Hall



St. Marys Music

Sunday 15 May: Sirocco Winds:

Malcolm Arnold - Three Shanties
Elgar arr. M. Howells - Nimrod from Enigma Variations
Holst - Quintet in Ab
D'Rivera - Habanera and Contradanza from Aires Tropicales
Danzl - Quintet for Winds
Patterson - The Looe Bar Lady from Westerly Winds

Sunday 19 June: Ursula Smith Cello Recital

Bach 1st and 2nd Suite and Britten First Suite.

Ursula Smith is Professor of Cello at the Guildhall School of Music and Drama

Sunday 17 July: Feis Fhiort (TBC)

Sunday 21 August: Brass Tracks brass ensemble.

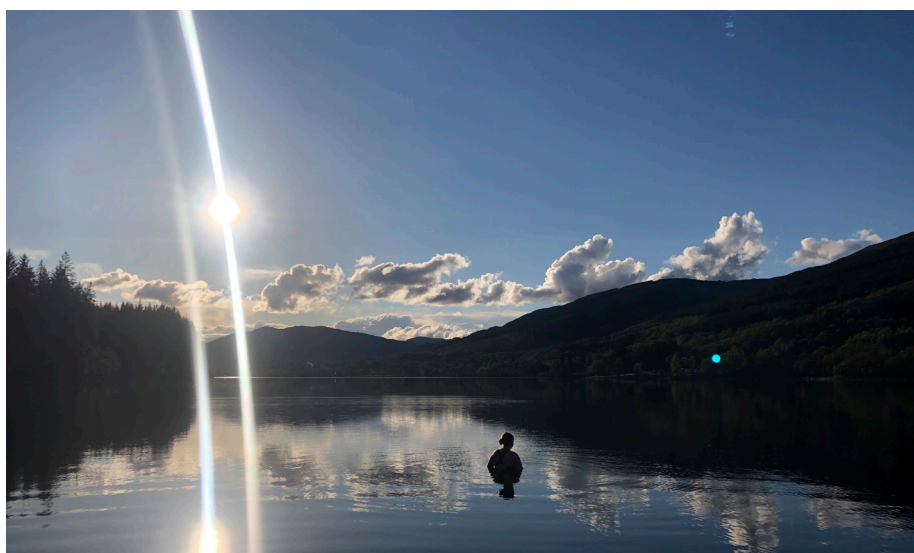
All the concerts start at 3 o'clock on the third Sunday of the month and last an hour, followed by tea. They are held in St. Mary's Church which has an excellent acoustic. Entry is by voluntary donation and places may be booked in advance by emailing: aberfoyleconcerts@gmail.com.



Strathard Community Council news and update Meeting Dates

Aberfoyle Memorial Hall – **Thursday June 2nd 7:15 pm** (TBC) please check village noticeboards & Facebook for any changes

Aberfoyle Memorial Hall – **Thursday August 4th 7:15 pm**



Strathard Dark Skies

Strathard Dark Skies Group are proud to be announcing a new campaign against the Sun. Okay, just kidding. We have been busy though! On Thursday 23rd March, twelve members of the community met with Julie Wilson from the National Park to learn how to carry out Darkness audits. This will allow us to measure how dark Strathard's skies are next winter, assessing the overall levels of light pollution and identifying the best spots for stargazing. We will be running a refresher in autumn, before we start monitoring, so don't worry if you missed the original event!

We would also like to thank everyone who filled out the Survey last month for

their input - it really helps give us a sense of direction. Although we are excited about starting monitoring come winter, our top priority is to raise awareness and interest in dark skies amongst the community and to encourage everyone (including businesses) to consider ways in which they can reduce their own light pollution. This means there will hopefully be lots of exciting events to come.

If you are interested in what we're up to please get in touch with Innes at innymanders@gmail.com.

Let darkness prevail,

The Strathard Dark Skies Group



Whats On

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Gardening Club 4-6 pm Memorial Hall	2	3	4 Baby & toddler 9.30- 11.30 am Memorial Hall	5 Zanshin Kai Karate Community Council meeting 7.15 Memorial hall	6 Knitting group 10am Intrepid	7
8	9	10	11 Baby & toddler 9.30- 11.30 am Memorial Hall	12 Karate Mobile Library 11.45am Car Park	13 Knitting group 10am Intrepid	14
15 Gardening Club St. Marys Music	16	17	18 Baby & toddler 9.30- 11.30 am Memorial Hall	19 Zanshin Kai Karate	20 Knitting group 10am Intrepid	21
22	23	24 Flooding Meeting 7.30pm Memorial Hall	25 Baby & toddler 9.30- 11.30 am Memorial Hall	26 Karate Mobile Library 11.45am Car Park	27 Knitting group 10am Intrepid	28
29 Gardening Club 4-6 pm Memorial Hall	30	31				

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Baby & toddler 9.30- 11.30 am Memorial Hall	2 Karate Community Council 7.15 pm Memorial hall	3 Knitting group 10am Intrepid	4
5 Gardening Club Platinum Jubilee 5-10pm Memorial Hall	6	7	8 Baby & toddler 9.30- 11.30 am Memorial Hall	9 Karate Mobile Library 11.45am Car Park	10 Knitting group 10am Intrepid	11 Gartmore Gala 12.30 pm Gartmore Village
12	13	14	15 Baby & toddler 9.30- 11.30 am Memorial Hall	16 Zanshin Kai Karate	17 Knitting group 10am Intrepid	18
19 Gardening Club St. Marys Music	20	21	22 Baby & toddler 9.30- 11.30 am Memorial Hall	23 Karate Mobile Library 11.45am Car Park	24 Knitting group 10am Intrepid	25
26	27	28	29 Baby & toddler 9.30- 11.30 am Memorial Hall	30 Zanshin Kai Karate		

Aberfoyle Baby & Toddler Group – Every Wednesday during term time - Aberfoyle Memorial Hall – 9.30-11.30am. £2 for one child and £1 for additional children. All welcome. Loch Ard Local History Group – regular meetings. Email k.lamb142@btinternet.com for details.

Intrepid Knitting – Every Friday - Intrepid, Main Street, Aberfoyle – 10am. Bring along your craftwork and have a chat and a cuppa and biscuits. There is no charge and everyone is welcome.

Zanshin Kai Karate – Thursday evenings - Aberfoyle Memorial Hall. There are classes for school age children and adults. For further details contact Sensei Julie Glen 01877 382 296.

St. Marys Music - Every 3rd Sunday of the month, music 3-4pm followed by tea- St Marys Church. Please see previous page for full details.