

FREE
Issue 16
Aug/Sep
2004
Donations
Welcome

STRATHARD NEWS

The Voice of Your Community

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Important Information For All Patients

Over the next few months we will all become aware of the effects of changes to some aspects of medical care.

NHS 24: From August 10th, if you are ill and need medical care during the *out-of-hours* period when the surgery is closed, call **NHS 24** on **08454 24 24 24**. After this date, if you phone the practice out-of-hours you will hear a message asking you to call NHS 24.

An experienced NHS 24 nurse will assess your symptoms and provide advice to help you look after yourself at home. If you need further assessment or treatment, either from a GP or at hospital, NHS 24's nurse will arrange this for you with existing local services. In order to carry out an accurate assessment you will be asked for the following information:

name, address, phone number, GP's name, any medication you may be taking.

During normal daytime surgery hours, you should still contact the surgery for urgent medical help or a routine appointment.

Change in Surgery Opening Hours

Aberfoyle

Mondays and Wednesdays:

8.00am - 12.30pm and 1.30pm - 6.00pm

Tuesdays and Fridays:

8.00am - 12.30pm and 1.30pm - 5.00pm

Thursdays:

8.00am - 12.00 noon

Buchlyvie

Open during consultation times and

Mondays, Tuesdays, Wednesdays and Fridays:

8.00am - 1.30pm

Thursdays: 8.00am - 11.30am

New Service - Telephone Consultations

If you think your problem can be dealt with over the phone, contact the surgery to make an appointment for a telephone consultation.

Your young people need you...

We've reached a critical point in the development of a playpark area for Strathard. The "Futures for Recreation" group is currently submitting a number of large proposals to secure the majority of funds necessary for the redevelopment of our play park. But in order to secure these funds we have to raise funds directly ourselves - £5,000 to be exact!!! Without your help we won't be able to achieve this. You can help by simply supporting events run by the group or by suggesting fund raising ideas. But more importantly we need volunteers. So, if you are enthusiastic about providing better facilities for our children and youth come and join us at the next meeting and help us fund raise. You can help in small ways or large - but all help will be more than welcome.

Our next meeting is an Extra-ordinary General meeting and will be held in the Rangers Meeting Room above the Tourist Office on 3rd September at 7.00 pm to discuss modifications to the constitution. The meeting proper will only last 10 minutes - so anyone wanting to find out more can come along and chat with the current committee over coffee and biscuits.

Can I also take this opportunity to thank the Brownies who recently raised £153.50 with a coffee morning held at the church.

Contact: Paddy Nixon, 01877 382898, paddy@thenixons.org.uk

Top Class!

Kinlochard resident James Kennedy, Royal College of Nursing Scotland Director was recently appointed Honorary Professor for the Department of Nursing & Midwifery at the University of Stirling. This fantastic achievement follows James' long standing relationship with the University and the great work he has achieved in a number of roles. Among his accolades, James project managed the successful transfer of the Stirling School of Nursing and Midwifery to the University and undertook extensive work as Trustee of the Dementia Service Development Centre, of which he is now a lay member on the Ethics Committee. This honour recognises James' achievements but equally reflects the significant standing of RCN Scotland in public life.

editorial

The "season of mists and mellow fruitfulness" seems to be upon us all too quickly this year, possibly because we spent so long waiting for summer to arrive. At least the rain was warm and we were fortunate, in this area, to avoid the damage and devastation wreaked to the north of us.

Even the osprey chicks fared better than many in other parts of the country due mainly, it appears, to the vigilance of the rangers. I feel I've lived through it with them. Before I went on holiday I had a couple of articles rejoicing in their survival when other chicks had fared so badly because of the weather; their successful ringing; then their christening party. I returned to devastating news which you can read more of on page 7. I found myself getting quite involved in the ongoing saga. Unfortunately, space will only allow for the printing of the last email which summarises the sequence of events.

I'm sure you'll find lots more in this issue to catch your interest - if not, remember we welcome feedback from our readers. The contact details are always printed.

Margaret
editor@strathardnews.com

Jock McGregor An appreciation

It is with sadness and fond memories that I report the death of a weel-kent local and true "worthy", Jock McGregor, late of The Teapot, Kinlochard. Jock was 91 and enjoyed a good innings.

Jock was, to say the least, a strong character in every sense. He was physically built like a wee ox, being a forester of the old school. He had a strong faith coupled with a couthy sense of humour - he didn't mince his words at times! There was always a twinkle in Jock's eye.

Originally from Gartocharn, he was a founder member of Drymen Football Club, a fearsome player and also a no mean Highland Games athlete, though he admitted to being too "short-arsed" for the caber! A great dancer, he was the toast of a good ceilidh in halls the length of Strathard.

In later years, he also became a fine bowler, winning the Aberfoyle Championship medal in his eighties!

My sons and I used to enjoy a bit craik with Jock over a dram in the Teapot. He had many a good story to tell in his inimitable way! Connie, his beloved wife, was also great fun.

Following the death of Connie, Jock eventually moved out of the Teapot and into Aberfoyle. Despite the fact that the new house had all the modern fittings and was certainly warmer and drier, I suspect he missed his old haunt at Kinlochard.

Our sympathies go out to Anne, Andrew, Jake and the family. Jock has certainly earned his dram in heaven and I'll bet he'll bring a smile to the face of his Maker!

Fergus Wood, Ledard Farm, Kinlochard

Local Telephone Directory

I'd like to remind people that copies of "The Wee Blue Book" are still available. This is a local telephone directory which covers Aberfoyle, Kinlochard, Inversnaid, Gartmore, Stronachlachar and Port of Menteith. There are also lots of other useful numbers and a classified trades section. It is on sale at the Aberfoyle Post Shop, Kinlochard Village Shop, Gartmore Community Shop and from Margaret Neufeld at Inversnaid and Isobel McGuire at Port of Menteith. It costs £2.

Stewart Hollington

Electrical Contractors

Domestic ♦ Commercial ♦ Industrial

Domestic Appliance Repairs

Tel/Fax 01877 385231

Mobile 07885 841735

Hazel Cottage, Cardross Estate, Port of Menteith FK8 3JY

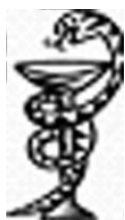
Information Sought

Some weeks ago a lady, accompanied by her husband and grand-daughter, called at my home and asked permission to take photographs of the house. She explained that relations on her mother's side lived at Clashmore at the beginning of 1900 and were called Paterson.

John Paterson of Clashmore was a shepherd and manager to the Duke of Montrose who died of appendicitis in Falkirk, aged 40, while driving sheep to the market there. He married into the Blair family who were well known in Aberfoyle, Alex Blair owning the Baillie Nicol Jarvie, Inversnaid, Achray and Trossachs hotels.

With Hugh McCallum, Alex Blair founded "The Shepherds' Friendly Society of Aberfoyle" and I should be most interested if anyone can give me any information regarding this and the Paterson and Blair families, which I can pass on to Mrs Dennis-Jones of Bury St. Edmunds. Her grand-daughter is compiling a family tree and will appreciate any help. She also sent me a short history of the Covenanter's Inn which I'm sure the readers of the Strathard News will find interesting.

Margaret McKeand, Clashmore, Aberfoyle FK8 3XH Tel: 01877 382466



Health

Diabetes: Are You At Risk?

Too many people develop life-threatening complications because their Diabetes is diagnosed too late. There are many misconceptions about Diabetes being a "mild"

condition; these are potentially dangerous thoughts. Diabetes is serious; **read on and make sure you know if you are at risk.**

TYPE 1 AND TYPE 2 DIABETES:

Type 1 - develops when the insulin-producing cells in the pancreas have been destroyed. Symptoms are normally very obvious and insulin has to be given by injection. This type of diabetes generally affects younger people and both sexes are affected equally.

Type 2 - usually appears in middle-aged or elderly people, although it can develop in the younger age group. This type develops when the body does not produce enough insulin and/or the body no longer responds properly to the insulin being produced by the pancreas. Symptoms develop slowly and may not be noticeable and may be put down to "getting older" or "overwork". Control of Type 2 is by diet alone, or diet and tablet/s. However, some people may eventually require insulin injections.

RISK FACTORS: those people most at risk of developing Type 2 are:

- People with a family history of Diabetes. The closer the relative, the greater your risk.
- People who are unfit and overweight. (80% with Type 2 are overweight)
- Age: the older you are, the greater your risk.
- People of Asian or African-Caribbean origin.
- Women who have given birth to large babies (over 11 lbs).
- Women who have temporary Diabetes in pregnancy (Gestational Diabetes) have an increased risk of going on to develop Type 2 later in life.
- Women with Polycystic Ovary Syndrome.

SYMPTOMS:

- Increased thirst
- Going to the toilet all the time, especially at night.
- Extreme tiredness
- Weight loss.
- Blurred vision
- Genital itching or regular episodes of thrush.

Remember, in Type 2, the symptoms may not be easily recognized.

COMPLICATIONS:

What makes Diabetes so serious is that the condition can affect other parts of the body: the eyes, kidneys, heart and blood vessels (circulation) and nerve pathways (sensation). Spotting Diabetes early means that it can be treated and the risk of developing serious complications can be greatly reduced.

If you think you might have Diabetes, it is vital you take steps now.

A simple blood test is all that is required to test for Diabetes. So, if you have any concerns, make an appointment with your Practice Nurse, Allison or Linda, to discuss.

Aberfoyle Surgery: 01877 382421

Buchlyvie Surgery: 01360 860237

Health Promotion

**Sunday 12th September
11.00am - 4.00pm**

at

**David Marshall Lodge
Aberfoyle**

Information regarding blood pressure, weight, healthy eating, diabetes, smoking, alcohol, etc.

Macmillan Cancer Relief

The annual Coffee Morning in aid of the Macmillan Nurses Cancer Relief will be held in the Aberfoyle Medical Centre on **Friday 24th September from 10.30am to 12.30pm**. Entry, including refreshments, will be £1.00. Gifts for the baking table will be much appreciated and can be handed in to the Medical Centre on the morning of the Coffee Morning.

As in previous years there will also be a raffle and gifts for this, which raises a large amount of money due to the generosity of all who support this worthy cause, can be given to the Surgery Ladies who will be selling raffle tickets a week before and a week after the 24th September. We look forward to your generous support.

Therapeutic Massage



Promotes general well-being and helps ease back pain, stress, headaches, arthritis & asthma

for more information call
**Fiona Campbell Dip. T.M.
01877 382603**

Society of Holistic Practitioners

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MAIN STREET ABERFOYLE
01877 382248

Sorry about missing the report last month folks but for some reason a holiday seemed more enticing than my computer! Hope you've all been enjoying our erratic summer too, and managed to fit in some time off.

The August meeting in Kinlochard was very subdued; not surprising given that it followed the funerals of two much-loved Kinlochard residents. Our condolences to the families of Jock McGregor and of Gordon Lamb, two very special people.

The Council's summer recess usually means that we do not have a lot of business to discuss, but this year we have been swamped with 'consultations', and requests for our opinions on various matters including smoking in public places, licensing law and underage drinking, the listing of local places of historic interest and the Council's proposals to 'improve' customer access. The last two particularly need some thinking about. Historic Scotland has requested our help to identify buildings in our area of the National Park, which should be considered for listed status. If you have any information on these please

let me know and I will pass it on for consideration.

Proposals to improve customer access might sound like a building programme for ramps in front of public buildings, but what it actually means is that the Council is extending access to their advice services beyond the current 9am to 5pm on weekdays. They are opening a 'one-stop-shop' in Stirling where the public can access advice on Council services, alongside agencies such as the Jobcentre and Social Security. Outside of the City Centre customers would use such places as the local library, phone calls will be directed through their existing helpline and mobile officers will visit the housebound. However, these changes mean that small local offices such as our office above the Discovery Centre will be closed. Our feeling at the meeting was that these plans will disadvantage communities such as ours; we have no library and the one-stop-shop is not easy to reach even if you have your own transport. Sharon, as the Registrar, has also been finding that there is a marked increase in wedding

ceremonies requested by visitors to the area. This brings increased business to the villages, from guests attending the celebrations. What do YOU think? Is the service worth fighting for? Do you agree with the changes? Tell us now.

Community groups in the Loch Katrine area are looking at ways in which affordable housing could be provided there, to encourage people to move back into the community. The other question is though –will there be any jobs to entice people to live there? Scottish Water is negotiating with funding bodies to set up a charitable trust to take over the operation of the Sir Walter Scott, and the tourism sector. A meeting with National Park Planning officials has been arranged to look at the special needs of this area when considering the Park Plan, which is currently being formulated.

And finally.....a plea to whoever it is who has their own key for the notice board in Aberfoyle; PLEASE stop locking the top lock! We cannot get in to our own board.

Hope to see you in September at Inversnaid.

Ros

Listed Buildings in Strathard

Aberfoyle Bridge, Manse Road
Aberfoyle School
Basin House
Braeval Farm House
Braeval Mill
Corrienessan
Craiguchty Terrace
David Marshall Lodge
Duchray castle
Dundarroch Lochard
Garrison Farm
Garrison Inversnaid
Jean McAlpines Cottage
McGregor of Glengyle burial ground
MeallMhor
Milton Mill
New Parish Church Aberfoyle
Old Parish Church
St Marys Episcopal Church
Tea pot bridge
Towers and Shafts Glasgow water works
Various aqueducts in Duchray valley
Duke Murdochs Castle


Strathard Country Pursuits

The annual exhibition of art and craft will take place on Saturday 23rd and Sunday 24th October so please, all of you talented people lurking out there, get busy between now and then. If you would like more information, contact Margaret on 01877 386258

Broadband Now!

25 local residents and businesses from Aberfoyle and Kinlochard are enjoying the benefits of fast internet access delivered by satellite!

A HOTSPOT is available to anyone with a wireless enabled laptop. Installed in the Discovery Centre, access it in parts of the Main Street, Car Park and Forth Inn. For more information contact Mary Phillips Tel: 01877 382 696



The Aberfoyle Butcher

FINE FOOD TABLE

01877 382473

Letters to the *Editor**have your say!*

What do you think? If you have something on your mind, let's hear it. There's no better way to reach all the residents of Strathard than through the Strathard News. Send your comments to The Editor, Strathard News, Schoolhouse, Inversnaid FK8 3TU, or email: editor@strathardnews.com

Dear Editor,

There was an advert recently in the paper caught my eye: MacDonald Hotels looking for people to sell timeshares at Forest Hills - an "ability to overcome objections" was desired.

Good heavens, I thought to myself, *why ever might they need that?* Aren't we all just saftie push-overs at heart? Take for example if you will, MacDonald Hotels' current plans to expand the Forest Hills complex. It might be breaking promises given to the local community (and enshrined in democratically-based development plans); it might potentially be putting at risk the lives of those who run the daily gauntlet of the B829; it might be the most wasteful (unbusiness-like, even) utilisation of our development assets imaginable, and contrary to any meaningful notion of what a National Park ought to be about - what the hell! You don't need an Alasdair Campbell or "Fighter" Mandelson, when all that's required is bunging a bawbee or two at the natives to half-fill a pot-hole in the road with cinders for a week, do you? The bribe diminishes the taker more than the giver sure enough.

As Dolly Parton once said: *It costs a fortune to look this cheap.*

Yours faithfully,

Andy Manders

7 Lochard Cottages

Kinlochard

Abuse of the Skip Area

As owners of the Rear Car Park in Aberfoyle, I must express concern about abuse of the skip area by a certain minority of locals. A number of locals are dumping clippings, prunings, spoil and other brash into the wooded area adjacent to the car park, much of which is owned by us. Also, a general dumping of cookers, fridges etc. outside the skip is taking place - recently a bampot even had the temerity to dump two clothes poles, bedded in concrete, adjacent to the skip. Let me make it clear to everyone, The Scottish Wool Centre leases the rear car park to the council for use as a car park. As regards the skip area, use of this as a rubbish disposal area is by informal arrangement with the council. If the dumping continues, we will terminate this agreement and the waste disposal area will have to move elsewhere.

As usual, it is a minority which spoils things for the majority!

Fergus Wood

Managing Director

The Scottish Wool Centre Ltd.

Shortage Of Registered Child-Minders.

There is a dire shortage of registered child-minders in the whole of Strathard.

If you are interested in filling this gap please, please contact Stirling Council on 0845 277 7000

The Rob Roy Hotel

**Have you seen the changes on your own doorstep?
The transformation needs to be seen to be believed!**

Why not come and try the *all new* bar menu, lots of favourites with the odd twist. We pride ourselves on making as much as we can in-house with local produce.



Open every day, serving food till 8.45pm

Steven Bundy our Head Chef and his team are producing some superb four course dinners in our non smoking Green Room Restaurant and from only £16.95 plus Tea & Coffee you can always find a "special occasion" to save you from the washing up.

We also specialize in "Fair Trade" Teas and Coffees which you could always combine with some home baking.

So come on in and have a look at what we've done and add us to your list of regular haunts.

We will be very glad to welcome you

Tel: 01877 382245 Fax: 01877 382262

Aberfoyle, Stirlingshire, FK8 3UX

Anne McGuire MP

In the summer time I invariably search out the maps for any holiday visit – even if I think I know the area quite well. There is something quite satisfying in reading a map, searching out those places that I have missed on previous occasions, or working out why place names have developed. In the Stirling area, we have some very good map companies who have developed good local businesses. However, it may come as a surprise that both you and I actually own our own map company as taxpayers, and its recent report shows that it is doing really well! It is Ordnance Survey of course and it is one of the most respected government agencies and its continuing success is highlighted in its recently published annual report.

But it is not just the traveller who needs a map. According to the annual report there has been increased demand for Ordnance Survey products and services from all sectors. In particular there has

been “significant growth” in the use of Ordnance Survey data to deliver joined-up services and help modernise government at national, regional and local levels. Over 200 central government bodies now benefit from Ordnance Survey data and information that has been made available under the Pan Government Agreement. Local Government and the Utility sector also continued to increase their use of Ordnance Survey data in citizen-based services and asset management. There is obviously more to map reading than trying to source place names!

Migrants have been coming to Britain throughout our history and the Home Office consultation, *Strength in Diversity*, is aimed at highlighting the positive aspects of immigration. I am particularly delighted that there has been a focus on trying to engage with young people on this particular issue and there is a special pamphlet specifically geared to get their views.

The consultation document and other relevant documents are available on-line from the Home Office web page

<http://www.homeoffice.gov.uk/comrace>

They will be also happy to send you copies of any of the publications related to this consultation and they can be contacted at the address below.

The closing date for responses to the consultation is 17 September 2004. Responses should be sent to:

Strength in Diversity Consultation
Home Office

50 Queen Anne's Gate

London

SW1H 9AT

You can also e-mail your response to,

ccresconsultation@homeoffice.gsi.gov.uk

Sylvia Jackson MSP and I can be contacted at 22 Viewfield Street, FK8 1UA, telephone 01786 446515. You can e-mail me at mcguirea@parliament.uk or visit my web-site, www.AnneMcGuireMP.org.uk

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Heroic OSPREYS

The "Aberfoyle Ospreys" battled gale-force winds and torrential rain early in the breeding season to keep their chicks, Dodger and Fudgy, safe and fed - unlike some of their cousins around Scotland, who lost their chicks to the horrendous weather.

Then on Sunday night 8th August another round of torrential rain washed the chicks and their nest out of their perch 40 feet up a rickety dead tree, prompting a race against time by forest rangers to save the chicks. Forestry Commission Scotland wildlife ranger Dave Anderson rushed to the site on Monday morning to rescue the dazed, bewildered chicks and take them into care before foxes found them. Then he and colleagues rushed to build a new nest site in a nearby tree before the parents gave up on their missing youngsters. Mr Anderson put the chicks into the new nest on Tuesday afternoon, and by Wednesday midday the parents had found them and resumed feeding them - and one of the chicks celebrated by taking its first flight the same day!

The feathered family's valiant exploits were captured on a closed-circuit video link from their secret nest, and wowed visitors to a special viewing facility in Aberfoyle's David Marshall Lodge forest visitor centre.

Delighted osprey information officer Tom Marshall said, "We went through anxious times during the earlier bad weather, because the chicks are very exposed in their high, open nests. But the parents proved to be real battlers and they managed to keep catching enough fish to keep the chicks fed, and to keep the little ones secure and



warm enough to survive the terrible conditions. After all that, it would have been really tragic to lose them in Sunday night's washout just before they learned to fly, so all of us here, including the local community, are especially thrilled to see the chicks come through the season fit and healthy.

Dodger and Fudgy were named in a competition for children who had visited the osprey viewing centre at David Marshall Lodge over the summer. The birds' stunning success crowns "Ospreys' 50th", a national programme of events to celebrate the 50th anniversary of ospreys' return to Scotland to breed after an absence of nearly 40 years, from 1916 to 1954.

Thousands of visitors have enjoyed the 'Big Brother'-style viewing of the ospreys, live from their nest. Proving almost as addictive as the TV show, the facility has also attracted regular

local visitors wishing to keep a close eye on "their" ospreys!

The Lodge's "Bird of Prey Research Station" - as the viewing centre is known - is a partnership between Forestry Commission Scotland, RSPB Scotland, Scottish Natural Heritage and the European Community Lomond & Rural Stirling LEADER+ 2000-2006 Programme. It has featured Tom Marshall helping visitors with information and advice, and colourful displays and hands-on activities for children.

The "Research Station" is one of several similar viewing facilities across Scotland celebrating Ospreys' 50th, and will continue to provide osprey viewing, and more, during 2005 and 2006. The Ospreys' 50th partners, which also include the Scottish Wildlife Trust, Kailzie Gardens near Peebles, the Highland Foundation for Wildlife, the Scottish Raptor Study Groups and Dumfries & Galloway Council, will enable thousands of visitors to Scotland to discover more about these amazing birds and their history.

* The Aberfoyle "Bird of Prey Research Station" is open from 10am to 5pm seven days a week through the summer, although the live video is no longer operating after last Sunday's events. Other osprey viewing facilities are provided by RSPB Scotland at Loch Garten, near Aviemore; the Scottish Wildlife Trust at Loch of the Lowes, near Dunkeld; Forestry Commission Scotland in Glentworth Forest, near Peebles; Kailzie Gardens, also near Peebles; and Dumfries & Galloway Council at Wigtown Bay.

According to the Scottish Road Maintenance Conditions Survey, Stirling Council was in second last place - 31st out of the 32 council areas. I know this will come as no surprise to anyone in this area. I think we should be lobbying our local councillors and demanding explanations about why the roads budget has actually been cut. The councillor for this area is Alastair Beaton (01877 385274).

Charity Barn Dance Success!!

After our daughter, Hannah went through an Operation in Yorkhill Children's Hospital last summer we were keen to hold a fund-raising event. It is amazing just how many lives have been touched by Yorkhill and we were overwhelmed by the support we received when we decided to hold a Charity Barn Dance at Upper Spittalton Farm, Blairdrummond.

We wish to say a huge thank-you to friends, family and local businesses who donated time, raffle prizes and auction items to the cause. Special thanks go to Cath McLean who rallied the locals to Blairdrummond for what everyone agreed was a great night! Even better we raised over **£7,000.00** for the Charity!!

Craig, Karen & Hannah MacCallum



Kirk News

There is absolutely no truth in the rumour that a certain large boat sailed down the occasional loch carrying endangered species (dry tourists) on Monday 9th August. However we do wish that, whatever the weather, the majority of folk were able to visit somewhere special whatever the distance or the weather, and that those folk who remained at home were still able to have a change of routine.

Now we think of returning to work, going back to school, perhaps for the first time, and it is not always the bairns who have tears in their eyes at the school gate. What about the students going to High School, or University? We wish them every success in the months and years ahead.

We are resuming our activities for the Autumn Season at the Port of Menteith and Aberfoyle Parish Churches. Sunday Club resumes Sunday 22nd August: 10am at the Port and 11 15am at Aberfoyle. This is also a good time for adults to renew their spiritual awareness and reach parts of the body that the Olympic activities left untested. Both Churches have missed your company during the summer break and look forward to sharing friendship and worship together once more. .

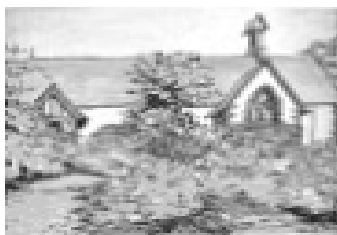
The Anchor Boys and Junior Sections of The Boy's Brigade enrolment evening begins at 6 30pm on Friday 10th September for both groups, and then we will meet on Thursday evenings. The age groups are P1 until P7; parents allow time for the new programme to be explained and let us hear your views.

The Port Kirk will be holding a Flower Festival on Saturday 11th September, 10am until 4.30pm and Sunday 12th September from 12noon until 4 30pm. There will be a sales table and refreshments available.

Aberfoyle Harvest Thanksgiving will be held on Sunday 19th September and gifts will be received. The Kirk will be decorated on Saturday 18th September.

Aberfoyle Guild resumes at 2pm on Monday 20th September with a talk on Mountain Rescue.

*With every blessing
Rev. Dannv Gibb.*



St. Mary's Scottish Episcopal Church In The Trossachs and Strathendrick

The Vestry of St Mary's Church met on Monday 9th August and it was the first Vestry meeting that our new Rector Richard Grosse had attended. Members were pleased that Richard is enjoying being here and meeting people in Aberfoyle and Callander.

Important events are scheduled to which all are welcome to attend in the approach to Christmas. These include a special dedication service to honour the Aberfoyle Slate Quarrymen whose enthusiasm and money were responsible for this lovely church to have been built. A large number of them have been identified by the Historical Section led by well know local Episcopalian Peter Joynson, who is once more a vestry member. It is hoped that the Duke of Montrose whose ancestor gave the land to the quarrymen and the church will be able to carry out the unveiling ceremony and members are keen that any family still living in the area with ancestors who worked at the quarry make themselves known to Margaret Johnson. (01877 382611) The date will be advised when it is agreed.

Other services will be a special Carol service on 12th December in the evening led by St Andrew's Callander congregation with a special choir from Stirling

University. And St Mary's carol service will be on Sunday 19th December at 3.00 pm with the St Mary's Singers in attendance.

On Remembrance Sunday 14th November in order to allow members of the congregations to attend services in their villages there will be an evensong service at 6.00 pm

All are welcome to join us in our worship and celebrations.

The photograph shows the members of the Vestry after the meeting.



The centre offers a multitude of activities to groups and individuals. All activities are under the supervision of qualified staff, and all necessary equipment can be provided for a safe and enjoyable day out.



open to everybody....with something for everyone!

EQUIPMENT HIRE

There is a wide range of equipment at the centre available for any activity which you may wish to pursue.

BOAT HIRE

Sailing Boats - Wayfarers, Toppers, Optimist, Dart, Laser II and RS400

Also Quad Bikes & Fishing Rods for hire

FOREST HILLS WATERSPORTS

Kinlochard, Aberfoyle Stirlingshire FK8 3TL

Phone 01877 387 775 Email foresthills@goforth.co.uk



Loch Lomond
& The Trossachs
National Park

National Park News

Pàirc Nàiseanta Loch Laomainn is nan Tròisichean

The last few weeks have proven the point - The National Park Authority does not control the weather. Indeed we seem to be totally helpless in that respect. But there is one area in which we do have an influence and that is Investment in The Park. Do I hear the old grumble - Aye but it is all on Loch Lomondside. And indeed if we measure investment to date, Loch Lomond has certainly seen the greatest benefit. But, to be fair, the greatest investment has been in an area bordering on an area of severe deprivation around Alexandria and the Renton. Thankfully we have always argued that the Park boundary should be porous in so far as the investment aim is concerned. It is after all a National Park and should bring benefits to as many people as possible. Yet there still lingers that question. What about this side of the Park?

I am glad to say that some investment a little nearer to home is looking increasingly promising. As I have previously mentioned, Scottish Water is under instruction to dispose of its non-core activities and consequently it is seeking ways of escaping from the tourist business around Loch Katrine. The Park Authority, in conjunction with Stirling Council, Scottish Enterprise Forth Valley, and VisitScotland are endeavouring to secure the survival of the Sir Walter Scott and the tourist activities around Loch Katrine. A sum in excess of £2Million is needed for the

refurbishment of the Sir Walter Scott. Yes it is a considerable sum of money but the boat is such an essential element of tourism in the Trossachs. It is proposed that a Charitable Trust will take over ownership of the boat and a trading company will operate the business. We have to put together a team to submit an application to the Heritage Lottery Fund and, of course, the various agencies will have to dig into the coffers as well. In submitting the application we will have to produce a robust business plan showing that the proposed venture is viable. An interesting element of this exercise is that the Park Authority is involving the community in the project so that local knowledge and input are part and parcel of the process. At our insistence a member of the local community has been included in the bid team. The wheels are in motion. Let's all pray that the bid is successful.

There has been established for most of the lochs in the Park, Loch Recreational Management Groups. At a joint meeting of the groups at Balloch Castle views were shared on problems being encountered. Thankfully there were many helpful suggestions. Not surprisingly the main problems were those that are familiar throughout the country - unsocial behaviour, litter and vandalism. Our particular problem is the difficulty in policing the situation. With a sparse population there is a limited

police force which is often called to cover town areas. So by the time the police can get to the incident, the culprits have gone or quietened. Suggested solutions included a dedicated National Park Police Force akin to the British Rail Police. I doubt that the Scottish Executive would countenance such a force but clearly the problems are sufficiently worrying to warrant serious consideration being given to the suggestion.

Recently the Scotsman honoured the second anniversary of the establishment of The National Park with an article on our progress to date. The article highlighted the Park's fourth aim which is for the promotion of the social and economic well-being of the Park communities. That article has produced a number of enquiries from Park Authorities in England and Wales where that aim is not part of their remit. Yes the conservational, educational and recreational aims are all very important but what use is the Park if its communities die? The Park Authority has been invited to give its view on the subject to the Association of National Park Authorities conference in September. I hope to be there to help spread the message.

As always, I can be contacted as follows:

By Post; Taigh Na Bhuth, Lochearnhead, FK19 8PR

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By email: owen@thevillageshop.fsbusiness.co.uk

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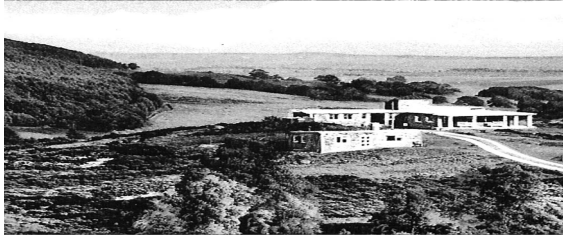
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Rangers

A View from the Lodge!

The Heritage Heart

*"To visit this place is no mountain to climb
By ferryboat it is only ten minutes of time
Though, the journey through history you may not expect
To leave such feelings of everlasting respect"*

Inchmahome Priory lies in a truly magnificent setting on The Lake of Menteith. Ensclosed on the largest of the three islands there, this patch of Scottish water has also been known in the past as Loch of Menteith, Loch of Inchmahome, and Laicht of Menteith (Lowland of Menteith). The mantle of 'Scotland's only lake' continues to be a source of amusing debate, as the consensus of opinion is that it has transpired through an innocent error in the distant past by a Belgian map-maker.



A church was situated on the island for some time previous to the decision taken by Walter Comyn, landowner and Earl of Menteith and by all accounts an extremely influential figure in his day, to erect in its place an Augustinian Priory. This dream was realised in 1238.

The Priory settled into being and became a place of solace, peace and worship to the canons, Earls and parishioners.

Its place in history, however, owes more than a little debt to two very special individuals. It is well documented that the YOUNG MARY and THE BRUCE were among the more esteemed visitors to the island. I could not escape these thoughts as I disembarked from the ferry. As I made my way along the shoreline paths, amidst the age-old oaks, sweet chestnut trees and hazel stumps, my pace slowed almost to a dead halt. Could it be that the very steps I was taking were trodden in the past by such icons of Scottish history?

The ruins of the Priory itself are such that it is not difficult to visualise how the canons lived. One of the highlights for me was the Chapter House, where the business of the day took place and confessions were heard. Two centuries after the monastery was closed, during The Reformation of 1560, the House became a mausoleum. Today it contains gravestones and fragmentations of the Priory buildings. The effigy of Walter Stewart and his Countess, Mary, dating from the 13th century, entwined in full embrace, is an image that will take your breath away.

The Earldom of Menteith retains a powerful place in Trossachs history, from the early risings of the Comyns and Stewarts through to the latter day influence of the Grahams and that part of their legacy which is known as Inchmahome Priory continues to this day to be a place that exudes a sense of tranquility with few equals.

The Lure of the Land

R. B. Cunningham Graham. 1852 - 1936

To say that this great adventurer did not lead a colourful existence would be to suggest Indiana Jones spent most of his evenings honing his knitting skills.

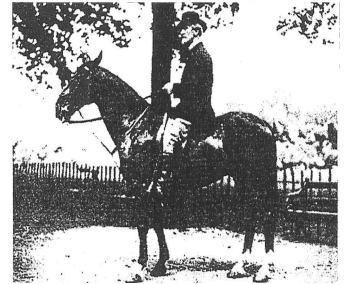
Born in London on the 24th of May 1852, he proceeded to create a life for himself so saturated in romantic endeavour it almost bordered on fiction. When he died in Argentina in 1936, his body lay in state in Buenos Aires, and thousands flocked to pay their respects to "Don Roberto", as he was christened by the Gauchos.

The Graham family, over a long period of history, had proved themselves to be patriots of the highest order and R.B., as Earl of Menteith and a direct descendant of The Bruce, could have opted for an easy life and enjoyed the bounty associated with title.

The following is a brief summation of what transpired during the life and times of a truly charismatic individual.

It is probably safe to assume that Robert's early upbringing in Gartmore House played a great part in his future. In his youth, through his grandmother's teaching, he learned to speak Spanish and perfected the art of horse-riding in Cadiz and The Isle Of Wight. In Harrow and Brussels, he learned to fence and speak French.

At the ripe old age of seventeen, he travelled to Argentina to set up a ranching business. Nine years later, on his journeys through Spain and France, he meets, and marries, a Chilean poetess, Gabrielle de la Balmondiere. On their return to the family home in



Gartmore, they find it in a state of neglect. R.B. and Gabrielle decide to travel to Texas, and set up a ranch to raise finance for the restoration. Unfortunately the ranch is destroyed in an Indian raid.

The next venture is to sell cotton in Mexico City. Meanwhile Robert earns extra money teaching in a fencing academy. Eventually, they gather sufficient funds to finance repairs, only to discover the death of Robert's father has left them with debts of over £100,000.

Despite these setbacks, Robert became a politician and gained a reputation for his radical ideals. A year later, he was jailed for his part in the Socialist Riots in Trafalgar Square in 1887. Barely six months on, and he founded The Labour Party with Keir Hardie.

.....continued on page 11

Ramblings

Contributions welcome. Contact David Wilkie at DML on 01877 382258 or email david.wilkie@forestry.gsi.gov.uk

Heelster Gowdie

Sunday 3rd October

If you have had the chance to enjoy Heelster Gowdie at the David Marshall Lodge Visitors' Centre recently, then you have had a great day out.

Heelster Gowdie, the name means "head over heels", are a group specialising in well known and well loved folk songs, delivered together with some cheeky chat and witty repartee!!

The band is four guys who have been friends for a very long time and have practiced their art at parties and family get-togethers for many years. It is only in the past two years that they gave themselves a name, bought some kilts, got some P.A. gear and took their show on the road.

The band is, in alphabetical order, David Brough, Vincent Mellon, James Thumath and Russell Wheeler.

David is the senior band member and, although from south of the border, has embraced Scottish music with all the fervor of a native. He came to music late in life by taking up the bodhran (pronounced "bowran") and has been so bitten by the percussion bug that he now makes his own instruments.

Vincent is the youngest of the band and, like all youngsters, enjoys all the attention he can get. An accomplished guitarist and percussionist, he is not one for fading into the background. His easy style and friendly manner will, after hearing a couple of Heelster Gowdie songs, make you want to stay for more.

James, a man of few words but huge talent, plays a variety of stringed instruments, tin whistle, and sings. The success of the band is probably due more to James than to anyone else, since he

Notice Board

David Marshall Lodge Sep/Oct
Lomond Craft Association
Saturday 25th & Sunday 26th September
The Makkers Tryst
Saturday 4th & Sunday 5th September
Saturday 18th & Sunday 19th September
Heelster Gowdie
Sunday 3rd October

provides the practice venue every week.

Russell, an electronics engineer by day, has a busman's holiday every time the band plays. He's their technical expert as well as playing the guitar and singing, though not all at the same time! So every time you enjoy what you hear, say "thanks" to Russell.

The members of the band are all huge fans of the late "Corries" and their aim is the same: to provide fun and quality entertainment in a relaxed and friendly atmosphere.

A CD will be available in the spring of 2005, but if you can't wait till then you can see them again at the David Marshall Lodge in October. For more details of this concert and for more information about Heelster Gowdie, call David on 0141 956 6814.

....continued from page10

Almost ten years later, on an expedition to Morocco, he was captured by a local chief on suspicion of being a British spy.

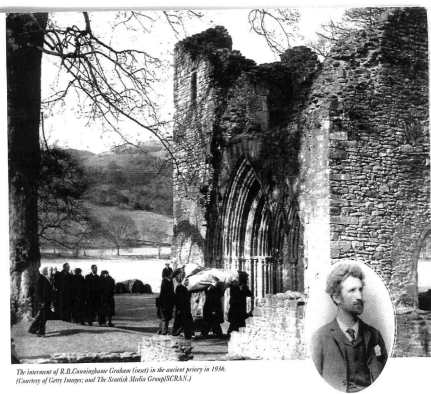
Aged 47, Robert returned home and became a writer, turning out, on average, a book every year until his death. In 1901, the family home is lost and 1906 brought the death of Gabrielle, during a visit to Spain. In his sixty-second year he travelled to South America to buy livestock for the

war effort, during which time he survived two shipwrecks.

Another interlude into politics followed, before the wanderlust set in again. At the incredible age of 73, he undertook a 600-mile journey to Venezuela through The Orinoco, and made the return by horseback!

Aged 76, he became the first president of The National Party For Scotland, and six years later the first president of the S.N.P.

On the 20th of March, 1936, Robert Bontine Cunninghame Graham died in Argentina. He was shipped to Scotland and laid to rest in Inchmahome Priory side by side with his beloved wife, Gabrielle.



The interior of R.B. Cunninghame Graham (seated) in the priory in 1906. (Courtesy of Getty Images, and The Scottish Media Group/SCMS.)

The Ranger's Corner



Expectancy is rife, with all good reason
As the Lodge gives way to the summer season.
The wonderment that appears before our very eyes
Is surely designed to bring us down to size
For there, amongst a nest of a thousand sticks
Is nature in motion, in the shape of newborn chicks.
As doting parents wait upon their every need,
They go from strength to strength with every feed.
Soon, they won't hold a candle to any of these things
Soon, they will learn the beauty of spreading their wings
Soon, they will learn to hunt, once able to fly
And sharpen their skills under an Iberian sky.
Such images are available for all to enjoy...
Learn of the rebirth of a species some sought to destroy
As the Lodge plays host to these spectacular scenes
In our Wildwatch Room, through television screens.
Sadly, a closing tribute to this stunning bird
Is eluding me... as I can't think of a single word
To rhyme with... OSPREY!!!!

The Garden

by Wellie Boot



So sorry I haven't talked to you for a while but even gardeners need a holiday. I'm glad to say the garden looked after itself quite well. Some brambles had grown a bit - six to eight feet: that's quite a bit! Of course, the lesser willowherb just grows and grows; it is, however, easy to pull out. Do make sure you get it before its fluffy seed heads appear and you won't have so much next year. I think we are beginning to win with it.

This year we have had some success with the strawberry towers. This simple way of growing strawberries off the ground has worked well and also looks attractive. I started with a large plastic pot - 20 inches across (the Co-op were selling them cheaply), filled it with soil and compost mixed, then sat a smaller pot - 14 inches across (also from the Co-op) in the middle, repeating the process and finishing with an 8" pot. I then planted six strawberry plants round the edge of the big pot, four round the middle and one in the top pot. So, in a small space on a patio or gravel area, you can grow eleven strawberry plants off the ground. You get good picking from eleven plants. Using decorative pots this could form a lovely feature and be productive as well.

Two years ago we cleared a bank of rhodies behind the house with the intention of strimming it two or three times a year. This year, somehow, it didn't get done and I'm so glad. In the spring came the bluebells, later the foxgloves and, in the summer, tiny yellow potentillas and grasses wafting in the breeze. Now the soft mauve heather is flowering. The bank will get strimmed in the autumn and, hopefully, the whole process will begin next year. I've thrown the seed heads of the bluebells and aquilegias from the rest of the garden onto the bank in the hope they will germinate and grow. I know you need a large garden for such a bank, but why not try a wee corner of your garden, leaving the "nice weeds" and pulling out the thugs. It is so good for the birds and insects. I would like to say happy gardening, but, with the weather we have been having, who's happy?!

Keep cheerful, Wellie Boot



Next Summer could be Blooming Different

If your garden has proved a summer washout, for reasons unconnected to the weather, you're not alone. All summer long, local gardening expert, Bruce Campbell of Cruachan Landscape Design Ltd, has been having his brain picked by people dismayed at how uninspiring their gardens have looked compared with their neighbour's pretty or creative offerings – or the flamboyant instant gardens of the BBC's 'Groundforce'.

"All sorts of people have been asking me for tips and advice on how to improve their garden and make it visually exciting, colourful and inspiring," says Bruce. "There are, of course, many things that can be done but quite often the problem is knowing how to get started. One of the best pieces of advice I can give is to encourage people to sit down with paper and pencil and simply draw their garden. It's a great way to inspire design ideas and helps you avoid costly garden mistakes.

"If you draw the shape of your garden on paper, you can play around with features and designs, working and re-working your ideas until you get something that you are really happy with. It's a particularly useful process for people in new build homes who have gardens that are essentially blank canvasses. But for anyone, drawing your garden on paper – particularly if you are doing it to scale – will help you avoid choosing plants that will grow too high or wide or building features like walls, ponds or pergolas that later feel as though they are the wrong size or in the wrong place." For those without an accurate artistic eye, the best way to go about the drawing is by working to scale using graph paper and a measuring tape. Here's Bruce's step-by-step guide on how to do it...

"The first step is to measure the overall dimensions of the garden and transfer them to the graph

paper using one square to represent one foot, one yard or one metre, whichever you prefer. Alternatively, use a ruler on which one centimetre or one inch represents one metre of garden. Using a scale of 1:100, a sheet of A4 paper will be large enough for a garden of 15 x 25 m (50ft x 80ft).

"Ensure you note the measurement you choose on your plan (e.g. one square = one metre) in case you forget. You should also measure and mark on the plan any immovable features such as a large tree or a shed that you want to keep.

"Now you can start to redesign your garden. It's best to start with the overall shape of the beds, lawn and other main features and at this stage you can decide whether you want a garden full of curves or a more formal layout with lots of angles and straight edges.

"The next step is to transfer the design into the actual garden. Mark the design out on the ground using sand, rope, an aerosol marker or a length of hosepipe. You can alter the lines until you are happy – though be sure to mark the changes on the plan. With the basic lines in place, you can get on with fun bit – choosing the plants and features."

If the process seems all too scary or too difficult for you to attempt alone, you can always call in the experts.

Bruce adds, "Planning and creating a garden can be very exciting and highly rewarding but it is also a lot of hard work – and, of course, costly if you make mistakes. Work carefully and call in outside help if you need to. Most of all though, enjoy the end result. It should reflect your needs and your lifestyle and as it matures over the years should give you growing satisfaction."

Cruachan Landscape Design Ltd can be contacted on 01877 331881 or 07771 851108

Club News

Calling all clubs in Strathard – your paper needs you!
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Contributions can be handed in to the Post Office in Aberfoyle or emailed to
clubs@strathardnews.com



Aberfoyle WRI

As autumn fast approaches, the time has come to think of winter evening activities. The Women's Rural Institute - or "Rural" as it is more commonly known - meets in the Memorial Hall on the third Thursday of the month, from September to June at 7.30pm. On these evenings we have a demonstration or other forms of entertainment, then a cup of tea and a chat with friends. We always have a raffle with each person usually bringing along a small contribution towards this. We try to arrange as varied and interesting a programme as possible to suit everyone.

At the first meeting in September we are having a Quiz Night.

There is a Cardmaking Workshop in October when everyone can attempt to

make some Christmas Cards.

In November, Christine Reid will come along and give a talk on Iona.

In December we will have a meal out and then go to the "Buchlyvie Pantomime".

This is the first half of our syllabus to give you an idea of the sort of things we do.

Our meetings are very informal and very friendly. I thought that, through this Newsletter, I could perhaps let people know what actually goes on at the Rural and especially reach out to newcomers to the village who would like to meet local people, who were perhaps "new" themselves at one time, and have an evening's enjoyment.

All are welcome, so please consider coming along on the evening of Thursday 16th September and see for yourselves.

Margaret Cowan
Secretary



1st Aberfoyle Brownies

I would like to say a BIG THANK YOU to everyone for the wonderful presents that I received on my last night as Brownie Leader. It was a total surprise, especially the cake (made by Tricia under very trying circumstances). It has been a joy to work with everyone and I shall miss all the Brownies very much.

Special thanks to Tricia who has left as well; without her, Brownies could not have continued. I know that I have left the unit in the very capable hands of Cairsti Steele, Nancy and Julia.

Jacki (otherwise known as Snowy Owl)

Starting on 1st September the Brownies will meet every Wednesday at 6pm till 7.45pm in Church House

Aberfoyle Activities Group

On 2nd July, the Youth Club set out for an activity weekend at PGL Dalguise in Perthshire. There they tried out Archery, Quad Biking, Zip Wire, Catwalk, Giant Swing, Fencing, Abseiling and Raft Building. At times they had to work as a team and as individuals they surprised themselves by overcoming their fears and anxieties about some of the activities. They battled against torrential rain on Sunday to balance on a telegraph pole high between two trees but nothing dampened their spirits. In the evenings they joined other groups for entertainment such as the Great Egg Race and a disco. Amanda their "groupie" ensured that they were never bored.

Unfortunately, Cameron Ross had to go home without trying any of the activities due to a fractured toe! He injured it immediately after arrival. He was much missed by the others.



A big thank you to the Awards For All lottery fund who made it less expensive for the parents by giving us a grant for the trip.

The Group is also going on some trips to the Time Capsule, Great Cumbrae and Inchcailloch. These were organised by Jo Polak from the Community Support Team.

Meetings will resume in the Memorial Hall on Friday evenings in the Autumn for young people from P6 upwards. We will be looking for some new club and Committee Members (parents)!!

Group contact Janet Stewart
01877 382736

Loch Ard Rowing Club



Members of Loch Ard Rowing Club (LARC) launched the club's new racing shell in early August and took it for an inaugural outing on the water. "Up until now we have been restricted to using boats designed to be used solo or by two people," James Cowderoy, Captain of Boats, explains, "now we have a boat that we can race with four people, either as a quad scull or as a rowing four. It brings a whole new dimension to the club. Crew rowing is a lot of fun." The new boat is a necessary addition to the club as LARC's membership is gradually growing. We now have sufficient seats in our boats to be able to have 11 people rowing or sculling at a time. There will be times when all these boats will be used by our members.

The club's new boat is a Quad Scull/Coxless Four (4x/-) made for the club by Burgashell in Ely, Cambridgeshire. The boat is designed to be used in competitive regattas.

Since it was founded in 2001, LARC has developed a small but well diversified membership consisting of a several juniors, two competitive local rowers, and several veterans. The club has hosted visitors from Germany, France and England. Glasgow University, Edinburgh University and Cambridge University (Jesus College) have all used the Loch's facilities for short training camps.

"Our objective is to put LARC on the map in rowing circles next year by entering and hopefully winning a race or two," explains Douglas Harrison, Secretary and Treasurer, "now we have the equipment to do it, we have no excuse."

James Cowderoy

Inversnaid Reserve



I accidentally disturbed a slow worm next to the nature trail, much to the delight of a visiting German family, except mum who did not relish the close view! Slow worms (legless lizards) are frequently basking in woodland glades on or next to the nature trail especially on a warm sunny day. Although once disturbed they quickly move off, so if you spot one just move quietly past but please do not pick them up or disturb them. Interestingly the German family had never seen a midge but were interested as they had heard all about them! On cue, one landed on my hand and I was able to show them what they looked like and they were surprised just how small they are. Two juvenile weasels were hunting for voles in a pile of old fence stobs next to Garrison farm. Unsuccessful with the hunting they then decided to play tag with each other, they were so engrossed with the game that they literally ran in front of me

only two feet away. Even better was to come, having gone and got my camera and standing next to the pile, one weasel started to poke its head in and out from under the pile looking straight up at me. When I got the camera up to my eye, the weasel disappeared, bring the camera down and out he popped again! This only lasted for a short period and I can only conclude from their behaviour that they have had no contact with mankind in their short life, I did manage to get two photographs eventually! An unusual observation of 40 house martins and ten swallows landing on a larch, (on the needles as well as the branches), again at Garrison farm was probably due to a mass insect hatching. I have observed house martin landing on a road and from its behaviour realise that it was catching spiders but never have I had them in a tree! Another 16 bird species being counted in a twenty minute spell from the same spot, ranged from a pair of kestrels, house sparrow, reed bunting,

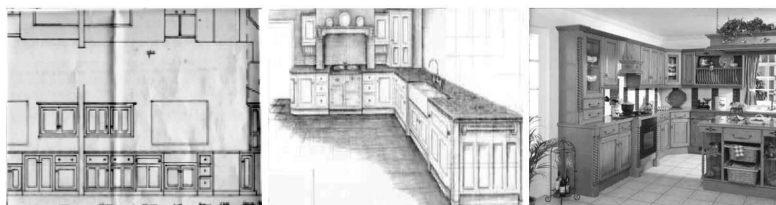
meadow pipit, pied wagtail, grey wagtail, wren, whinchat, willow warbler, chaffinch, wheatear, carrion crow, siskin, adult and lots of juvenile redpoll but the best view of all was the pair of whitethroat that showed off their colouring superbly on the fence wire.

Scotch Argus butterflies are now out and are to be seen on the nature trail and the moor. They are not in such large numbers as last year (there were literally thousands blanketing the moor then) but they are still nice to watch. A female Orange-tip was also near the sheep fank which is slightly late for this species of butterfly to be about. Golden Ringed dragonfly have been observed all over the reserve and a couple of species of damselflies too, unfortunately far too quick to identify. Finally a pair of Oystercatchers arrived with two fledged young and they have been happily feeding alongside the highland cattle.

*Duncan Cameron
Conservation Assistant*

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Sustainable Stirling Forum

The latest sub-group to emerge from the Stirling Assembly, the Sustainable Stirling Forum (SSF) was established as a direct result of the September 2003 meeting on *Sustainable Stirling: Construction and Development*. The aims of the Forum are to enable interested participants to take forward discussions, make proposals and influence sustainability policy and practice in the Stirling Council area, with particular regard to major forthcoming local developments. [NB The group does not focus on waste and recycling issues as these are dealt with by the Community Waste Forum.]

From an initial group of 12 interested individuals who signed up in September, there are currently 30 on the database, with room for plenty more to join! Membership is open to anyone resident or person working in the Stirling Council area. Participation can involve as little as receiving e-mail updates to setting up or joining an action group. Meetings are scheduled to take place every 2 months, with action groups meeting between times, and there are plans for a larger annual event. As the sustainability agenda is so

broad – covering every human activity – it is important to narrow issues for action into a few manageable priorities. The first public event of the Forum took place in February 2004 and drew up priorities for the first year of operation. The top issues for action were: Stirling Sustainability Centre; developments at Forthside; Energy; Food; and Transport. The intention is that action groups will develop out of these areas of interest. However, this list is not exhaustive and does not preclude activity in other areas as the Forum needs to be able to respond to new opportunities as they arise and has aspirations to become the vehicle for consultation on local sustainability issues. There are also plans to develop a web-site, e-newsletter, information sheets and case studies.

It is early days for the Forum with much potential to be realised and a huge agenda to cover. Success will depend on the involvement and activity of local people. If you would like to join or find out more about the SSF, contact Angela Heaney, Sustainable Communities Officer, on 01786 442996 or heaney@stirling.gov.uk.

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I have been involved in the antiques business on a part-time basis for the past forty years and am passionate about my work. Since retiring from the hospitality business I am now involved on a full-time basis and would, therefore, be delighted to help, to the best of my ability and knowledge, in the following areas:

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Monck in Menteith



Three hundred and fifty years ago General Monck returned to Scotland. On 22nd April, 1654 he arrived in Dalkeith and, by the middle of the following month, he had gone to Cardross House. He

considered Menteith to be the most troublesome part of the country. Six months earlier it had seen the beginning of the Earl of Glencairn's rising with the battle of the Pass of Aberfoyle. From Cardross Monck wrote a letter to the Earl of Airth (whom he called 'the Earl of Earth') the purport of which was to "desire the Earl to order the cutting down of the woods of Milton and Gleshart, in Aberfoyle, which are great shelters to the rebels and mossers, and do thereby bring great inconveniences to the country thereabouts."

George Monck was a professional soldier who fought on both sides during the Civil War. It was said that he had difficulty in obtaining a command because he had probably already defeated the regiment he was seeking to take over. He accompanied Cromwell to Scotland in 1650 and successfully oversaw a division at the battle of Dunbar. When Cromwell left Scotland, Monck was left to pacify the country. He thereupon captured Stirling, among other places, and sacked Dundee but he was taken ill, and went to Bath to recuperate. Instead of returning straight away, he accepted a naval command against the Dutch. However, while Monck was away, Cromwell's forces were defeated at the Pass of Aberfoyle and near the Pass of Ballater, but Glencairn, after whom the Rising came to be named, was a temporary commander, awaiting the arrival from the Continent of General John Middleton. The troops whom Glencairn had gathered round him were unimpressive, and, after Middleton landed, the army quarreled among themselves. Indeed Glencairn left and came south to gather more men.

When Monck returned he was able to undertake a skilful campaign. His plan was to burn corn, destroy the strongholds of the enemy, and establish garrisons at strategic points. So closely were the royalists pressed that Middleton's army rapidly diminished, and on 19 July his cavalry were driven by Monck into the hands of Colonel Morgan, another of Cromwell's commanders, at Dalnaspidal near Loch Garry. Dalnaspidal was no great set piece engagement but Middleton's forces were scattered. Monck followed up by "destroying," as he termed it, "those parts of the country where the enemy usually harboured in winter." By

which, it turns out, he meant Aberfoyle.

By the end of July Monck stated his intention to go to Loch Lomond, saying "Glencairn has lain there with 200 horse and Forrester, MacNaughten and others have joined with him about Aberfoyle." On 17th August Monck camped at Duchray near Aberfoyle, and wrote to Cromwell "We are now destroying this place which was the chief receptacle to the enemy last winter". Duchray was where Glencairn's rising had begun, and John Graham of Duchray was Glencairn's most loyal follower. By 19th August Monck had returned to Stirling and on 4th September he concluded an agreement with Glencairn at Dumbarton

The submission of the royalists made rapid progress thereafter, but in December, 1654 there were still press reports of 'a few' moss-troopers with Duchray on the Braes of Menteith. Thus there was still trouble in Strathard at the very end of the Rising, too. In December 1654 there was a rumour that Charles II was about to land in Scotland. What happened illustrates Monck's character very well. 'If he comes,' wrote Monck to Cromwell, 'I doubt not we shall (through the blessing of God) keep him back in a country where he cannot ride or travel but in 'trews' and a plaid'. In spite of this Charles II later sent a letter to Monck, expressing the belief that the General still retained his old affection for his sovereign, but Monck duly forwarded a copy of the letter to Cromwell,

Middleton escaped to the continent about February 1655. John Graham of Duchray was the very last of the rebel lairds to lay down his arms, on 17th July, 1655, almost a year after the Rising was supposed to have been brought to an end. He was described by a contemporary historian as 'amongst the most honest, stout and wise of them all'. Monck drew up a treaty with Duchray, as he had with such distinguished lairds as Tullibardine and Seaforth (Seaforth having, it is said, suggested that he would make peace if he could have the hand of Cromwell's daughter in marriage). The terms were surprisingly generous. By the treaty Duchray gave up his arms, but was permitted to keep a small band of armed men to defend his land, provided that he ensured that rebels and thieves were not harboured there.

Times were hard when Monck was in Scotland. He was always short of money and taxes were, as a consequence, high, yet, by firmness and fairness he gradually came to be admired and, in the end, regarded with affection in Scotland. It was Monck who marched south after Cromwell died, and reinstated Charles II

The Battle of the Pass of Aberfoyle

The engagement at the Pass of Aberfoyle took place by the 5th - 6th September, 1653. On hearing of the approach of Cromwell's troops under Colonel Read, the Earl of Glencairn took care to secure the high ground beside the pass. Duchray Castle is situated about a mile to the east, and a spot, in the trees below the confluence of the Duchray and the Avondhu is still called *Bad an-t-Sasunnaich*, the Englishman's thicket, where an English officer was shot from the opposite side of the river.

Glencairn and his men probably crossed the river at Daldannet. He positioned his foot, Hamilton's cravats (so-called because they were light infantry resembling soldiers from Croatia) and Graham of Duchray's volunteers, in the best positions on either side of the pass, and drew up the horse under Lord Kenmure in the centre. Read must have realised that he would be at a disadvantage if he tried to carry the pass, but he made the attempt. His advance was driven back at the first charge with the loss of between 20 and 80 men. The whole of Read's party turned their backs and fled. Glencairn's horse and foot pursued them, some running from hill to hill, flanking Cromwell's troops, harrying them, and causing further losses.

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What Happens Once You've Got it Sorted?



Have you ever wondered what happens to the contents of your **blue recycling box** once it gets collected from your kerbside and sorted into the compartments on the special collection vehicle?

Your **plastic milk bottles**, and other HDPE type 2 (High Density Polyethylene) plastic containers, are squashed into bales at Stirling Council's Burghmuir depot and transported to Greenock for reprocessing. The bottles are granulated into flakes; washed; dried and then made into plastic 'geoblocks' used for landscaping. Other companies can manufacture the flakes into a wide range of useful goods – including playground equipment and garden furniture, signposts; home compost bins and even kerbside recycling boxes!

Other types of plastic – such as PET type 1 (Polyethylene terephthalate) – is reprocessed differently, and can be made into items such as fleece jackets. So, what starts life as an Irn Bru bottle can become a cosy winter jacket!



At the moment, Stirling Council is unable to collect PET plastic bottles for recycling, but we are hoping to develop facilities for this in the future.

Glass is one of the few packaging materials that are infinitely recyclable with no deterioration in quality. Glass jars and bottles are separated into different colour compartments on the recycling truck, and then transported to United Glass Ltd in Alloa. This huge factory, which boasts one of the largest glass furnaces in Europe, melts the glass at temperatures of around 1500 degrees. The molten glass is then blown into new bottles to complete the recycling loop. Your whisky bottle is quite likely to be made of recycled glass from Alloa.

Recycled paper is a familiar concept to many people. The paper you put in your recycling box goes to a large processing works near Kilsyth where it is sorted, baled and sent on to various paper mills for reprocessing. So the newspaper you read last week could be recycled into the one you will be reading next week.

On average, each of us uses 240 **steel cans**/year, and they make up almost 4% of our household waste. Used cans are taken to Corus steel works for reprocessing into new steel products. **Aluminium** foil and drinks cans are reprocessed at the ALCAN works in Warrington. Like glass, aluminium can be recycled indefinitely.

Finally, your discarded **textiles** are sorted at Nathans in Denny. Clothing and footwear in good condition is sent overseas to people in need. Torn or damaged textiles can be used as rags for a variety of purposes.

So, **your waste is valuable** for all sorts of reasons. Not only does recycling allow reprocessing into new materials, it saves significant amounts of energy and resources and reduces the need for landfill sites. For example, recycling aluminium, as opposed to using raw materials, brings potential energy savings of 95%; and each tonne of glass recycled in the furnace replaces 1.2 tonnes of raw materials and reduces the need for sand and limestone quarrying. Buying recycled products – such as recycled paper and plastic products – helps 'close the loop'.

Stirling households have recycled 9,150 tonnes of waste since April 2003 (an increase of 100%). Thank you for recycling your waste and please keep up the good work so that **your waste is not being wasted.**

Further information and advice can be obtained from the Stirling Council website

(www.stirling.gov.uk/waste), e-mail waste@stirling.gov.uk, or by phoning 01786 442873.

Thank You

Crawford, Katy, Rosie & Ledi would like to thank all friends and neighbours for their great kindness and support.

Gordon loved Kinlochard and had many happy days splashing in the loch, biking, walking and latterly, helping at Watersports. We know that those round about him at Kinlochard were an inspiration and support to him, especially during his later years. They helped to give him the courage to live life to the full and not become downtrodden by his illness.

We have all been very moved by the depth of kindness shown to us by the community and have found it a huge support during these difficult times.

We would like to thank the Rev Danny Gibb and all those who attended and generally made possible the celebration of Gordon's life on 5th August.

Pancakes in the Park

I live at "High Corrie" in Gartmore and I am very fortunate to have 25 acres of land in some of the most beautiful surroundings. I have recently read a lot about the crisis in Sudan and have decided to do something about it.

On the 11th September 2004 I have invited a mixture of celebrities and ordinary families to join in on a day of fun with bouncy castles, hopefully some horses (donkeys) if I can find anyone that can help with that. I shall bake and serve pancakes, which is why I have thought of the name "Pancakes in the Park!!" I have invited around 200 people and the celebrities are Peter Mullan, Gary Lewis, Davie Mackay, Julie Graham and hopefully Robert Carlyle. All of this is free. I am only looking for a donation from people for the charity "Sudan Emergency". I would like to involve the whole community.

If you would like more information please contact me, Cath Morrison, on 01360 660169 or email cmorrison@glasgow.sacro.org.uk

Poet's Corner

Stane o Destiny



(An emotional outpouring when news was announced that the Stone of Destiny was on its way back to Scotland)

The Stane, the Stane, back hame again.
An is it oors? An wha's tae blame?
Wha'll guarantee it's real? The same
As the wan they took awa frae hame?

The Coldstream first, piped across the bridge.
Auld Reekie's tae be hame for this Destiny Stane
No Melrose! Scone! or Stirling Castle!
Why Edinburgh? Noo dinnae gie us hassle.

The Stane's nae richt in oor capital city.
We Scots decree it be shared a wee bitty.
Pass it roon tae be seen in a' Caledonia
A wee while in each place, so nae moss can grow on ya!

Pit it in a gless case or a cairn tae see,
An transport it roond oor great nation for free;
So it's seen by the Scots an the tourists alike.
Politicians can see it if they get oan their bike.

Tae stey in wan place wid be a crime.
Gie Glesca a chance, an Aberdeen tae,
Dundee, an Oban, an Perth Ah may say,
Bit no in wan place as a permanent stay.

The Stane, it belongs tae the Scots an their freends.
Fer freedom it stands, an therefore it means
A' nationals, tourists an Sassenachs tae
Can see oor great stane for e'er an a day.

For e'er an a day, this great stane ye'll see
A' ower Caledonia its hame it will be.
Its freedom an ours depend on it movin,
Nae static.
Tae staun in wan place, whit can be proovin?

Balmoral can hae it for August ye ken,
An tourists in thoosands will move through the glen.
So the dollars an Deutchmarks an Japanese yen
Can be used tae mak Scotland wealthy again.

The Stane, the Stane, noo hame at last;
No a story aboot something that was here in the past,
Bit real an alive. Noo let's sing oor great songs;
Oh Flower of Scotland is where ye belong.

Oh Power o Scotland, ye're hame again
Nae mair in foreign lands tae reign.
Stey here beside us. Ye're hame at last
An yer wanderin days are lost in the past.

As long as ye're here in Scotland, yer hame,
We'll keep ye protected. Ne'er wander again.
Oor strength an oor freedom, oor herts can ootpour.
All hail, Caledonia, to leave her no more.

David "Rabbie" Coleman
18th November, 1996

Hello Children,

I do not believe it; we are back to school already. Time seems to fly by when you are having fun, and the summer holidays were full of fun and games - and great adventures! Best of all, we were allowed to stay up late!

Grandpa Otter took us bowling on the special green behind the Memorial Hall. It is like curling, but on grass instead of ice, using big black balls. The idea is to get one of your big balls closest to a little white ball at the other end of the green. The problem is that the big black balls simply refuse to go in a straight line; they wobble around all over the place - and then fall over! Very strange.

Dad took us rock-jumping at Loch Ard, from the Pulpit Rock. Now this is really great fun. Rory made such a splash it was a wonder there was any water left in the loch! He is a very big stag! Once, when he surfaced, Rory's new antlers were covered with water-weed; he looked like the Monster from the Deep! Then someone called out Dad's name, Sizzler, and there was an almighty splash right alongside us. A moment later, Ossie Osprey popped out of the water clutching a large, wriggling trout and flew off to feed his family in the forest.

strange but

*"'Tis strange-but true; for truth is
always strange; stranger than fiction."
Byron (The Ither Wan)*

Picture the scene at the doctor's surgery, first thing in the morning. One older gentleman enters and, on seeing an acquaintance already sitting there, greets him with a cheery, "Hello," followed by, "How are you keeping?" Immediately they both realise the stupidity of the remark. "Not very well, actually," the other replies. Naturally!

Milton

One morning, very early, we went off fishing with Ivor Campbell. Ivor took us to one of his favourite, and rather secret, lochs hidden in the hills guarding Strathard. Otters are very good at catching fish - but not this way! Ivor uses a rod and line and lots of fishing hooks disguised as flies. I caught lots of grass behind me, a branch of a small tree alongside me and, when I did get my fly onto the water, nothing at all. Braeval, of course, landed lots and lots of fish, but then she would!

A long time ago, somebody had the wonderful idea of digging up the body of St. Swithin and putting it in a new grave - it then rained for 40 days and nights! An old saying states that, if it rains upon St. Swithin's Day, it will rain for 40 days..... It did rain on July 15th, and boy, has it rained since?

Well, it is back to school. I really quite enjoy school; there are so many interesting things to learn.

Bye for now,
Milton.



And now far away from Strathard, but nevertheless a rather unusual tale from the high seas which might appeal to our readers. Taken from an actual radio communication between a US ship and Canadian authorities off the Newfoundland coast some time ago, it was released by the US chief of naval operations:

Americans: please divert course by 15 degrees to the north to avoid a collision.

Canadians: recommend you divert your course 15 degrees to the south to avoid a collision.

Americans: this is the captain of a US navy ship. I say again, divert.

Canadians: no. I say again, you divert your course.

Americans: this is the aircraft carrier USS Lincoln, the second largest ship in the United States Atlantic fleet. We are accompanied by three destroyers, three cruisers and numerous support vessels. I demand you change your course 15 degrees north. That is one five degrees north, or counter measures will be taken to ensure the safety of this ship!

Canadians: this is a lighthouse. Your call.

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announcements

Strathard Community Council
Meets on the 1st Thursday of every month at 7.30pm. The next meeting is 2nd Sep in Inversnaid.

Aberfoyle Brownies
Meet every Wednesday at 6pm till 7.45pm in Church House.

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Figures issued by STEP for the year to April 04, reveal that of a record 208 new business start-ups to emerge in Stirling's combined urban and rural areas, a significant 36% of those were based in rural Stirling. To put this in to some kind of perspective, this equates to roughly 6 new business start-ups a month within the 12-month period. And interestingly, while many of these new businesses have opted to tap into traditional rural markets such as tourism, catering and retail - a considerable number have embraced less conventional business sectors making IT, Marketing, Consultancy and Management services a very real part of the rural landscape. The developing use of the internet in business and the anticipated availability of broadband in rural areas have been identified as important factors influencing some new business starts.

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