

For the community – by the community  
Aberfoyle, Kinlochard, Stronachlachar & Inversnaid

# Strathard News

Stirling Council's Community Newspaper of the Year 2012

ISSUE 78 June 2013

£1 - Suggested donation

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\* Photos courtesy of Green Routes

[www.strathardnews.com](http://www.strathardnews.com)



# One to Watch

Local youngster JD McLellan has a lot to smile about. Under the name of TeKlo, he has made a name for himself as an electronic music producer and performer, earning him a coveted place in the Scottish Sun's 'One to Watch in 2013' list at the turn of the year. Over the last two years, he has had his work showcased on a live two-hour 'BBC One Introducing' show, produced tracks for several notable dubstep artists, played T in the Park and Go North festivals, AND been voted the 7th Most Eligible Bachelor in Scotland.

We asked JD how it all came about:

"Music's always been a big part of my life. I've played drums since I was 6, and a few other instruments, though I've never studied music or production academically. Was just kinda raised in a house with instruments lying around and I used to do a lot of drumming with other bands; you really need a broad range of music to be good at that. My introduction to Dubstep was at a club night in Edinburgh that I started going to when I went to Uni."

After Edinburgh University, with a degree in Electrical and Electronic Engineering under his belt, JD lost no time in turning back to the beats. The first track he released, 'Destroyer' was well received by BBC Introducing and international DJs. JD told us, "I co-wrote Destroyer with another artist who went by the name of Subshot at the time. Despite spending six years together at high school, we actually had never really spoken, but a friend put us in touch and the entire track was done online. As it turned out we worked really well together, bit of a waste of six years."

TeKlo has since gone on to remix tracks for several notable artists, which had an added advantage when he played T in the Park last year. "During my set, I had the vocalists from the bands I'd remixed come up on stage and sing along with the tracks. Nobody ever really does live remixes, and it went down really well. It was so cool to have the other artists' support and also have some of their fans turn up to the set."

TeKlo owes a lot to Ally Macrae, the Radio Scotland DJ who first heard his music and asked him to come in and do a two-hour live show for BBC Introducing. "That totally helped a lot at the beginning, gave me a good bit of attention," said JD. Several newspaper and magazine articles later, JD had clearly caught the public's eye - he remembers the Scotland on Sunday Most Eligible Bachelor Competition with some



laughter. "That email saying I'd been nominated was the most hilarious thing ever, and being placed in the top ten was such a laugh. I didn't really take the whole thing too seriously as that's not really me, but the whole thing was cool," he said "There was a red carpet event thing at Ocean Terminal in Edinburgh with all the top 100 finalists the week afterwards, which was a good laugh. The dress code was dress to impress, so naturally I just rocked up in jeans and a hoodie, enjoyed the free beer and challenged some male models to press-up contests." So what does the future hold for TeKlo? "I'm headlining somewhere in Inverness on June 14th, headlining King Tut's in Glasgow on July 20th, then playing the Wickerman Festival on the 26th, and I've got loads of production work to get through this summer. Outside of TeKlo, I've just signed a publishing contract, and I'm working on music for use in film or advertising, which is something I've always been into so I'm pretty excited about it."

Seems to be working, JD. Long may it continue!



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# Mid-summer Music At Kinlochard

As part of the House Folk Festival and in collaboration with the Stirling-Galway Sessions, Irish band *Clan* from Galway will be in concert in Cowane's Hospital/The Guildhall – opposite the Church of the Holy Rude - on Friday, 28th June and at MacGregor's Barn, Kinlochard on Saturday 29th June.

*Clan* are an eclectic group of musicians based in Galway but representing five nations: Mick Crehan, whistles (Ireland), Niall McQuaid, bodhran (Scotland), Anders Trabjerg, accordion (Denmark), Mayo Yanachi, fiddle (Japan) and Geoff Ward, mandolin, banjo and sax (New Zealand).

The band, who are resident at Connacht Rugby Club for their home games, play an energetic and vibrant brand of traditional music inspired by musicians from South Galway and North Clare. Their repertoire also includes the vaudeville and dance-hall music of America in the 20s and 30s. They also take exciting forays into Scandinavian, Balkan, and Klezmer music of the same period.

The concert starts at 8 p.m. in The Guild Hall, Stirling, and at 7.30 for 8pm in Kinlochard. Tickets are £10 per person. B.Y.O.B. There will be a session afterwards –bring your instrument!

For tickets and further information contact Gregor Wood, info@greattimescotland.com or tel: 07742 621907



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## SUNDAY 14TH JULY GREAT FAMILY DAY OUT

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Kinlochard Village Hall Facebook page.  
Adding amazing traditional music to the day  
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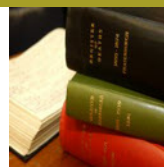


In Aid of Kinlochard Village Hall  
[www.kinlochard.org](http://www.kinlochard.org)

# Registrar



Stirling Council's Aberfoyle Local Office



After a very quiet first quarter of the year, we are delighted to report the registration of three babies in April and May. Aberfoyle parents Michelle and Andrew welcomed their little son, Jaydn Andrew Robert McLaren, in late March. In April again a baby boy, Rowan Thomas Whytock, for Port of Menteith parents Daisy and Rory. In May Aberfoyle mum and dad, Graham and Annmarie, welcomed the first girl to be registered this year, their baby daughter Kayla Anne Aitken Denholm. A big welcome, babies!

Not all has been good news and it was a shock to hear of the death of Bill Gordon. Bill was known by many villagers and, since his retirement, would most days be seen down in the village having a chat with friends, as he brought his wife Margaret for the shopping. He will be greatly missed by his wife, children and grandchildren, with whom he spent so much of his time. I would like to add my condolences to all his family and friends.

As I sit here with pouring rain outside, I cannot help but worry that the all too few sunny days we've had of late might just have been the best of the summer! Oh, surely not, but nothing would surprise me weather-wise! Well, rain or shine, weddings have been going ahead, as things start to pick up a little locally, and I have been kept busy officiating at events both within the Registry Office and at venues around.

David Simpson and Susan Phillips, both from Stirling, chose to be married in the Registry Office marriage room; as did Graeme Cochrane and Louise MacDonald from Falkirk. From slightly further afield, groom Mark Elder traveled from Appin to marry Blane field bride Valerie Belton; while also choosing Aberfoyle Registry Office for their event, were Strathblane couple Gavin Sutherland and Kelly Brockett; and local couple David McConnell and Martin Middleton from Port of Menteith.

Not all of our events were in the Registry Office, however, and I also have had

opportunity to get out and about recently. Michael Grattan and Fiona Wilson, from Stirling, were married in the magnificent setting of the Lake Hotel, Port of Menteith; while local couple Iain McNeill and Jolanda Moes chose the equally magnificent setting of Kinlochard Village Hall, where we all stood on the banks of the loch to see the bride arrive by boat!

Wendy has also been busy recently, having been called upon to cover leave in other offices. As part of this, she has been officiating at ceremonies in places such as Balfron, Fintry and Loch Lomond, although expects to be closer to home in the near future.

All weddings are special and it is a real privilege to be a part of them. For me, among all these wonderful days came the greatest privilege ever, as I officiated at my very first family wedding. Some of you will know my uncle, Jimmy Johnston (formerly of Inverard, the Coach House, Smiddy Croft and the Green Gallery), who last week ... along with umpteen other family members ... watched as his eldest grandchild Jade Coles married fiancé Ian Marshall at the Wallace Monument.

We all had a wonderful day and I would like to specially thank, not just Jade and Ian, but all the couples who give me the great privilege of conducting their Marriage Ceremonies. I promise to continue to give you my very best. Thank you.

Well I had hoped that while I typed these few paragraphs the weather might have improved, but no. Never mind! Rain or shine, Wendy and I will look forward to assisting you in any way that we can. The office is open on Mondays, Wednesdays and Fridays from 9 am until 12 noon. Appointments can be made by telephone [01877 382 986], by email [regaberfoyle@stirling.gov.uk], or by dropping in to the office during opening hours.

**Sharon Johnston Registrar**

## Obituary

**Jimmy Wray 28.04.38 – 25.05.13**

Colourful Aberfoyle character, Jimmy Wray, was once known as the "House of Commons Jeweller". The Labour MP for both Provan (1987 - 1997) and Baillieston (1997 - 2005) was renowned for selling many such trinkets to members of all political parties. Those perusing the windows of his Aberfoyle premises would often find their eye attracted to some interesting items.

Born and brought up in the Gorbals, Jimmy Wray worked as a coalman, lorry driver and barrow boy, before being elected to represent that ward (1975) on the newly created Strathclyde Regional Council. From 1964, he had served as Glasgow City councillor for Kelvinside. A lifelong Celtic supporter, Wray was also quite handy with his fists in the boxing ring, enjoying some success as an amateur.

Jimmy Wray was understandably proud of steering the 1997 Knives Act through Parliament, bringing in much tougher laws to control the sale of such weapons. He also fought valiantly against the addition of fluoride to both tap water and milk. With somewhat conservative-social leanings, Wray opposed the abolition of the infamous Section 28, and abortion. His position on Ireland had Private Eye label him as "I. R. Wray"!

Jimmy Wray was married three times. After three children with his first wife, the marriage ended in 1981. Wray's second marriage lasted until 1998. Thereafter came his success at the High Court, against Associated Newspapers, after the publication of quite false allegations made by his ex-wife. His final wedding took place in 1999, at the historic Palace of Westminster. There was one son before the couple divorced in 2009. All four children survive him.

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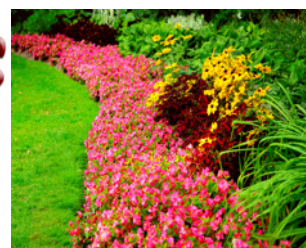
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# Letters to the Editor

Post to Editor, Schoolhouse, Inversnaid FK8 3TU. Or email [editor@strathardnews.com](mailto:editor@strathardnews.com) or hand in to Aberfoyle Post Office



## Dear Friends and Supporters of Start-Up Stirling,

As you may know, we are building on the strength and success of our home starter and wellbeing pack provision and have recently developed a Crisis Food Bank which was launched in Autumn last year. We thought now would be a good time to raise awareness of how things are going!

Since October 2012, the launch date of our pilot project, we have:

- Launched two community access points
- Trained 20 new volunteers
- Distributed 475 crisis food packs (approximately 7644 meals)
- Supported 118 households in Stirling Council area
- Provided for 174 family members (adults and children)

We operate a robust \*referral only\* service and work with partner organisations in the community to ensure the provision goes to those most in need. We do not take self referrals or support anyone who is told to 'turn up' and we do not give out food coupons or vouchers. This ensures the goodwill and donations are not abused and go to those who have a real need. This service is operated as a last resort and we ask our referring partners to ensure that recipients have fully explored other means of support. It is important to share that our service is 'more than food'. We ensure we work with other support services to help those in need engage in finding long term solutions whilst we try to help them manage their immediate crisis. We are doing our best to stop the revolving door of crisis for these individuals and families. This is not simply a 'hand out' service...we are promoting resilience not reliance and our work is receiving praise and recognition from local partners and also national organisations as we are approaching this need in a holistic way rather than a 'quick fix'.

We currently operate on a Monday and Wednesday at community access points in two locations in Stirlingshire and hope to

develop two additional community access points in the coming months.

At least 70% of the goods which are distributed are donated by the local community and this effort is essential to ensure we can sustain the service and increase our capacity to meet the need. Anything our supporters can do to set up donation stations, local community collections, encourage fundraising and volunteering will make a world of difference to our efforts. Also if you feel you would like to make a financial donation, we have set up an online giving page which can be accessed here: [uk.virginmoneygiving.com/charities/Start-UpStirling](http://uk.virginmoneygiving.com/charities/Start-UpStirling)

Our main referrers to the service are currently Stirling Council (various departments), Citizen's Advice Bureau, Women's Aid, HomeStart and many other organisations. These agencies receive full training in our systems and we build strong relationships with our partners to ensure the system works well. As we expand the capacity of the project we will engage other potential referrers in discussions to ensure they are aware of and able to access the service either through existing referral agencies or by making direct referrals. All of this is dependent on getting enough donations in the door to turn them around and get them out into the community. We hope this has given you a summary of our work so far. We would welcome any comments or feedback and are happy for you to circulate within your own networks to ensure as many people are aware of our services as possible.

Thank you for your support and consideration.  
Best Wishes,  
Christine Hancox, Project Co-ordinator  
Tel. 07527 476360



Supporting individuals and families in the Stirlingshire area who are experiencing homelessness, housing difficulties and financial hardship.

## 2014 COMMONWEALTH GAMES OFFERS TRAINING OPPORTUNITIES TO YOUNG SCOTS

A thousand new training and volunteering places are to be made available to help young unemployed Scots gain valuable employment skills and work experience as part of the 2014 Commonwealth Games Legacy programme. Scotland's Best – backed by £2.4 million from the Scottish Government's Legacy 2014 Young Person's Fund – will see 1,000 jobless Scots, aged 16-24, offered a place on a part-time employability programme. Many of the volunteering opportunities will be at sporting and cultural events such as the World Pipe Band Championship, the Gymnastics World Cup and Celtic Connections.

The Scotland's Best programme, which will give participants a qualification at SCQF level 4, will be administered by Skills Development Scotland and delivered by five training providers: Barnardo's; Action for Children; the Princes Trust; Volunteer Development Scotland; and Jobs and Business Glasgow.

Not only will these 1,000 young Scots get the chance to volunteer in some globally-prominent sporting and cultural events, they will be making active progress on their own futures – undergoing training that will help them get, stay or progress in education or employment.

Scotland's Best will build on the extremely encouraging progress being made on youth unemployment, with official statistics released last week demonstrating that the number of jobless young people in Scotland is continuing to fall and the number entering employment is rising.

The Glasgow Commonwealth Games in 2014 promises to be a fantastic sporting spectacle, but it will be much more than that. As well as the regenerative benefits to Scotland symbolised by this magnificent sporting venue, initiatives such as our Legacy 2014 Young Person's Fund are offering lifelong work opportunities for the next generation, giving them the start they need to get going on a successful career.

More information on the Commonwealth Games legacy can be found at the following website: <http://www.legacy2014.co.uk/what-is-legacy/legacy-programmes/flourishing>; or by calling Skills Development Scotland on 0800 917 8000.



Re. Aberfoyle Parish Church  
Those of you who worshipped with us during the period of Lent and then joined us in our celebrations of Easter

Sunday, I'm sure will have noticed the stark contrast in the church.

At a Church Congregational Board meeting held in Church House on 3rd February, 2013, the topic of flowers in church was discussed. It was felt that, at this time of year with little in the way of flowers and greenery in our gardens, it is a considerable financial burden on the few people who decorate our church with flowers on a weekly basis.

The decision was therefore made that during this year's period of Lent there would be no flowers but the church would then be awash with colour on Easter Sunday. Depending on the state of the Flower Fund, this topic will be discussed again next year.

We have a dedicated team of people who offer each week to place flowers in the church or contribute to the Flower Fund, but more people and funds are always needed. If you feel you would like to contribute with skills or perhaps help fund the flowers for a particular week, please do not hesitate to contact Maria Facenna or any other member.

Name and address supplied

## Dog walkers in Aberfoyle

The older members of the above will no doubt remember my Henry, a mixed breed terrier of tremendous character, and I thought they would like to know that Henry died peacefully on 25th May aged (approx) 16 years 8 months. He was running about until the day before and will be greatly missed by me, Joyce and many others.  
S. Aitken

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Less than three years ago Duchray Castle in Aberfoyle was abandoned and derelict but is about to start a new chapter in it's 500 year history. At the beginning of May it opened as a luxury guesthouse and wedding/event venue following extensive renovation by owners Oliver and Frances Bigwood.

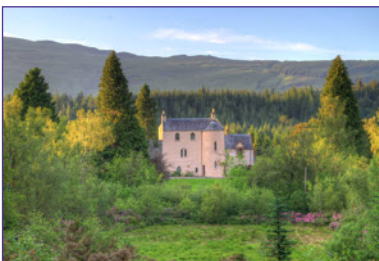
With careers in property development and event management, Oliver and Frances planned to find a project that they could work on together but, having recently finished renovating their own house in Edinburgh, this was a plan for the future. This all changed

when they saw an advert for Duchray Castle. The property had lain empty for several years and having been repossessed by the previous owner's bank, had been badly neglected. Frances and Oliver took on the Castle in 2010, and so began a two year renovation project which has seen both the Victorian and Medieval parts of the house restored to their former glory.

Duchray Castle now has four double or twin rooms which offer high-end B&B accommodation throughout the year and three reception rooms that can host wedding parties and special events for up to 50 people.

Frances and Oliver would like to thank the local community for making their family so very welcome in the area and supporting the development of a new family business in the National Park.

We would like to invite the local community to view the renovation work and guest facilities and will be having an open house on Sunday 30th June between 2pm and 4pm. Please email [frances@duchraycastle.com](mailto:frances@duchraycastle.com)



## Aberfoyle Parish Church Flower Festival

What are you doing on the 14th, 15th and 16th JUNE? Hopefully you have planned to take a walk up the yellow brick road to the Parish Church to see the flower festival. The children of Aberfoyle School have been working very hard to set the scene for what we hope will be a very successful event. The yellow brick road has been prepared by the children and reaches the rainbow in the Church entrance where you will see lovely displays of fairy stories and nursery rhymes arranged by volunteers from not only our congregation but the congregations of Port of Menteith and St Mary's Episcopal Church. The local Brownie pack has also been involved and all money raised is for Church funds. Once you have seen the displays why not go round to the Church Hall for morning coffee, lunch or a delightful cream tea. This is a bi-annual event and we hope that there will be a large attendance from the community to see the hard work done by the volunteers, but more especially by the members of Aberfoyle School in the theme of the Wizard of Oz.

The Festival is being held on Friday, 14th June from 12 noon to 4.30 pm; Saturday, 15th June from 10.30 am to 4.30 pm and Sunday until 4.30 pm.

Sunday will include our usual Sunday Worship when we will meet at 11.15 am to give thanks for the beauty of creation. Please come along and join us to see the beauty of creation, enjoying the delicious home baking and light lunches. Also available for sale will be home baking, produce and handcrafts.



## Wood, Glorious Wood!

Did that first glimpse of sun give you visions of long days spent outside enjoying the summer? Here at Wood for All, we're hoping you'll join us in taking advantage of one of the region's most important, beautiful and natural resources – the local woodlands.

Stirling's woodlands form a vital part of the area's much-lauded landscape; they provide an ideal setting for a day of recreation and relaxation, support a wealth of plant and animal life and are a great space for community action and participation.

So, how can you really make the most of your local woods? Wood for All wants to connect local communities with woodland owners so that Stirling can reap the rewards of these places of beauty and, in some cases, access a source of local wood fuel. If you know of any woodland owners around the Trossachs areas who may like to involve the community with the management and/or enjoyment of their woodlands please let us know.

For those interested in how wood fuel can provide savings for both our environment and your wallet, Wood for All are holding a Wood Fuel Information Talk on Tuesday 4th June 2013, 7pm at Smith Museum & Art Gallery in Stirling. This event will include the basics of sustainable timber production/management, wood chip production and handling, as well as fuel and boiler/stove options.

This event is free but places are limited, so please reserve a place by contacting Wood for All on 01786 451888 or email [lain@transitionstirling.org.uk](mailto:lain@transitionstirling.org.uk). For more information on this - or to keep up to date on fun woodland events, informative wood fuel sessions and other wood related news - find us on Facebook and Twitter.

The project is run by Transition Stirling, with funding from the Scottish Government's Climate Challenge Fund. Towards Transition Stirling is a Scottish Charitable Incorporated Organisation SC043469



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## Rt Hon Anne McGuire MP

I was pleased to welcome people from across Stirling to an event I held at the Stirling Smith Museum and Art Gallery on international aid and development. Our speakers included Lord Jack McConnell who has built up an international reputation on peace and aid issues, Melanie Ward, Head of Advocacy at ActionAid UK and Blair McDougall, previously at the Foreign Office and latterly working as an adviser to the Rwandan Government. All spoke eloquently of their experiences in their field of expertise and responded well to questions from the floor. Joining us in the audience were Stirling's Provost, Mike Robbins and Leader of the Council, Johanna Boyd.

In conclusion, all of us were looking to the G8 summit in Northern Ireland to build on the achievements since the last summit at Gleneagles.



I am dismayed at yet another "tax" that will affect local mothers, as figures from the House of Commons library show that more than 800 low paid new mums will lose £1,300 during pregnancy and baby's first year due to cuts in pregnancy support, tax credits and maternity pay. Loss of a further £422 will come from cuts to child benefit over the same period. Despite the Prime Minister's promise to lead the most family-friendly Government ever, the reality is that he is leaving new mums stranded.

Although No Smoking Day has passed, I am sure another small word of encouragement would not go amiss. The British Heart Foundation has pointed out that smokers could save £7 a day or even £2,555 per year by quitting. Stopping smoking is one of the best things you can do to boost your health, so if this message applies to you, do give it a go!

As Shadow Minister for Disabled People, I was pleased to add my congratulations towards the ten years' recognition of the British Sign Language (BSL) and have pledged to continue my support for all who use it. At a reception for deaf users of BSL in Westminster, I was



shocked to learn that many using BSL still encounter communication barriers at school, in hospitals and GP surgeries, and in shops, and at work. The government is doing good things to help users but its current approach is piecemeal – we need a cross-governmental strategy of practical measures to remove barriers facing deaf people.

As ever, I can be contacted at my Parliamentary Advice Office at 22 Viewfield Street, Stirling, FK8 1UA, T: 01786 446515, F: 01786 446513 or by email at [anne.mcguire.mp@parliament.uk](mailto:anne.mcguire.mp@parliament.uk) or via my website [www.annemcguiremp.org.uk](http://www.annemcguiremp.org.uk) or follow me on Twitter @AnneMcGuireMP

## Crawford Welcomes 2014 Legacy Funding for Aberfoyle

Bruce Crawford, MSP for the Stirling constituency, has welcomed news that Bike Trossachs in Aberfoyle has been awarded £25,000 from the Scottish Government through the Legacy 2014 Active Places Fund.

The first grants from the £10 million Legacy 2014 Active Places Fund are being distributed to 24 community projects across the country. The grant enables groups to develop and revamp facilities to encourage sport and physical activity in the run-up to the Commonwealth Games in Glasgow in 2014.

Commenting, Mr. Crawford said: "I am delighted that Bike Trossachs in Aberfoyle has been successful in winning this £25,000 award through the Scottish Government's Legacy 2014 Fund. This can go a long way towards encouraging active living through sport and physical activity, and create a fitting and lasting legacy from next year's Glasgow Commonwealth Games."

"The fund is open for further applications and I'd encourage local communities to apply now for their share of the £10 million pot."



## Elected Councillors Ward 1 Trossachs & Teith



Councillor Martin Earl, Conservative.  
Stirling Council, Old Viewforth, Stirling, FK8 2ET,  
tel - 01786 443497, mob - 07881 310 922,  
e-mail [earlm@stirling.gov.uk](mailto:earlm@stirling.gov.uk)



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Councillor Fergus Wood, SNP  
Stirling Council, Old Viewforth, Stirling, FK8 2ET,  
tel - 01786 443497, mob - 07824 496 019,  
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## Community Council

Strathard Community Council meets at 7.30pm on the first Thursday of every month, alternating between Aberfoyle Memorial Hall, Kinlochard Village Hall and Inversnaid Hotel. The next meetings will be held in Aberfoyle on 4th July and Inversnaid Hotel on 1st August. Half an hour prior to our meetings a local Stirling Councillor (currently Martin Earl, Alycia Hayes or Fergus Wood) normally will hold a surgery for residents who wish to raise issues or concerns. If you are planning to come to one of these surgeries we suggest you check noticeboards or our website in advance, since there are sometimes dates when Councillors cannot attend.



## Community Councillors by Ward

### Aberfoyle

John Clow  
Ros Dingwall  
Jimmy Quinn  
Geraint Short

### Kinlochard

Maureen Campbell  
Fiona McEwan  
2 vacancies

### Inversnaid

Andre Goulancourt  
Ralph Wolfe  
1 vacancy

### Contact details:

Tel 01877 387200  
[cc@strathard.org.uk](mailto:cc@strathard.org.uk)  
[www.strathard.org.uk](http://www.strathard.org.uk)

## Black Bull Gartmore



\* Lunches  
\* Bar Meals  
\* Evening Meals  
\* Morning Coffee  
\* Afternoon Tea

Open Daily

Tel 01877 382 225

Function rooms for hire: 16 - 100 people

## R&C LUKE



01324 625624

T/a J. Brown  
Coal Merchant & Contractor  
12-14 Slamannon Road  
Falkirk FK11 1LG







Steven Maclean is the community officer for Aberfoyle. Steven spent 13 years with Strathclyde police, stationed within Glasgow city centre, Airdrie, Coatbridge and Cumbernauld prior to transferring to Central Scotland Police in March 2011. He has spent time working in Dunblane and Balfour before taking up this post. In November 2012 he assumed the role of community officer with responsibilities for the villages of Aberfoyle, Gartmore, Kinlochard, Stronachlachar and Inversnaid. Steven will be looking to meet with people from the community to get views on the issues that matter to you. Steven can be contacted via Aberfoyle or Callander Police Offices. Tel. 01877 330222.



## Anti-Social Behaviour It Starts With You

Many people feel powerless in the face of anti-social behaviour such as vandalism, fly tipping, noisy neighbours and street drinking. They want it to stop but they don't know how to make it happen. Police Scotland is committed to keeping your community safe – and that includes dealing with anti-social behaviour – but to do so effectively we need your help.

### Report It

One of the most important things you can do to improve your community is report anti-social behaviour through the right channels. The easiest and most effective way to make us aware of incidents is to contact your local community police who have the necessary local knowledge to deal with the particular issues in your area.

### What Will Be Done

We work in partnership with local councils, housing associations and partner organisations to tackle issues of anti-social behaviour. There are lots of options available to deal with this, from mediation or voluntary acceptable behaviour contracts to anti-social behaviour orders or formal court

proceedings. We will assess any reports we receive and either deal with them directly or, where appropriate, refer them to our partners. With your help we can stop anti-social behaviour before it escalates into something more serious.

## Escaped raccoon captured, Callander

The raccoon, which had escaped from a wildlife centre in Tayside, has been captured. The adult male raccoon was caught earlier today (Thursday 16th May) after a number of humane cage traps were set in the Callander area. A Forth Valley Division Police Scotland spokeswoman said: "We thank the public for their help in coming forward with information about sightings of the raccoon. With these details we were able to pass on the raccoon's movements to his owner. As a result, a number of cages were set in the areas where he had been sighted. He was found in one of them earlier today and was reunited with his owner."

## Disqualified and uninsured drivers, Forth Valley

Police are urging the public to help them tackle disqualified and uninsured drivers by coming forward with information about those who are driving illegally. Inspector David McKenzie, Forth Valley Division Road Policing Unit said: "There is a reason for people being disqualified – they have committed offences and been through the court system. They will have committed offences such as drink/drug driving, speeding, dangerous driving or been reported for vehicle defects which means the vehicle is not in a roadworthy condition.

"A person can be banned through the points totting up procedure or they can receive an automatic ban for various motoring offences such as dangerous driving, death by dangerous driving and even drink or drug driving."

When a motorist is banned they have no insurance which means if they are involved in a collision it makes it more difficult for the insurance company to claim the money back.

"Those who do pay insurance are also paying for those who don't. At a time when money is tight for everyone why should the honest law-abiding motorist pay for those who have no regard for the law or for the punishment the court has ordered them to?" said Inspector McKenzie.

"I am encouraging people to come forward with information on those they know who are driving while disqualified or without insurance."

Police are looking for information on who they know to be driving while disqualified, what vehicles do they have access to and where are they kept and where and when do they drive?

The Motor Insurers' Bureau estimates the annual cost of uninsured driving to be £400 million.

### Contact Details

If you know somebody who is driving while disqualified or without insurance then contact Police Scotland on the non-emergency number 101 or information can be given anonymously to Crimestoppers on 0800 555 111.

## West Highland Way at Loch Lomond set for major upgrades

Forestry Commission Scotland is gearing up to begin upgrading sections of the West Highland Way at Loch Lomond later this year.

The £750k project has secured funding from the Scottish Government's 'shovel ready' fund and is due to commence in August. This is part of a wider, path upgrade project being carried out in partnership with Loch Lomond & The Trossachs National Park Authority. One key element of the project will be to upgrade an unsafe section of the original shoreline route at Ptarmigan.

Liz Shortall, for the Commission's team in the area, said:

"This is a major and long needed upgrade of some sections of the route that will make it an even more attractive and enjoyable proposition for visitors and walkers. Making it more user friendly and improving the quality of the experience will encourage more people to speak positively about their visit, which will in turn bring more people to the route. This will help to secure its long-term future and be good for tourism and for those businesses catering for visitors and walkers.

"It will also make it easier for us to carry out harvesting operations there over the next five to ten years. These will allow us to restore the site to native woodland and improve the forest landscape, structure and habitats. It will also protect the West Highland way from being damaged by windblow."

The project will include 5.0 km of upgrade to existing path at Ptarmigan, two new re-aligned sections and upgrades to the steps linking Balmaha to Conic hill and the steps at Strath Cashel. Work at Strath Cashel is already underway. We'll take care of any new way-marking required but at the end of this we'll have a viable diversion that will take people away from the forest road to facilitate harvesting operations."

Mairi Bell, Tourism Manager for Loch Lomond & The Trossachs National Park said:

"The National Park has already made substantial investment and improvements to Conic Hill and sections of the West Highland Way and we're pleased that further work will be carried out by Forestry Commission Scotland.

The importance the West Highland Way has in terms of economic and tourism benefits is clearly recognised by both partners and Scottish Government funding. We have over 80,000 people walking the route every year and these upgrades will enhance what is already a spectacular experience."

To keep up to date with progress on the upgrades and other news follow us at <http://www.twitter.com/lodgeaberfoyle>

drop-in **YoGA** hands-on, down-to-earth classes

at Port of Menteith Village Hall

**Everyone welcome!**

You don't need to be able to touch your toes to enjoy all the benefits of yoga!

**Yoga helps prevent and relieve conditions such as back pain, arthritis, digestive issues and stress.**

**It improves breathing patterns and generally helps you feel good!**

**You're welcome to drop-in as and when you can...**

**Tuesdays 9.30-11am £5**  
Sun/Moon Yoga Flow  
ideal for getting fit and flexible

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contact Brenda for more information...

**Tel: 01877 389302 Mob: 07791 385240**

**[www.chilloutyoga.co.uk](http://www.chilloutyoga.co.uk)**





## Dr Hamish Maclaren

Dr Hamish Maclaren will retire from the practice at the end of September. We all know his going will leave a huge gap in the practice and that his news will be greeted with sadness by the local communities he has served so conscientiously over the last 12 years.

I know you will join with the practice team in wishing him well in the future.

## Medical Centre Opening Hours

### Aberfoyle 01877 382421

Monday	8.15am -11am	By Appointment
	3pm - 5.30pm	By Appointment
Tuesday	8.20am -10.15am	By Appointment
	2.30pm - 3pm	By Appointment
Wed	8.20am -10.15am	By Appointment
	4.00pm - 5.30pm	By Appointment
Thurs	7.30am - 8.00am	By Appointment
		(Alt Thursdays)
	8.15am - 11am	By Appointment
Friday	8.15am -11am	By Appointment
	2.00pm - 3.00pm	By Appointment

### Buchlyvie 01360 850237

Monday	7.30am-8.00am	By Appointment
		(Alt Mondays)
	8.15am - 9.30am	Open Surgery
Tuesday	10.30am -11.30am	Open Surgery
	4.00pm - 5.30pm	By Appointment
Wed	8.15am - 9.30am	Open Surgery
Thur	8.15am - 9.30am	Open Surgery
Friday	10.30am -11.30am	Open Surgery
	4pm - 5.30pm	By Appointment

Remember you can book appointments on line – Please ask at reception

## Ordering A Repeat Prescription

There are 3 ways to request a repeat prescription:

1. Place your repeat prescription slip in the mail box outside the surgery or hand into the dispensary.
2. Email the practice by using either our website [www.aberfoyle-buchlyviesurgeries.co.uk](http://www.aberfoyle-buchlyviesurgeries.co.uk) or by using the following email address  
Aberfoyle – FV-UHB.aberfoyle-repeats@nhs.net  
Buchlyvie – FV-UHB.buchlyvie-repeats@nhs.net

These two methods are the practice's preferred methods because the practice then has clear documentation and a record of which items have been ordered. It also reduces mistakes and errors. However we are aware that using one of the above methods is not always practical so we do accept telephone requests. We will only accept requests on the dispensary phone as we prefer to keep the office telephone line free in case there is an emergency.

Dispensary Telephone Numbers  
ABERFOYLE 01877 382990  
BUCHLYVIE 01360 850238

This is a 24-hour service and orders can be left on the answer machine. Please leave the following details:

- Your name
- Address
- Date of birth
- The items you require – if you are unable to pronounce the medication please spell it.

PLEASE GIVE TWO WORKING DAYS NOTICE  
This gives us time to check your request with a doctor and to order items that we do not carry in stock.

## The Friends of Aberfoyle and Buchlyvie Medical Centres (Sc034962)

Cordially invite you to join in a  
fundraising event on  
**SUNDAY 23RD JUNE 2013**  
**"THE FAB WALK"**

This is a 7 mile (11 kilometre) off-road walk between the two practice medical centres, starting at Buchlyvie and ending at Aberfoyle. Participants are invited to foregather in the Buchlyvie Medical Practice from 9am for registration and refreshments. The walk starts at 10am. Adults, children, runners, friendly pets and bicycles are all welcome. Transport will be available for those wishing to curtail any or all parts of the walk. Recuperation and refreshments await the finishers at Aberfoyle, where there will be a raffle and a short presentation outlining the aims, purposes, and activities of The Friends, past and future. There will be an opportunity to become a Friend.

### Who are the Friends?

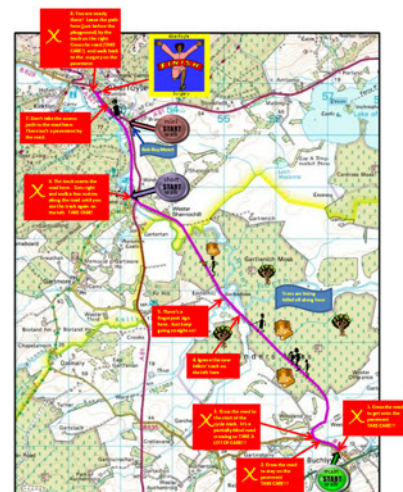
Mostly we are users of the medical practice, past and present, members of the local community, residents of the area the practice serves – a substantial tract of West Stirling stretching from Gargunnock in the south-east to Inversnaid and Stronachlachar in the north-west, and people who have a relationship and an active interest in the welfare and activities of the medical practice.

### What do we do?

The Friends provide one forum of communication and interaction between the health care professionals and staff of the practice, and the patient population the practice serves. We are primarily interested in the promotion of health and wellbeing, and provide a means by which any member can table an idea about how health care may be better provided in the community, how the community-hospital interface may be better managed, and how individuals in the community can have a greater say in the structure of the delivery of health care. Some ideas result in projects, and some projects require funding. The Friends' Board of Directors meets periodically to consider ideas and, if approved, to put them into action.

### What have we done?

The Friends have been meeting for about 10 years. During that time we have been keen to enhance the practice's ability to provide emergency care, a commitment that has become more important now that the District Hospital is sited further from us and we have become more "rural". The medical practice now has, on both sites, sophisticated emergency resuscitation equipment including oxygen supply systems,



cardiac defibrillators, electrocardiography, cardiac monitoring and respiratory monitoring equipment.

### What are we doing now?

Our current project aims for the acquisition of "INR" testing equipment, together with interpretative software, allowing easy "near-patient" monitoring of the commonly prescribed anticoagulant drug Warfarin.

### Shouldn't the Health Board be paying for this?

The INR Warfarin project illustrates very well the role of The Friends and our potential to enhance an existing service. Currently the monitoring of Warfarin is carried out by the hospital laboratory. This involves venepuncture, transport of blood samples to Larbert, an average delay of 6-8 hours before the result is available, and the need for an additional telephone consultation. The on-site INR machine will provide an instant result and treatment plan based on a single pin-prick test, all done in a "one-stop shop".

### What will we do next?

That's up to you. Bring us along an idea, tell us why it would work, how it would work, and what benefit would come to the community.

**Back to the FAB Walk!** So if you are interested in these activities, or just curious, or just fancy a walk on Sunday morning, join us at Buchlyvie on Sunday June 23rd, between 9 and 10 am. You can register at Buchlyvie on the day, or at either surgery by phone or in person at any time before the event. It's not a sponsored event, but it is a fund-raiser. We would ask you to donate £5. Children and animals are free!  
Looking forward to seeing you.

## Helping Hands Comfort Forth Valley Babies



Premature babies at Forth Valley Royal Hospital are now being cradled in comforting hands, thanks to the generosity of a local woman and the fundraising group she set up after her daughter was born 16 weeks early.

Tiny Tabitha Fund, which is a small group of dedicated people who raise funds for the neonatal unit, has purchased what are known as Zaky Hands – larger than life padded hands which wrap around a tiny baby to make them feel secure.

Zaky hands were designed by a mother and ergonomic scientist Yamilé Jackson whose child Zachary was born prematurely weighing under two pounds. She noticed nurses would use items like blankets to create a soft firm boundary to help babies feel safe but realised that none of these involved the mother or father.

The Zaky hand was developed to carry the scent of the parent, helping baby bond when they could not be together. The Zaky hand has been proven to reduce adverse physiologic and developmental behaviours of premature infants in a neonatal unit.

NHS Forth Valley Neonatal Sister Beanie James said: "If a baby is restless we would 'contain' them by gently placing a hand on their head or bottom to make them feel secure. It's the womb feeling. It would be impossible to stand like that all day so that's where the Zaky hands come in, because the hand is padded it gives baby the impression of being held."

The Forth Valley Royal Hospital neonatal unit currently has around 15 hands in various colours, for girls and boys, which have all been donated by the Tiny

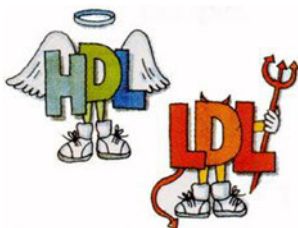


Tabitha Fund. However the Zaky hands come at a cost with each one costing approximately £90 to £100. Despite the cost Tiny Tabitha Fund are planning to buy more as soon as possible. They hold a few events annually to help fund this, with the next one being a 'sponsored 20 mile assault course' which Tabitha's older brother John and four friends will attempt on Saturday 11th May 2013. Then a Fancy Dress night on Saturday 2nd November 2013 at the Carronshore Club.



# Simon says.....

This month I thought I should share some common health myths with you in order to clear up a few worrying points often raised by clients at Natures Corner.



**The Myth:** Cholesterol is bad for you.

**The Truth:** Cholesterol is a fatty substance that is predominantly made by the liver. Blood cholesterol is used to build cells and make hormones and therefore is vital for good health. So there's good cholesterol and bad cholesterol. Saturated fats found in food like dairy products and pastries tend to raise 'bad' cholesterol - known as low density lipoproteins - and this delivers cholesterol to the arteries. However unsaturated fats in nuts, seeds and oily fish tend to raise high density lipoprotein - or 'good' cholesterol - which transports cholesterol away from the arteries, back to the liver.

**The Myth:** It doesn't matter if you skip breakfast.

**The Truth:** When we sleep we are essentially 'fasting' for an average of about twelve hours, so it is essential to break this fast when we wake up. If you skip breakfast you could catch up on your energy requirements later in the day, but you will always be making up this deficit and you are unlikely to get all the vitamins and minerals that a simple breakfast can provide. Try porridge with honey for a wholesome but filling meal.

**The Myth:** Fresh is always better than frozen

**The Truth:** Ever since scientists noticed the benefits of antioxidants, the saying has been 'Eat more fresh fruit and vegetables' - implying that frozen means second rate. However freezing fruit or vegetables at the point of harvest preserves a significant amount of the nutrients, sometimes more than are preserved in 'fresh' produce which is driven many miles to a grocery store as heat, air and water take their toll.

**The Myth:** Eating after 8pm causes weight gain

**The Truth:** It's probably wise to space your calories out throughout the day to coincide with your activity levels but there's no magical moment weight wise when that happens at 8pm that night. However, during the evening you may be more apt to wind down and if you sit eating high calorie snacks like chips or crisps, you may pack on the pounds. If you eat several small and nutritionally balanced meals every 3-4 hours throughout the day, you won't get the munchies later on.

**The Myth:** If you drop food on the floor, you have 5 seconds to pick it up.

**The Truth:** Scientists have put the commonly cited 5 second rule to the test. They found that food that comes into contact with a tile or wooden floor picks up large amounts of bacteria in no time at all. Food doesn't pick up many germs when it hits carpet, but it does pick up carpet fuzz, so it's best not to apply the 5 second rule to carpet covered morsels.

**The Myth:** You lose most of your heat through your head.

**The Truth:** The belief probably originated with a military study where it was found that subjects wearing arctic survival suits lost most of their body heat through their heads. But that was because the head was the only relatively bare part of their bodies. The truth is that we don't lose more than 10% of our body heat through our heads and that any uncovered part of the body will lose heat. That is why it is important to wear a hat, even when you are wrapped up everywhere else.

I do hope this helps allay any fears or confusion over some well discussed topics.

SIMON ROBINSON is the main qualified working proprietor at:  
Natures Corner  
2a Cross Street  
Callander FK17 8EA  
tel/fax: 01877 330200  
e-mail: [health@natures-corner.com](mailto:health@natures-corner.com)  
shop on line: [www.natures-corner.com](http://www.natures-corner.com)



**WRVS** positive about age  
practical about life

Age positive charity WRVS is Britain's largest charity working with older people. Throughout Scotland over 900 older people are supported each month to live a more independent life.

We provide transport for older people who cannot easily access public transport for a variety of reasons. Mobility issues and location can make it very difficult, if not impossible, for an older person to use public transport. It is also very challenging for those living in more rural areas with limited transport services.

Good Neighbours gives practical help to those who need it within the home such as assistance with completing a form, collecting a prescription, assisted shopping or just popping in for a cup of tea.

We are currently recruiting volunteers living within the **Aberfoyle and surrounding area** to help provide these services.

If you have some time to spare and would like to help people in your community then volunteering with us is for you.

For driving roles, volunteers need to have access to their own vehicle and mileage expenses will be reimbursed at 45p per mile. The time our volunteers choose to donate is entirely flexible and you will be fully supported throughout your time with WRVS.

To find out more about volunteering please get in touch with us on **01786 450718** for an informal discussion.

Alternatively email: [Stirlingggn@wrvs.org.uk](mailto:Stirlingggn@wrvs.org.uk)

Due to the nature of these volunteering roles, successful membership to the Protection of Vulnerable Groups Scheme (PVG) is a requirement. WRVS will complete the paperwork and there are no costs involved.

## The Older People's Reference Group needs YOU

Working to improve the quality of life of older people in the Stirling area, this group needs new members who are over 50 and interested in having a say on the issues affecting older people in communities. The group are consulted on issues which is especially important given the current changes to social care and health.

Anyone over 50 living in the Stirling Council area can join and the group are especially interested in members from the rural area. Meetings are four times a year and areas of interest include Older People's Care, Housing, Transport and Community Safety. The group are supported by Stirling Council.

For more information contact clerk to the group Claire McDonald, Committee Support Officer, Governance & Resources 01786 443377.

## Helen McManus Counsellor/Psychotherapist

with experience in relationship difficulties, depression, Asperger's Syndrome, domestic abuse, PTSD, trauma, anxiety, eating disorders, mental health.

**Cottage Therapy Scotland**  
Stirling/Trossachs Area

Tel. **07534974512**  
[helen@cottagetherapyscotland.co.uk](mailto:helen@cottagetherapyscotland.co.uk)



## Christmas all year round!



Newly opened in the old Rade building, **The Olde Christmas Shoppe** is providing visitors to Aberfoyle with yet another reason to take a trip out to the village.

The shop is open all year round, 7 days a week from 10am to 5pm selling Christmas related items, which are all of good quality and quite unique in style.

Please pop in to see what's on offer. Josh, the owner will make you most welcome. You can visit us on Facebook; [TheOldeChristmasShopeAberfoyle](https://www.facebook.com/TheOldeChristmasShopeAberfoyle), and follow us on Twitter [@oldechrismas](https://twitter.com/oldechrismas). Tel. 01877 382052



# Celebrating Loch Katrine People & Stories



A very special cruise aboard the historic steamship Sir Walter Scott on Wednesday 26th June will celebrate Loch Katrine's history and heritage. Join the Friends of Loch Lomond and the Trossachs and the Steamship Sir Walter Scott Ltd for the two-hour cruise in the company of storytellers, David Kinnaird

and John Barrington, who will entertain with stories of the people in Loch Katrine's past.

This is a unique chance for a mid-summer evening cruise which is generously supported by the Steamship Sir Walter Scott Ltd and the Heritage Lottery Fund's All Our Stories Project. Places are limited so please book your tickets in advance.

James Fraser, Chairman of the Friends of Loch Lomond and the Trossachs, said, 'This is going to be a fantastic evening enjoying the special scenic and heritage qualities of Loch Katrine, in the company of storytellers with a rich tapestry of stories about people who have lived and worked here. We are pleased to have the support of the Steamship Sir Walter Scott Ltd and the Heritage Lottery Fund to make this event possible and we look forward to welcoming residents of the National Park and others on board for this unique event.'

Gordon Allan, Managing Director of the Steamship Sir Walter Scott Ltd, added, 'The SS Sir Walter Scott was commissioned in 1899, the fifth steamship to ply Loch Katrine. The second, called Gypsy, launched in 1843 and threatened local rowing boat operators' livelihoods. It sank mysteriously soon after on a calm day. There are many more tales from Loch Katrine's past and we're delighted to be supporting this cruise with the Friends to showcase the loch's rich heritage.'

The cruise leaves Trossachs Pier at 7.00pm (arrive at 6.30pm for boarding) and the ticket price of £11 also includes a welcome drink. Advance booking from Sandra Dyson, Friends of Loch Lomond & The Trossachs, 01436 677733 or [info@lochlomondtrossachs.org.uk](mailto:info@lochlomondtrossachs.org.uk).

This event is part of a project by the Friends of Loch Lomond and the Trossachs called Celebrating Park People and Stories. Other events in the project include a heritage storytelling conference on 8th June, a musical cruise of Loch Lomond's islands on 21st August with the Lennox Literary Society, a railway journey on the spectacular West Highland Line on 11th September and a grand charity concert in Drumkinnon Tower, Loch Lomond Shores, Balloch, on 27th September.

## More Celebrating Park People & Stories Events

### Wednesday 21st August Loch Lomond Islands Cruise

A joint event with Lennox Literary Society, a cruise around Loch Lomond's islands with music featuring Loch Lomond songs and ballads by local band, Hell for Leather, and some new island poetry by Ann MacKinnon. Leave from Sweeney's Boatyard, Balloch, at 7pm, returning 9pm. Tickets £11 advance booking essential.

### Wednesday 11th September Celebration of the West Highland Railway Story

Join us on a railway journey with a difference on the spectacular West Highland Railway as it winds its way through the National Park from Helensburgh to Tyndrum and Loch Awe. Hear some of the stories associated with this historic and scenic railway and enjoy lunch and spectacular views. Leaving Helensburgh Upper Station 9.52am, returning t 3.03pm. Tickets £25 incl train fare and meal, £10 for Argyll & Bute residents who can book discounted rail tickets direct). Advance booking essential.

### Friday 27th September A Grand Charity Concert

A grand finale to the season of Celebrating Park People & Stories at the SeaLife Centre, Loch Lomond Shores, with a range of talented musicians, singers and poets drawn from in and around the National Park, co-ordinated by Linsey Aitken and Ken Campbell. Tickets £12 (provisional), 7.30-10pm with half hour interval for cheese and wine on the promontory deck of Drumkinnon Tower. Proceeds will be shared between the Young Friends project and Robin House Childrens' Hospice, Balloch.

Advance booking of these events from: Sandra Dyson, Friends of Loch Lomond & The Trossachs, 01436 677733 or [info@lochlomondtrossachs.org.uk](mailto:info@lochlomondtrossachs.org.uk).

# Ladies of the Lake

Look through the mists of time; then magic ladies breathed life and laughter under moon and sun. Sprites upon the hillsides, faeries in the glen, spirits of the water dwelling down below. Wolf, elk, beaver, bear lived amongst the trees, harmful mark of man not as yet begun. No flames came there near this idyllic den, none could enter in without facing woe. Who would venture here nature did not please, foolish to enrage ladies of Ketrnun.

Then Man arrived and softly settled down, new neighbours of the raven, hawk and crow. Goats and coloured sheep checked by herding hands, his wife and children were to call this home.

Water witches watched from beneath the waves to see if Brythons would be friend or foe. Calm when all is well, but corrupt commands when moved to anger makes the water foam. Milk and meat for food, wool to keep them warm, Man wounds the soil and crops begin to grow.

Bloodied Irish spears pillaged on these lands with just one desire, split a Briton's dome. Hellbent on conquest, Scots are on the take, beating through the last brave stand of Gartney. That great warrior's name writ in silver sands, by the shades themselves fixed as in a tome. Long was there weeping for that loss of blood, now flared the furies quaking mankind's knee. Listen to the hammer of new Gaelic speech, striking loudly down on each anvil bone.

Chased by Clan Campbell, harried by the Crown, here to the Trossachs wild MacGregors flee. Highland men stand true, never doing false, sprites bade them welcome, safe within this strath. Black cattle traders would fight the Stuart Cause, first to the flag of James across the sea. Round-headed troopers marched along the shore, burning all to ashes raised our Ladies' wrath. One English soldier swam into the loch; Ellen of the Isle took his head with glee!

Rev'rend caught and killed, brother of Loch Eil, taken from this glen led redemption's path. Blood appeased Man, not the ones below, Kirk's Book of Secrets foolish to ignore. Rob Roy drove down south, brought home London gold, then made sure the poor shared what Montrose hath.

Artists came up north, writers, poets too, breaching defences, opening up the door. Tourists from afar spoil this sacred place, guests of Thomas Cook leave their aftermath.

For how soon to see a few become a flood, coming in behind a Queen's Highland Tour. Coaches pulled by horse brought the people here, queuing to sail on steamer powered trips. Each of them reading "Lady of the Lake", Scott's epic poem tells of mystic lore. Ketrnuns of the loch rinse away disease, a grateful Glasgow Katrine's water sips. This great gift of health, always freely given – taken for granted hurts the spirits sore.

Our saint's holy prayer, "Let Glasgow Flourish", has now been answered but not one knee dips. Sheep rake the hillsides, cattle tramp the glen, dams raise the water, Gartney's strand is drowned.

Glasgow claims this ground, owns the people too, knowledge of the past from all mem'ry slips. This Age of Mammon loses what we held, of faiths old and true no thought, not a sound. Old hearts lie broken, warning signs appear, faeries hide away, clansmen flee in ships.

Water wins awards, purest in the world, let's add some poison – chemical compound. Euro-law dictates lime, and chlorine too, out of public sight, sheepdip would detect. Homo soon destroys what they'd come to see, vandalise the land, litter all around. Glasgow clears the glen, soon scarred by neglect. Loch heart stops beating, all is derelict. Sprites have disappeared, faeries all have fled; Ladies of the Lake might as well be dead.



## Fairyland Aromatics

New in!

Blended Grain Incenses,  
Beautiful Fairly Traded Stoneware  
Fantastic Fairly Traded Rag Dolls  
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# The Scribe's Apprentice!?

Howdy doody! Fit like and other salutations! What have you been up to, since last I wrote for Strathard news? Hope you bide fine.

Aye, I'm pretty good myself, thanks for asking. The weather has turned a bit more clement, the trees are once again in leaf and the tourists are returning again. I know the tourist never entirely leave us, but the numbers are going up, which is always a good thing.

We're going to Denmark this year, not sure when, but we are going. Nice place Denmark; civilised, and they never seem to be in a hurry. Last time we were there, I had the chance to drive my sister-in-law's car, and was most impressed by the downright courteous nature of your average Danish driver, unlike your average Scottish driver who has been known to regard being overtaken as a challenge to his manhood!

There's one other really nice thing about Denmark: they don't have anywhere that you could call mountainous - hilly, yes; mountainous, no. Which is a big plus with me, as I hate being up high, which makes the journey there and back by aeroplane a bit of a nightmare.

So, the travel there and back is not very enjoyable, but the bit in the middle is well worth it. It's great when you get to actually visit the places that up until then were just names in books, with occasional pictures.

Now you know how I'm interested in astronomy? Well, my sister-in-law arranged for us to go an island called Ven, just off the coast of Sweden, about an hour's boat ride from Copenhagen. And why did I want to go

to Ven? Because Ven was home to probably the greatest of all the pre-telescope astronomers ever, Tycho Brahne.

Most enjoyable, not the least because the Danes had rigged up working reproductions of the actual measuring instruments that Tycho used in his observations. It gives a really good demonstration of just how skilled these old time astronomers had to be to use these things, how accurate the instruments actually are and just how dedicated they needed to be, to use these things night after night for years at a time, as they slowly accumulated the data another man would use to work out the way the Solar system actually worked. Amazing. My hat is off to them.

There was one other thing about Ven that caused me some mirth: bicycles. Bright yellow and blue tourist bicycles.

Danes, by birth, training and inclination love bicycles. It's probably part of the national psyche. So forget Chris Hoy, Tour d'France and Scottish Etape; the Danes are the world leaders in bikeology, the only other folk that come close are the Dutch. And this love affair with the bicycle was never more

apparent than on Ven, which actually belongs to Sweden. There were bikes everywhere. Hundreds of bikes. The island is only a couple of miles long and wide, but there were yellow and blue tourists' bikes everywhere. Ranks of them, hordes of them, it was hoaching with them!

I am, as you well know, not a great lover of bikes of any description, but I have to say I

was impressed. It was, as my grand-daughter would say, "COOOL!"

So, yeah, I'm looking forward to going back to Denmark.

And of course, we're not going alone. We're taking my grand-daughter and great-granddaughter along with us. And equally, of course, the only thing they'll want to see is that other "L" thing Denmark is famous for; no, ba'heid, not Kronenberg! Lego-land. Neither have been there before, so hopefully they'll enjoy a really new experience, though I'm a bit worried that Denmark may not be ready for Rosie. She is of course, my great-granddaughter and a right wee Scorpio into the bargain, so they not be able to cope.

Hard luck for them! Anything that doesn't kill you makes you stronger!

But I wanted to tell you something else that's good about going away on holiday; the coming home.

I enjoy the holiday, the sights, the sounds, the people watching, but I also enjoy coming home again.

Seen it so many times when we've been away. I've been to Denmark, Cyprus, The Canaries, La belle France, even to England and on the road home, somewhere at some point, either on the M6 motorway heading north or when the plane's wheels touched down, there was always this feeling when I came back to my native land, a kind of silent "Welcome Home", glad you're back feeling. Once a Scot, always a Scot.

See ya.

TATTSA.



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In March we heard the fantastic news that The Great Trossachs Forest has been awarded £848,000 from the Heritage Lottery Fund (HLF) and on 29th April it was confirmed that we could officially start work. Along with additional match funding will mean that over the next five years this

area will benefit from £1.5 million worth of investment. This means that we will be able to continue to protect and celebrate our fantastic natural and cultural heritage. Commenting on our award, Colin McLean, Head of the Heritage Lottery Fund in Scotland, said:

"This year, the Year of Natural Scotland, brings into focus the natural beauty and biodiversity that surrounds us. It is one of our greatest national assets, attracting visitors from home and abroad and making a valuable contribution to our tourist economy.

"However it's not just visitors that benefit. With a bit of innovative thinking, we can protect our natural heritage in a way that helps people and communities. We want people to have the opportunity to get involved, to have a say in how the environment is managed, to learn new skills and apply new technologies. We want to help ignite a passion for our natural world and its long-term conservation."

We have loads of exciting projects planned as part of this project-called The Gateways Project. The first few projects planned will be new visitor facilities at the Woodland Trust's Lendrick Hill car park and at Inversnaid Nature Reserve, and the much desired path from the existing Glen Finglas paths across Milton to Bochart. We have already started planning the play features for the Natural Play Trail at Little Drum Wood. Some of the pupils from Callander and Trossachs Primary joined us on site to tell us the play features they would like to see- they had lots of fantastic ideas!

If you are interested in a career in designing and building smartphone applications, we are about to offer an internship to help us build an 'app'. An internship is a fantastic way of gaining valuable work experience and skills as well as contributing to a great project. You will working as part of a team on this project and we will be able to pay travel expenses and relevant training. If you are interested in finding out more, then please get in contact.

*The Great Trossachs Forest is one of the most significant woodland regeneration projects to take place in the UK for a generation. It covers 16,650 hectares, an area the size of Glasgow, between Loch Lomond and Callander in Loch Lomond and The Trossachs National Park. The Great Trossachs Forest is a partnership project between Forestry Commission Scotland, RSPB Scotland, and The Woodland Trust Scotland.*

If you want to know more then please get in contact with me (01877 376340) but we will also keep you updated in future Strathard News and on our website [www.thegreattrossachsforest.co.uk](http://www.thegreattrossachsforest.co.uk)  
Sue Morris, Development Officer, The Great Trossachs Forest

## National Park News

By Owen McKee



Oh no it's not! That old pantomime call rings out and builds to a crescendo. And recently it has rung out locally on the issue of the Charrette process which feeds into the Local Development Plan which has started its process of consultation with the communities of the Park. The fear is that ideas floated during the Charrette process would become embedded in the Local Development Plan no matter what the community felt about the idea. The proposal by the consultants to move the functions of the Memorial Hall to the more village centred Discovery Centre and then use the land freed up for affordable housing was a major concern. Why was it made? One of the main issues that Aberfoyle faces is the lack of development land outside the flood plain. The Memorial Hall is in a very favourable position in that respect and equally, although well used, it is not best positioned for community use. Consequently for someone looking at the village from the outside it seemed a reasonable proposal to make. It is an idea but it is no more than that. Before any land can be identified in the Local Development Plan as development land the owner of the land MUST give consent. In the process of preparing a Local Development Plan the Planning Authority invites landowners to propose land for development. The Planning Authority examines the possibilities taking into account anything which would constrain the development e.g. is it in the flood plain, before including it in any draft plan going out to consultation. So let us make it clear: There is no possibility of the Memorial Hall idea put forward by the Charrette consultants becoming a reality, unless and until, the Trustees of the Memorial Hall make an approach to the Planning Authority for it to happen. In other words, only the community could bring that idea to fruition.

The Scandinavians are coming. Planning Aid Scotland, a charity which provides planning advice and training to our communities, is hosting an event for elected members and planning officials from Norway and Sweden who want to come and see how things work in Scotland. High on their agenda is how we integrate leisure pursuits and activities into our National Parks. Of particular interest are long distance paths such as the West Highland Way and mountain biking. We will take the opportunity to learn how they tackle similar issues in their countries.

Planning Aid Scotland is also hosting the European Youth Camp during August and they too want to pay Loch Lomond and The Trossachs National Park a visit. I'll try to make sure they experience the particular delights of Strathard.

It is not all international visits though. Early in May we took a group of representatives of the tourism industry operating in Park to have a look at the facilities we are putting in place in our Five Loch Project. As with many of our communities those reps expressed the hope that we continue to develop facilities which will help not only tourism but the locals as well.

As always I can be contacted as follows;

Post : Taigh Na Bhuth,  
Locheamhead

Phone: 01567 830214

email: [owen@thevillageshopfsbusiness.co.uk](mailto:owen@thevillageshopfsbusiness.co.uk)

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# GREEN ROUTES



Green Routes is an exciting project within the Walled Garden at Gartmore House, just a short distance from Aberfoyle. We are creating a positive learning experience within a horticultural setting where young people with additional support needs are helped to realise their potential and are taught a range of transferable work skills.

House, just a short distance from Aberfoyle. We are creating a positive learning experience within a horticultural setting where young people with additional support needs are helped to realise their potential and are taught a range of transferable work skills.



## Let us take you round the Garden as it is today.

At the entrance by the old Gartartan Castle, flower beds lead into a wide gateway. To the left are a row of teaching beds, which are planted in a four year vegetable rotation – roots, legumes, alliums and brassicas. To the right stand a lovely cherry tree – a memorial to the brother of a former student. This area is being created as a miniature garden, with a lawn, paved area, hedging, rockery and flower and herb beds. Students in their final year will take responsibility for this area – good practice for future employment.

The two large poly-tunnels are used extensively. Each has had its upper third levelled to ensure wheelchair access. The first has a social area for sharing conversation at break-time – the kettle is on regularly and biscuits figure highly. Its lower area is devoted to deep beds for indoor vegetables: tomatoes, sweet-corn, pumpkins. This year we aim to grow giant parsnips in polystyrene boxes.

The second poly-tunnel has heated propagator beds and a large potting area. The lower area has been kitted out as a woodworking area, with tools and much of the wood donated by Ogilvie, the builders, who have selected Green Routes as one of their charities of choice.

Wide flower beds lead to the lower garden where a flock of ducks and hens keep the slug population at bay and supply delicious free-range eggs. Here more rotational beds have been created, we have a large soft-fruit area and an extensive orchard has been planted. A further stone entrance takes you through to the bee garden, where our hives are situated and more apple trees planted.

## What led us to do this?

For many years, a group of friends realised that, although provision for children with additional support needs was very good at school, there was a lack of opportunity for meaningful further education when these pupils reached the end of secondary education.

## In 2007, Green Routes was formed.

The initial aim was to find a site for development into a garden. We realised that outdoor education suits many young people who are unable to access the regular curriculum. Transferable skills which could lead to supportive work, could be developed very well through horticulture.

After many expeditions to view possible sites, the Walled Garden at Gartmore House was suggested, and the Green Routes proposal chimed well with the philanthropic philosophy of owner, Peter Sunderland and its Board. A lease was granted and the work began.

The garden had lain neglected for many years and was a forest of brambles, trees and weeds. However the team members rolled up their sleeves, and with the help of diggers big and small, cleared, levelled and created a space for their vision. Along the way discoveries were made – an entrance to the upper garden with a Grahame family crest, an old poly-tunnel frame and iron rose arches. Old photographs showed that in the days of an army of gardeners, banks of roses, wide pathways and walls of trained fruit bushes existed. We learned that that orangery produced the best fruit in the west of Scotland and that a row of greenhouses were heated by hot air through channels in the walls.





# GREEN ROUTES

## Time to meet the people!

Our young people begin by working towards an award from the Royal Caledonian Horticultural Society, a year to eighteen months of work showing good participation in the main aspects of gardening from soil preparation to harvesting. They then move on where possible to the Scottish Vocational Qualifications, some achieving an SVQ1, others a level 2. It is expected that students will stay at Green Routes for three years, before being helped to move on, hopefully to supported employment. Our students come from a wide area, and many have learned to use public transport and mobile phones with confidence. Initially they came through recommendation from social workers and this will continue. Others now come from high schools in their fifth

and sixth years or younger, with teaching and learning assistant support. Some will transfer to Green Routes as students on leaving school and this works very well. We also have supported volunteers – adults with learning disabilities, who are unable to be in employment, but very capable of contributing to the work of the Garden. Green Routes is managed by a very supportive Board of Trustees, all of whom also contribute to the work of the Garden. The Development Manager is Gillian Forster, who with her husband John, has created a welcoming and very positive environment where students feel both supported and challenged to fulfil their potential. A group of volunteers supports Gillian, working with the students, mentoring their development and contributing greatly to the work of Green Routes.



## So what DO you do with your spare time? Could you become a volunteer?



Green Routes offers a wide range of volunteering opportunities from participating in the garden to mentoring our young students. There are lots of different ways in which you can help:

- Working in the Garden
- Mentoring our students
- Woodwork
- Art and craftwork
- And lots more

### And what can we offer YOU in return? A chance to:

- Become involved in an exciting project
- Meet new people and feel part of a team
- Use your existing skills and learn new ones
- Gain a sense of achievement and fulfilment
- Make a huge difference to people's lives
- Have fun



**Do get in touch.** Working with our students is rewarding and very worthwhile. Contact Gillian on [gforster@greenroutes.org.uk](mailto:gforster@greenroutes.org.uk)

### Can't manage through the week? What about this?

On the last Sunday of each month, from April to October, we hold a Volunteer Sunday. After tea, coffee and home-baking, participants work on a wide choice of activities, taking on tasks which make a great difference to us. A buffet lunch is provided and the kettle is always on. Do contact Tracey on [tstorr@greenroutes.org.uk](mailto:tstorr@greenroutes.org.uk) and come and join us from 10.30am onwards.

**Become a member!** Membership of Green Routes costs £5 annually and entitles members to receive the quarterly newsletter, to vote at the AGM and in particular, to support the work of Green Routes. Please contact Margaret on [mmiller@greenroutes.org.uk](mailto:mmiller@greenroutes.org.uk)

**Buy our produce!** We are delighted to have a stand of plants at the Aberfoyle Community garage and at Gartmore Village shop. The Garden is open too from 4-6pm each Tuesday for the sale of plants – flowers, vegetables and herbs, eggs and crops in season as they are harvested.

### Find out more!

We have a website: [www.greenroutes.org.uk](http://www.greenroutes.org.uk)

Follow us on Facebook at [greenroutesgartmore](https://www.facebook.com/greenroutesgartmore)

Pick up the phone and have a chat: 01877387231 mobile:07789823491





# School News



## Aberfoyle Primary and Nursery

### Eco Week

Between Monday 27th April and Friday 3rd May Aberfoyle Primary took part in Health Week and Eco week. We participated in events including zumba, karate (hoow ya!), a litter pick and there was a healthy tuck shop every day. Among the other activities, the children enjoyed a wellie walk to fairy hill, then up to a beautiful view of the river to eat our lunch. We also had a heptathlon which had lots of different sports in it (e.g. javelin, long jump, netball and an obstacle course). There was a model competition using junk, gardening sessions in the school's back garden, making a big or small den for our thumbs and the dance mats. Everyone loved the dance mats, as they were great fun. By taking part in each activity the school hopes to make Aberfoyle a healthier therefore nicer place to be in and also to have fun!

**Innes Manders P6**

### Life in P1

Primary 1's class topic this term is Nature. The children thoroughly enjoyed their visit to Mrs Crawford's garden on Wednesday 22nd May. It was a glorious afternoon and Mrs Crawford's beautiful garden was an interesting place to explore. The children looked in her pond for tadpoles, walked around looking at all the beautiful plants, looked at her vegetables and sunflowers growing, paddled in the burn and searched for bugs in a huge pile of soil. Some of the children even saw a slow worm in the compost heap – it was huge! The visit was certainly an exciting and fun afternoon for Primary 1! Primary 1 also received a special delivery on Friday 17th May – 5 caterpillars. We enjoy coming into class everyday and seeing how quickly they are growing. The children have named the caterpillars: Bolt, Hungry Horace, Muncher, Queen Elizabeth II and Rose.



### Pitching a tent

During health and Eco week P2/3 learned how to pitch tents in the school field. They had lots of fun and then went back into class to write instructions on how to do it.

#### **How to pitch a tent**

- 1 First you open the bag and take it out.
- 2 Next lay out ground sheet.
- 3 Connect the two poles.
- 4 Lay out the fly sheet and put the poles in.
- 5 Then bend the poles. Do not worry they do not snap.
- 6 Peg the guy ropes down. Do not use your feet!
- 7 Next get the ground sheet put inside.
- 8 Get the colour code toggles and start at the top.
- 9 Sit and relax

**By Caitlin Harrison P3**



### P6/7 Canoeing trip

On 16th May 2013 P6/7 at Aberfoyle Primary School went on a canoeing trip on Loch Ard at 'Go Country' as part of their class media project about enjoying the natural playground in Loch Lomond and the Trossachs National Park. Everyone in the class took part in the activity enjoying and relishing every second of it. Despite the weather (it was extremely windy as well as wet not to mention cold) the class thought the experience was breath-taking and astonishingly fun. 'Go Country' helped lots providing everything we needed (including transport, canoes, life-jackets and training) for which we are very grateful. It just goes to show that the natural playground in the Loch Lomond and the Trossachs National Park is right on your doorstep – you only have to look!

**Innes Manders P6**

### Wild goats come to school

On Thursday 18th April some wild goats came to the forest behind the school. They were black and white with long bendy and pointy horns and brown bottoms. There were about 10 of them and they were probably looking for food. We watched them through the window and they were on the path that I sometimes walk to school along. They were very big and it was exciting to see them so close and I hope they'll come back.

**Mara Gillan P2**



## Stop Press

Erin Gibson P6, won 1st prize at Drymen Show in the Young Craftperson section, for the fantastic dress and hat which she designed and made from junk. Erin made the dress for the fashion show which we held in school in March and after a few running repairs submitted it for the Drymen Show. Well done Erin.

### P4/5 Topic African Life

At present P 4/5 are learning about African wildlife. This is an extract from a very informative article on Meerkats written by **Emily Bowie P5**.

Meerkats are small mammals. They are part of the mongoose family.

Meerkats have black patches around their eyes. They have a brown nose and crescent shaped ears. On their foot they only have four toes and they have four feet. The Meerkat stands on its hind legs to spot enemies.

Meerkats are insectivores but also eat lizards, snakes, scorpions, spiders, plants, eggs and small mammals. The Meerkat uses its tail to balance standing upright. Meerkats use their claws and muscular hind legs to help them climb trees.

Meerkats live in all parts of the Kalahari Desert in Botswana, the Namib Desert in Namibia, soth western Angola and in South Africa.....

### Masai women

As part of P4/5 topic about life in Africa they drew very effective chalk pictures of Masai women with baskets on their heads. This picture was drawn by Thomas Woods.





# McLaren High

## McLaren High v Graeme High Falkirk Cup Tie

McLaren High Senior Football Team played Graeme High School in the Falkirk Cup at home in a tightly contested game on 13 March.

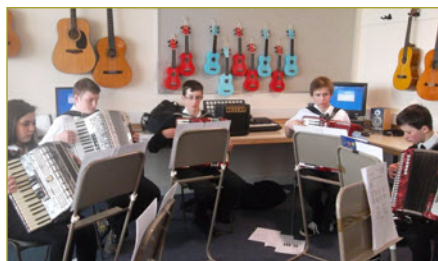
At the start of the game McLaren High were causing problems with some great wing play from Olly Wesley. The team created several chances which were narrowly missed. McLaren seemed to contain Graeme High for most of the first half but looked vulnerable from corner kicks. Graeme High were the first to score but shortly after a powerful free kick from Dave Wallace tied the game.

Graeme High then took the lead making the game 2-1. A quick response with a header from Ryan Fenwick drew the game level again. Graeme High then started to create chances and scored two goals in quick succession. McLaren kept working hard and were rewarded with a second goal from Ryan Fenwick after he rolled the opposition defender and slotted the ball past the keeper. Shortly after Fenwick got his hat-trick, celebrating in style as the team drew level. At 4-4 it looked as though the tie could have gone either way but unfortunately for McLaren, Graeme High scored the winner making the final score 5-4. The McLaren team can be proud of their performance especially after only playing together a few times this year.



## Skiing Report - 2013 Schools Alpine Series

We are delighted to report that the McLaren Ski Team of Regan Dingwall, James Ronald, Craig Fingland and Connor Ramsay-Clapham all skied really well on Friday 15 March and secured second place at the finals of the 2013 Schools Alpine Series. They were narrowly beaten by Cults Academy with the combined times of the two schools only 2 seconds apart! Gordonstoun School were third. A great achievement for the team – well done!



## Litter Pick

Last Friday, S1 and S2 pupils took part in Callander's Spring Clean Litter Pick as part of our current partnership work with Forth Valley Environment Link. Callander and Community Development Trust have expressed their appreciation of the contribution that McLaren pupils make as responsible citizens in this community effort.



## S3 Monitors

During exam study leave S3 monitors maintained ORCA values in the school at lunchtime by maintaining good order in the lunch queue. 5 of the monitors are pictured left to right: Back Hannah Michael, Sophie Conroy, Marjory Martin. Front Eden Parkes, Gregor Flynn.



## Senior Ski Course, Mayrhofen, Austria, April, 2013

One of the highlights of the school year is the Senior Ski course. This year travelling to the Austrian Tyrol, Mayrhofen in the Ziller Valley gave a good range of ski slopes as well as easy access to the glacier at Hintertux. Our hotel, the Sidan, was of a traditional Tyrolean style and we were very impressed with the quality and also the quantity of the food.

Group 1 were with Herbert. With some excellent skiers in this group, it must be a ski instructors dream to get a group like this. Indeed there were a good number in group 2 who could also have been in with group 1, but numbers limited this. Marcus was the instructor for this group.

Group 3 were with Mikail and group 4 were privileged in the company of Mr Jamie Vaughn-Sharp. Mr VS was the staff 'beginner' this year and he was under the scrutiny of their instructor, Irmie. The team, later to be re-branded 'The Alpha Team', enjoyed a great week and the presence of Mr VS certainly took skiing to another dimension!

The first morning served to provide an opportunity for the instructors to get to know the groups. There was some exploring of the slopes and it seemed no time at all before we gathered for lunch at the

Penkenalm Mountain restaurant. The setting was idyllic with the azure sky and the vast rugged skyline of the snow covered peaks. Packed lunches were the order of the day but some complemented this with fries and ketchup.

The afternoon saw us do more exploring with our instructors. Because of the sun the snow was becoming heavier and slushy so our ski day ended around 3.00pm and then it was back for a much needed shower and some 'chill time' before dinner. This was pretty much the pattern for the week. The weather continued to be sunny, except Friday, when we were exposed to 'white out' conditions making visibility down to about 1 metre and very difficult to navigate or even see the person in front! Overall the week was another fantastic experience for all those involved and Mr.Martin, who was enjoying his very last School Ski Course, made mention of how the group had really gelled and reflected on the ORCA values in a final address.

The journey home was taken up with a lot of sleeping but certainly, a very subdued, but happy bunch. The 'bus banter' again prevailed although a little more muted than on the outward journey.





# Ranger's Ramblings

## In seeking an understanding

It comes with no little amount of regret that this article has been offered by way of announcing the retirement of the column, this decision being taken somewhat reluctantly in light of on-going private issues.

Over the last decade or so I have contributed, on a voluntary level, over two hundred articles to the local newsletter, the Strathard News.

Although not born and bred in Aberfoyle, the main reasons for my continued involvement were motivated both by a developing appreciation of the area since relocating from Glasgow in 1998, and the inordinate kindness and support afforded me by its residents in the period since.

There has always existed a fine line through my writings, as I have allied loyalties with my employers and the community. This has occasionally proved to be awkward for me, as, although the two are intrinsically linked, my submissions have been delivered in my own spare time.

Whilst I cannot deny there were perhaps times I stepped over the mark with some particularly personal views, unless I am missing something, freedom of speech remains a quintessential part of our democratic society.

Having said this, I offer abject apologies if I have offended anyone along the way.

There is something else, of course.

My great adventure into the realms of local journalism could simply not have been realised without the animated backing of a number of very special people.

In looking back....

The initial invitation to join the Committee was held at the abode of Norman and Lesley Quirk on Lochard Road and, as I recall, the whole episode filled me with a sense of trepidation.

I had been asked along with the notion I might offer articles relating to activities at the Lodge.

Although the concept was initially alien to me, in time I came to embrace the opportunity to enhance the profile of this truly wonderful place. This would be around 2003.

It has been an absolute delight to get to know and work with the group over the years, and to Margaret Neufeld, Marion Back, Ian Marshall, Bridget MacPherson, Emily Bowie, Fiona Campbell, Colin Stewart, Arthur Jones, and the dearly departed Dougie MacPherson... I would now pay homage.

Their prolonged commitment and steadfast drive, combining an array of individual skills, artistic ability and unerring professional etiquette, has advanced the paper to heady levels within community circles, culminating in the recent Newsletter of the Year Award for the first time in its history.

Having reached this pinnacle, and considering the length of service of the team, there is now a collective feeling to pass on the remit to a new generation of willing individuals. Clearly, anyone interested in the challenge will inherit a quality production at its height, together with a healthy customer base and an established level of contributors who offer a wide and varied outlook into the goings on in the Strathard area.

Further, in speaking of the affable attitude yielded by the Forestry Commission over the years toward my involvement, I cannot thank the management and staff highly enough.

In closing, I am at pains to stress there is no sadness attached to my decision, as the memories I take with me will always remain positive, and as timeless as the deep-rooted and intoxicating passion I hold for The David Marshall Lodge.

This is David Wilkie, a.k.a. *I Am watching, The Horner's Nest, Rolo Tomassi*, and, of course, the *Rangers Ramblings*, signing off.....

## Inversnaid Reserve



Apparently, spring is here! I have put this in writing because you would not believe it from walking around the reserve. The story from elsewhere around the country is much the same – quiet woodland, low activity and not much food around.

After last year's late showing from the pied flycatcher, it was nice to see them arrive along with everything else this time around. However, the wood warblers seem to be in a bit of a huff about the weather, with only the odd call ringing around our nature trail. It is a pity, because the wood warbler has such a distinctive call (think of a spinning coin as it eventually comes to rest on a table), that it is a great one for teaching kids to look out for.

In Pollochro Woods, an early nest box survey showed that the birds seemed to be late in laying their clutches. Hopefully, this delay will allow the bugs to emerge so there might actually be some food around by the time the chicks make an appearance.

As I have mentioned in previous years, now is a great time to walk round our nature trail. Everything is on full on action mode, trying to provide the best start for the imminent arrival of a hungry brood. Hopefully, we can continue to make it as easy as possible for them, by providing the best possible habitat in hears to come.

To get to our nature trail, head to the Inversnaid Hotel car park, then walk north along the West Highland Way. After around 500m you will reach a signpost for the nature trail, pointing up the hill. If you would like to walk the trail and want more information, please contact me at [fraser.lamont@rspb.org.uk](mailto:fraser.lamont@rspb.org.uk)  
See you on the reserve!  
Fraser

## ABERFOYLE ROOFING



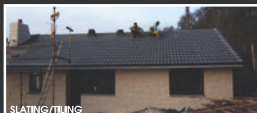
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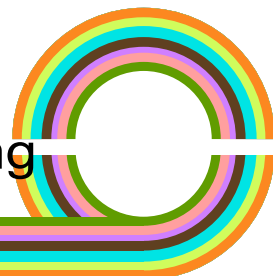
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# St Mary's Episcopal Church

Richard Grosse, Rector of St Mary's



Recent statistics reveal that more tourists than ever before are visiting religious buildings. So what might be found within a religious building? For one, the social history of the area in which it is located: St Mary's for example tells something about the lives of slate workers from Ballachulish who, having built and settled in a village at a nearby quarry in the closing years of the nineteenth century, then laboured for a number of years to provide the place of worship that became St Mary's.

Go into any church and look at the pews. Imagine the generations of worshippers that have sat or knelt in them conveying their hopes and fears heavenward. Imagine the countless couples that have processed the aisle to start married life. The font, wherever in the building it may be found, will have marked the start of countless young lives and the area before the altar their last rest. Affixed to the walls will be plaques and memorials of varying sizes and execution; some happily commemorating the great and good whilst others are testaments to human sadness. Stained glass windows were first introduced into churches to facilitate teaching of the scriptures in times when illiteracy was common. Such windows as well as being lessons are treasures in themselves of artistic style and skill.

It is doubtless a puzzle to many that some who will enter a church do so not so much to admire the building, but rather to worship the memory of someone who it seemed last walked the earth over 2000 years ago. Were this true, this would indeed be a mystery but for the celebration of the season of Pentecost. The season is celebrated in the church on the sixth Sunday after Easter Day.

When God sent his son Jesus to be on earth, it was His intention never to deprive the human race of Christ's presence. For a time, Christ was visible to the human eye as he lived on earth, but after his death and resurrection to Heaven, this could be no more. Thus God promised that the Spirit of Christ would be sent at Pentecost and thereafter it could forever after be sought by the world as a guide, a helper and a comforter.

St Mary's will be open every Tuesday afternoon over the summer months. Refreshments will be served with an invitation to see, seek and find.

# Aberfoyle and Port of Menteith Parish Church



As I sit and write this I wonder if summer is over for another year or whether or not we have had a wee taster of the weather to come this year. It is hard to believe that the snow gates were shut last week at Tomintoul so late on in May. Whatever the weather outside the Flower Show in Aberfoyle will be on over the weekend of 14-16 June and will be a wonderful few days of seeing a variety of flowers and some stunning arrangements.

It amazes me every time I drive over to Aberfoyle and Port of Menteith as the view opens up to Ben Lomond and the scenery of God's creation in this part of Scotland lies before me. When we stop and reflect as the Flower Festival allows us to do, we cannot be anything else but overwhelmed by His handiwork and His attention to detail.

Yet when we look at the detail in God's creation it draws us to ask why? Why did God create it so beautifully? The only reason I have found was expressed through His only son, Jesus Christ, as we are reminded of his death and resurrection, forgiveness of our sins and the promise of eternal life.

If you are around during the Flower Festival in Aberfoyle then please do drop in and enjoy the arrangements, stop for a coffee or something to eat but most of all marvel at God's creation in which he has set each one of us and most of all the embracing of his arms that he holds us all in.

There is nothing to report on the vacancy front but the Rev. Dave Sutherland is covering as locum through to the end of June if you need the services of a minister.

Yours in Christ,  
Richard Begg  
Interim moderator

## Tree Buddies wanted

Scots urged to get behind tree survey and tree buddy initiative Environment & Climate Change Minister, Paul Wheelhouse, is urging people across Scotland to get involved with a UK-wide initiative that aims to build a comprehensive picture of tree health issues.

The survey of the health of Britain's broadleaved trees is part of the Open Air Laboratory (OPAL) project that aims to involve lay people in 'citizen science'. The tree health topic is the seventh in the project.

The survey has been designed by Imperial College London in partnership with FERA and Forest Research, the research arm of Forestry Commission Scotland. Forestry Commission Scotland has also funded 3000 survey packs for distribution around the country as part of its commitment to the Year of Natural Scotland.

Mr Wheelhouse said:

"I very much welcome this timely project which gives people of all ages and at any location in Scotland the opportunity to help us in the ongoing effort to protect our trees and forests.

"Trees are a vital and much-loved part of all our lives but, as we all know, they are increasingly under threat from pests and diseases such as Chalara dieback of Ash and Dothistroma needle blight. Even with the best will in the world scientists, foresters and woodland managers can't check every single tree or woodland quickly enough to give us a comprehensive picture of the state of health of our trees.

"With this initiative communities around the UK will be exploring their local area to find and survey local trees. It only takes about half an hour to complete but the data gathered can potentially be of great assistance to the scientists and researchers who are engaging with these issues to manage tree health more effectively.

"At the moment Scotland is under represented in the survey results so I would urge anyone with an interest in trees – or in science – to get a pack and get surveying!"

A survey pack and information – including reusable guides and tree ID poster – can be downloaded from the OPAL website at <http://www.opalexplornature.org/TreeSurvey>

Then, between now and late September, citizen surveyors only have to find a site with safe access to one or more broadleaved trees – and start surveying! Results can be submitted online. Printed packs and survey response forms are also available.

Anyone with a professional interest in trees and forestry is also being asked to volunteer their expertise by becoming "Tree Buddies" to help members of the public and schools carry out the survey, improve their learning experience and provide more accurate and reliable results.

"Tree buddies" could go out with friends and family to carry out a tree survey, hold OPAL Tree Health Survey events for the public, host group consultation sessions or even set up a recording scheme in your local area.

For more information about how OPAL can support "Tree Buddies", visit <http://www.opalexplornature.org/tree-buddy>



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# The Garden in June/July



What a challenge it is being a gardener! Every year recently has been quite a struggle and always of a different nature: last year it was early warmth then a very cold and wet April. This year we have at least escaped the late coldness but there's been plenty of wet and especially windy

weather and no more than a few warm days in a row. And it's the unpredictability that is most frustrating.

However the last frosts should be behind us so it's safe to put out all the tender annuals. Whether in the borders or in containers make sure they're well watered in. **Hanging baskets** too can be put in position if they have filled out sufficiently; if the liner is still a bit too obvious keep them undercover a while longer. Throughout the summer keep deadheading annual flowers to keep a succession of blooms, and feed your hanging baskets and planted containers every few weeks.

## In the ornamental garden:

- Keep on top of weeds now to save a lot of back-ache later.
- Before your spring bulbs have completely died back give them a feed so that they've plenty of reserves to give a good display next spring.
- Trim topiary, especially *Buxus* (box)
- Prune spring-flowering shrubs such as *Philadelphus* and *Deutzia*; if you leave it till later in the year you risk losing next year's flowers.
- Remove suckers from roses and ornamental trees.
- Take a look at any variegated-leaved shrubs and prune out any shoots that have reverted to plain green.
- Perennials will be growing rapidly and hopefully putting on a great show; help the taller ones to look at their best by using canes or other forms of support – on a large scale letting them grow through netting is very effective.
- Cut back spring flowering perennials. This will promote fresh basal growth and maybe a second flush of flowers.
- Climbing plants may also need to be tied in and extra support wires put up for those that don't self-cling like clematis and honeysuckle. With climbing and rambling roses, tie the shoots as horizontally as you can to encourage better flowering.

When mowing the **lawn** the height of cut should now be down to the minimum you want for the year, and if you haven't done so already apply a granular feed/weed. If you want to get rid of moss scarifying the lawn to remove thatch is a good starting point but only AFTER you've used a moss killer, otherwise you'll just spread the moss even further!

The **vegetable plot** is where there should be the most action over early summer, far too much to list everything here, with everything from sowing to harvesting to be done.

In general keep the vegetable beds well weeded and watered particularly the potatoes especially if you are growing in containers; lack of water reduces the crop and increases the potential for diseases.

Keep earthing up potatoes, plant out all the veg you've started in pots and sow salad crops little and often. When you're planting your tomatoes plant deeply enough to cover the stems up to the bottom leaves which will encourage more roots to develop; except for the bush varieties such as Tumbling Tom keep pinching out the side shoots. Water very regularly especially when the fruits start to grow as irregular watering leads to splitting of the fruit.

Spur fruiting **fruit trees** should be summer-pruned now to maintain the shape of the tree, pruning back to a pair of leaves above the spur. When fruits are developing do not be afraid to thin out the crop.

Watch out for mildew on currants and gooseberries and when you've finished harvesting prune the bushes to maximize air-flow through them.

**Orchids:** With the frosts over, now is the time to put any Cymbidiums outside for the summer. Place them out of the full sun and in July **keep them completely dry**; this should encourage flower spikes to be produced rather than just new leaves.

**Bird care:** Keep feeding the birds to encourage them into the garden; you may spend a bit on bird food but they'll repay you by eating plenty of unwanted bugs and beasties.

Whatever you do in the garden, make the most of the long evenings and take time to appreciate your work when it's done.

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## First Successful Non-heart Beating Organ Donation In Forth Valley

Doctors at Forth Valley Royal Hospital have reported their first successful non-heart beating organ donation. Two kidneys were retrieved from a male patient who died in the intensive care department. One was received by a man in his late 30's who had been waiting since 2008 when his first transplant failed. He is now recovering well at home. The other kidney was given to a man in his 60's who is making steady progress in hospital. The transplant operations were carried out at centres in Glasgow and Edinburgh. Although doctors in NHS Forth Valley have attempted to retrieve organs from several non-heart beating donors in the past, unfortunately these organs have either not been of sufficient quality or have failed to reperfuse. This is therefore the first time that organs from a non-heart beating donor in Forth Valley have been successfully transplanted.

Traditionally organs have been retrieved from patients who are diagnosed as brain dead but whose hearts continue to beat purely due to them being on a ventilator. This has been the most common method because the organs are not deprived of a blood supply. In recent years, however, it has also become possible to retrieve organs from patients who have suffered a 'cardiac' death also known as donation after cardiac death or DCD.

These are usually organs donated by people who have experienced a severe brain injury from which they cannot recover and, although their heart has stopped beating, their organs still have a sufficient supply of blood and can be suitable for transplant if they are retrieved fairly soon after their heart has stopped beating, normally within a few hours.

Recent studies have also shown that transplant outcomes using kidneys donated by patients who have suffered a 'cardiac' death within an intensive care unit compare well with those from traditional brainstem dead donors.

NHS Forth Valley Clinical Lead for Organ Donation Dr Mark Worsley said: "Around 700 people a year in the UK die whilst waiting for a kidney. Being able to use kidneys from non heart beating donors is a tremendous step forward. For example, in the past year in Scotland we have had 38 donations after cardiac death which is an increase of 10 on the previous year and the number is set to grow even further in the future."

Recent figures show that 38% of the population in Forth Valley have now signed up to the NHS Organ Donation Register which is a record high and an increase of 2.3% from a year ago. Despite this increase, however, NHS Forth Valley is still below the national Scottish average of 41% and local transplant donor leads are therefore keen to encourage more local people to sign up to the register over the next year.



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# CULINARY CAPERS



Researched and compiled by Margaret Leppard-Owens

*"Scotland throws away 566,000 tonnes of food and drink from our homes every year and most of this could have been eaten. This waste of good food costs us £1 billion a year or £430 for the average household."*

Source: Love Food Hate Waste <http://scotland.lovefoodhatewaste.com/content/about-food-waste-0>

So here's a **CULINARY CAPERS CHALLENGE!**

**COMPETITION** with prizes! This is what I found in my fridge this morning.



Clover spread	Pears
Unsalted butter 100g	Apples
4 slices of bacon	1 lemon
500g lean mince	1 orange
4 medium eggs	Butternut squash
Pack of ham	Yellow pepper
Cheddar cheese	Red pepper
Half a tub natural yoghurt	4 carrots
Half a packet spinach	3 baking potatoes
2 onions	Fish sauce
	Mango chutney

Think how you might use these some (or all!) of these ingredients to cook tasty dishes that would reduce food waste. Send your recipes by 30th June to [editor@strathardnews.com](mailto:editor@strathardnews.com). Include your name, age and address and, for children and young people, the name of your school and if you send a recipe from a book or web site, please give the full reference or web address. Three prizes will be awarded to the best recipes submitted respectively by a child at primary school, a young person at secondary school and an adult (over 18 years). We will publish the recipes in Strathard News over the coming months.

In addition, I have penne pasta, couscous, basmati rice, brown rice, flour, olive oil, red lentils, walnuts, flaked almonds, sultanas, mustard, tomato ketchup, horse radish sauce, salt, pepper, curry powder, bay leaves, garlic and various spices, porridge oats, cornflakes, tea, coffee, drinking chocolate powder and sugar, UHT milk and canned tomatoes, tuna, baked beans and sweet corn in my cupboard. Finally, in the freezer there's a half pack of frozen peas.

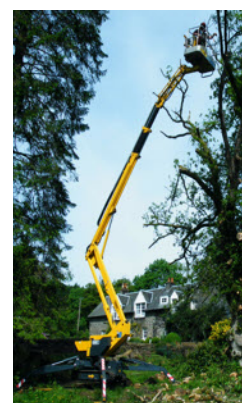
## ABERFOYLE POST OFFICE

### THANK YOU

Many thanks to everyone for all the cards, flowers, visits and get well messages which I have received since my recent operation! Thanks too, to my wonderful staff and family who have rallied round and worked hard to cover all my shifts and keep things going. I am making good progress and hoping to be able to come back to the office soon, even if only for a few hours.

Ros

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## When is a Plan a Charrette?

Following on from the recent community consultation in Aberfoyle, we thought it would be useful to explain how the workshops we held will be used to help inform our planning work during 2013 and 2014 by way of a series of questions and answers:

**Q: Why should I get involved in the National Park-led community consultation and how many more consultations are going to take place?**

There has been a lot of consultation in Aberfoyle lately as part of the charrette. The charrette brings together designers and partner agencies to find out what residents think of where they live and to find out their ideas for developing the area.

**Q: What is a Local Development Plan and what is a Charrette?**

The **Local Development Plan** is prepared and used by the National Park Authority to guide and control built development. It identifies land that is suitable for development and shows the areas where it will not be allowed. It is used as the basis for determining planning applications and is updated every 5 years. The National Park needs to prepare a new plan and is currently consulting with people to find out the main issues that need to be addressed in this.

A **Charrette** is a term used for a series of public workshops that are led by architects which look at how a place can develop and look in the future. It is mainly concerned with physical development and involves the community and other partners working together to establish a shared vision for the area. The design team then generate ideas to help make this happen.

**Q: Why is there so much consultation?**

A: Before we start to prepare a new Local Development Plan we need to find out your views on development. The Charrette was an option that became available last year through funding provided by the Scottish Government and it is a way of identifying how people feel the area should (and should not) be developed in the future.

**Q: Why should I get involved?**

A: It is important that as many people as possible get involved in planning consultations. Public consultations are a great way to influence what happens in a community over the short and longer term. Planning and development can be very emotive and often we deal with a number of controversial issues so it is important that residents get involved in order to help identify issues and explore options for addressing these.

**Q: When will we see any outcomes?**

A: The outcomes of the Charrette work are available to view, download and comment on at [www.yourcommunityyoursay.com](http://www.yourcommunityyoursay.com). Key issues identified for Aberfoyle include flooding which has a significant impact on the village and businesses on the Main Street. The visitor economy is important to Aberfoyle and the village is already a popular day trip destination. However, it has much to offer families looking to stay longer and suggestions are given for areas where potential new visitor accommodation could be developed that could in turn support existing businesses. The Main Street was described by some people as 'tired' and investment in public realm of the Main Street, and the Riverside area, would have a major impact on how Aberfoyle is viewed by residents and visitors.

We are very interested to find out what people think of all these ideas.

**Q: What does it say about Aberfoyle Memorial Hall?**

A: The Charrette report includes a suggestion that involves relocating the Village Hall to the Tourist Information Centre and running them together as a shared facility. The Tourist Information Centre is centrally located on Main Street and there could be benefits from sharing the same building (refurbishment and/or extension may be required). This could allow the Village Hall site to be used for housing which was raised as an issue for the community.

This is an idea that the design team (7N Architects) had after working in Aberfoyle and we felt that it should be shared with the community for you to consider.

**Q: Will there be more consultation?**

A: Yes! We need to consult again when we prepare the Main Issues Report later this year/ early 2014. We need to be sure that we have identified all the main planning and development issues within communities. This report will show what we think the issues are and we'll then ask for comments on these. Hopefully we already know what the likely main planning issues are for Aberfoyle as the Charrette has helped to identify these. But there is still the opportunity to get involved and have a say!

**Q: Can the amount of consultation be reduced?**

A: For our planning work, we are required by Scottish Government to carry out consultations. This is really important as we want the Development Plan to reflect the views of residents. We are keen to engage in meaningful and effective ways and asked Community Councils and Development Trusts at the start of 2013 how we should be engaging with residents. We are open and receptive to new ideas about how to work with residents as the Local Plan work progresses so if you have any ideas, please let us know.

If you have any queries or comments please contact us at [ldp@lochlomond-trossachs.org](mailto:ldp@lochlomond-trossachs.org) or 01389 722600 (ask for a member of the Forward Planning Team). Please take time to log onto [www.yourcommunityyoursay.com](http://www.yourcommunityyoursay.com)

If you want to find out more about the work to prepare the new development plan see our 'Development Plan Scheme' on our website at <http://www.lochlomond-trossachs.org/planning/development-plan-scheme/menu-id-180.html>





May  
2013

## WILDLIFE NEWSLETTER

### Summer Visitors to Scotland

Three birds which we should be seeing in our skies over the summer months are ospreys, swallows and house martins.



The **Osprey** (*Pandion haliaetus*) above, is a sleek raptor with tapering wings and white, grey and black markings. Superficially like a seagull when in flight. They have specially adapted spines on the underside of their feet to help them hold slippery fish and a loud alarm call if you happen to get close to their nest. The oldest recorded osprey was 32 years old! They arrive in the UK after long migratory flight from West Africa in April and May. Their numbers are increasing in Scotland. They are specialist feeders and rely on medium sized fish from freshwater, brackish or marine environments. They are often seen at the Lake of Menteith helping themselves to the odd trout.



Another summer visitor is the House Martin, (*Delichon urbica*), which inhabits a wide variety of sites but is often associated with human habitation. It is distinguished from

The **Swallow**, (*Hirundo rustica*) below, is a summer visitor to most of northwest Europe except the most northerly parts of Scandinavia. It lands happily on buildings, wires, bushes and trees etc. but rarely lands on the ground except when collecting mud for its nest and it is often found near water. Swallows have a graceful flight, with frequent changes in direction when hawking for insects. It is easily recognised with its long narrow tail streamers, dark blue upperparts and chest collar, chestnut red face and throat and creamy white underparts. After breeding in the summer, swallows form large groups, which are often seen on telegraph wires, before heading south to Africa at the end of September for their winter break!



the swallow by having a prominent white rump and a shorter tail. Its behaviour is similar to that of a swallow but more communal and it also builds a mud nest but unlike the swallow, its nest is fully enclosed with an entrance at the top. House Martins do not often settle on the ground except when collecting pellets of almost liquid mud for nest construction at which both birds work. The birds soon took advantage on newly constructed motorway bridges for nests and one pair even used a ship which travelled between Copenhagen and Malmo in Sweden doing the 15 mile crossing eight times a day. The House Martin feeding zone is higher than that of the swallow and again they are graceful agile flyers, diving, climbing and spiralling. One mystery which is still to be solved is where they roost when not at their nests. It is thought they use the tops of trees, amongst the foliage.



Please email any sightings to [jane.jones@forestry.gsi.gov.uk](mailto:jane.jones@forestry.gsi.gov.uk) Many thanks!!!



## Scottish Wildlife Trust

Our local SWT talks always start by asking whether anyone has wildlife sightings to report; what birds are in gardens, when migrants arrive or depart, when the first primroses and butterflies are seen. This month warblers, black-caps, wheatears, cuckoos have been seen, black grouse have been heard lekking and one day it was even warm enough to see butterflies and bees.

Some are more unusual; a beaver spotted in the Teith or a sea eagle over the Mollands. However, we were a tad sceptical when a raccoon was reported in Callander at the beginning of May – surely it was a pine marten! How wrong we were to mock! It emerged that it was one of three that escaped from Auchingarrich Wildlife Centre, Comrie in January when a fallen branch damaged their enclosure. Two were recovered quickly but the third apparently spent winter travelling along Glen Artney to visit Callander. Quite a shock for the resident who found it in the garage! It had entered through the cat-flap to eat the cat's supper – is this where the other story of a badger entering through a cat-flap was born? By now it has probably moved on but if you do see a raccoon, do not approach it as it could bite if cornered, call the police immediately. Is it really true that police were seen chasing it down Main Street at 1am?

A visitor also asked about black squirrels but, unless another escapee, this was almost certainly a very dark red one as their coats vary widely in colour and tails can be almost blond. Black squirrels, yet another N American 'import' are related to the larger greys, and present in some southern English counties but not this far north.

Another non-native that is being seen more often in these parts is the N American mink, posing a major threat to the successfully re-introduced water voles. Water voles make a good, chunky meal for many predators and can fill the gap when field vole populations decline. They often escape by high tailing it back to their burrows but the female mink is their only predator that can swim and is small enough to follow them inside where it may take a full litter of kits. If you see a mink then please report it to Katy Anderson on [katy.anderson@fcs.org.uk](mailto:katy.anderson@fcs.org.uk). Continuing the theme of unwanted introductions, in July we plan to tackle areas of Himalayan Balsam by the river in Callander, particularly at Geisha Pool. It has pretty flowers but completely smothers native plants. It is non-toxic, easy to pull up and is best removed when just starting to flower but before it seeds. If you can help, please contact me on [mlhawkins@tiscali.co.uk](mailto:mlhawkins@tiscali.co.uk) and I'll confirm details nearer the time.

It would be very helpful if as many people as possible could report where they see Himalayan Balsam, Japanese Knotweed and Skunk Cabbage so we can report it to the Forth Invasive Non-Native (FINNS) project for removal.

Details of these and many other invasive plants can be found on <http://www.plantlife.org.uk/campaigns>.

Finally, we have a walk to Glen Ogle on Sunday 30 June, 9:20am from Ancaster Square, 10am from Lochearnhead car park. There are 4 and 10 mile options and we hope to see lots of orchids, other flowers and butterflies, weather permitting. Please let me know if you are interested.

Lesley Hawkins

## Nature Play features play tested at The Lodge

Children from Aberfoyle Primary School headed up to Forestry Commission Scotland's Mini Lodge last week for some den building - and to try out the nature play features.

The P4 & P5 children helped construct part of the willow maze and tested the new climbing tree, which has been brought to the site from Braeval!

Mairi Buchanan for the Commission team that manages The Lodge Forest Visitor Centre, said: "They had a really good time and really got stuck into trying out the new nature play features. They especially enjoyed working with Angel, the horse that hauled the brush on to the site for maze building."

"We're still putting the finishing touches to some of the features but children helped us out by 'play testing' them. Judging from their reactions the hammocks, Hobbit houses and tunnels - and the climbing tree - are all going to be a big hit. We're also putting the finishing touches to the new water play area."

"Everything will be completed and ready to go soon - and when it is a visit to The Lodge, to do a little or do a lot, will be a must for children of all ages!"

The Commission's team has developed the new range of natural play features to encourage young people in more imaginative play and to help them connect with and develop confidence in the natural environment. All of the new features have had design input from Playlink of Stirling and have been installed by Land Care Solutions. The play features will be ready in the next few weeks.

The Lodge will re-open in the summer and the Mini-Lodge will be in service until then throughout May and June (10am - 5pm) and July and August (10am - 6pm) The Mini Lodge tel no 01877 382258.



## FORTH VALLEY SCHOOLS ENCOURAGED TO SHINE IN SUN-SAFE COMPETITION

PRIMARY school pupils in Stirling and the Forth Valley are being urged to get creative as part of a new awareness programme from NIVEA SUN and Cancer Research UK to help children enjoy the sun safely. Together, they have launched a nationwide competition giving primary school children the chance to win prizes for their school, classmates and themselves. To enter the competition, youngsters are being asked to write a poem, song or even a rap about enjoying the sun safely, which starts with the line: 'The Sun has got his hat on'.

There will be four winners, two in the five-seven age group and two in the eight-eleven age group. Each winner will receive Toys R Us vouchers for themselves, a weather station for their schools, as well as a fun 'worldwide weather workshop' and prize giving ceremony for their class, delivered by NIVEA SUN and Cancer Research UK. The competition entry form can be downloaded at [www.thesunwiseset.co.uk](http://www.thesunwiseset.co.uk).

Entries must be submitted by Friday 14th June.

The competition is one element of a wider schools programme from NIVEA SUN and Cancer Research UK, which aims to raise awareness of the importance of enjoying the sun safely. The programme provides resources and information on sun safety in line with the National Curriculum, and can be easily linked into many subjects and learning stages, from science to literacy.

Linda Summerhayes, Cancer Research UK spokesperson in Scotland, said: "We've launched this competition as an enjoyable and engaging way of teaching pupils about enjoying the sun safely. While it's great for children to spend time outdoors in the summer, it's really important that they learn to protect themselves from sunburn. Young skin is delicate and vulnerable to damage from over-exposure to UV rays. We hope that everyone involved enjoys the challenge and wish children in Scotland the best of luck!"

NIVEA SUN and Cancer Research UK's key steps to helping pupils enjoy the sun safely on days when the sun is strong are:

- Spend time in the shade, especially between 11am and 3pm.
- Wear a wide-brimmed hat, sunglasses and t-shirt to protect you from too much sun.
- Wear at least SPF15 sunscreen and re-apply regularly, particularly after swimming, sweating or changing clothes.
- Protect yourself when your own shadow is shorter than you as this is when the sun is at its strongest.

To find out more about the competition and how schools can get involved, or to download lesson plans, assembly packs and related teacher resources visit [www.thesunwiseset.co.uk](http://www.thesunwiseset.co.uk). To find out more about enjoying the sun safely, visit Cancer Research UK's SunSmart website, [www.sunsmart.org.uk](http://www.sunsmart.org.uk).



# Chicks galore!

The first osprey chick has made an appearance live on camera at the David Marshall Lodge in Aberfoyle.

Lucy Tozer, the Wildlife Information and Education Officer for the RSPB and Forestry Commission Scotland said, "It's wonderful to have the same pair back again and doing such a good job. The cameras are helping us see the dedication of these birds. The parents have spent the past 38 days incubating the eggs and now they're hatching - it's time to bring in the fish to feed their hungry youngsters!"

"The male, called Drunkie, arrived back at the end of March, and was joined a few days later by the female, called Katrine. Thanks to the colour ringing scheme we know that Katrine is nine years old, but we're not sure how old Drunkie is because he doesn't have a ring. Last year they successfully raised two out of three chicks, so this should mean another good year for the ospreys."

"The first chick looks very healthy and has already received its first meal. The male is living up to his reputation of being excellent at fishing, having recently brought in a huge fish for the female and chick to feast on."

"We're also watching a peregrine falcon family. Three chubby peregrine chicks are being fed several times a day and they're putting on weight fast. In about 4 weeks time these chicks will fledge."

"We often see birds of prey flying over the David Marshall Lodge. There's such an abundance of wildlife here - the cuckoos and wood warblers have returned, and close to the wildlife hide there are red squirrels, bank voles and an assortment of woodland birds."

You can watch the ospreys and peregrines live on camera every day, at the David Marshall Lodge, just north of Aberfoyle. The David Marshall Lodge is open from 10am - 5pm, entry is free, though there is a small charge for parking. For more information, contact 01877 382 258.

You can also follow the project through their blog: <http://aberfoyleospreys.blogspot.co.uk>, on Facebook <http://www.facebook.com/aberfoyle.ospreys> or on Twitter @aberfoyleosprey.



## Milton

Hello Children,

At last we have some flowers to brighten Strathard: bluebells and blossom wherever you look. Now the may blossom is out, people who like to get a suntan can safely take a few clothes off and catch some rays. This is not something that otters can ever do, although Grandpa Otter says that there are seals on the west coast of Scotland that can take their skins off. And then, would you believe, these seals turn into humans! One of them even married a young crofter on North Uist and founded a clan known to this day as Clann Mhic Codruim nan ròn, the Clan MacCodrum of the seals. I bet they are all great swimmers.

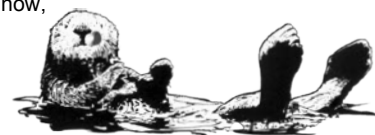
Mum and the twins have been going out very early in the morning, to pick elder flowers at their best. This is the time to make wonderfully refreshing drinks for all the family. For the young ones, a long drink of elder flower cordial is really unbeatable, particularly on a hot summer's day. On a few special occasions, Mum will bring out elder flower champagne. It is very good too, but the bubbles tend to get up my nose. Then there will be the bottles of elder flower wine, to which Mum has added a secret ingredient. Don't tell anybody, but this is called yeast. It is strictly for grownups.

There are lots of visitors in the area, all of whom are really out to enjoy the sheer beauty and marvellous wildlife of this part of Scotland. Walkers on the West Highland Way fully appreciate the majestic oak woodlands that skirt Loch Lomond, but it is any sighting of the family groups of goats that really excites them. This is certainly true of the goats seen at Loch Katrine and along Strathard. If you look closely, there are two distinct types, those with little tassels on their throat, and others with no tassels. Long ago, the Romans introduced goats with tassels. Even further back in history, Stone Age people had goats too, but their goats had no tassels. John Comrie Greig studied the feral goats of Ben Lomond and his MSc thesis states the importance of each and every family group.

Everybody must have noticed, it is now sixty years since the Queen first sat on her throne. Her Coronation was the 39th to take place at Westminster Abbey, stretching right back to William the Conqueror in 1066. Queen Elizabeth, though, is only the sixth queen to take the royal oath there. It was an occasion of a few notable firsts. Television cameras were permitted to broadcast the spectacle to the whole world; Prince Charles became the first child to witness a parent being crowned, and the Moderator of the Church of Scotland took an active rôle. This was the first time ever another church had been represented at the service.

The summer holidays will soon be here, and there will be lots of interesting things to see and do. Remember Father's Day, on Sunday 16th June. I'll be making my own, rather special card, for a rather special Dad. Then, very early on mid-summer morning, the whole family will climb to the top of Ben Lomond, hoping for good views. If it is at all clear, it will be possible to see as many as nine counties. We might even bump into a few goats on the way. On Wednesday 26th June, I have been invited to go on an evening cruise, aboard the SS Sir Walter Scott. I'll tell you about that next time.

Bye for now,  
Milton.



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## Consult Constance

Constance is ready to take your questions on affairs of the heart, etiquette and life in general. Her advice comes with a health warning! Be warned!! You can send your questions to her via [editor@strathardnews.com](mailto:editor@strathardnews.com) Anonymity assured.

### Dear Constance,

**Q:** Constance, I have a question about correct etiquette. We have a funeral director's business and regularly are asked to donate a gift of money to our son's primary school's fayres and fetes. Recently we donated £250 for a Christmas fayre. I feel we are being taken advantage of and want to know if it would be appropriate to link the donation to a condition requiring the lucky winner to make use of our funeral services. What do you think?  
*Grave Issues: Stronachlacher*

**A:** I completely understand that the entrepreneur in you would want to take any opportunity to maximise a potential business opportunity. But have you considered that you might have to wait some considerable time for the unfortunate event to occur which would trigger the condition attached to the donation. For that reason I suggest you either stop the donations and pursue something which might make you money or, if that seems too harsh, instead of money you could donate a headstone or an urn. N.B. I have consulted all my etiquette books and can find no mention of this obscure situation.

**Q:** I am quite perplexed. A new business opened up next door to my house. As it was a child care facility, the amount of traffic outside my door increased to an unbearable level. I took all reasonable steps to rectify the situation and as a result have received an ASBO! Surely a man can take action to preserve the peace to which he is entitled in his domestic environment?  
*Marked Man: Lochearnhead*

**A:** Thankyou for your long letter about your problem. Sadly I was unable to print it all. Suffice to say that I fully understand your annoyance when your peaceful home life was disrupted. Unfortunately I do not think that conducting a hate campaign, shouting, swearing and threatening next door's clients was the most effective means of resolving your problem. Be thankful that all you have been asked to do is be nice to the parents and staff.

Full page advert £100

£25

£12

Half page advert £50

1/3rd page £35

## Aberfoyle Rob Roy Football Club Match Reports



### 14/05/13 Gargunnoch 3 Aberfoyle Rob Roy 1

Aberfoyle started this match well and made several chances before taking the lead with a well taken goal from Douglas Creevy and had chances to increase their lead but went in at half time at just 1-0 up. Early in the second half Aberfoyle lost Ryan Fenwick due to injury and had to shuffle players about with Neil Clow coming on for Ryan. Gargunnoch had started the second half strong and equalised early in the half. Aberfoyle struggled to make an impact in this half and Gargunnoch added another 2 goals to win the game 3-1. Man of the match goes to Jonny Black.



**Aberfoyle Rob Roy 4 Kippen 0.** The Roy controlled this game from the start and created lots of chances before Tony Hyde gave them a well deserved lead to go in at half time 1-0 up. Tony scored again early in the second half with a close in finish to make it 2-0. Billy Forbes added to the Roys tally with a chip over the keeper to make sure of the win and big Jock came off the bench to complete the scoring late on. Man of the match goes to Keith Clow.

**Drymen United 4 Aberfoyle Rob Roy 0.** The double R started this game well and had Drymen pegged back right from the start. The early pressure paid off and the Roy took the lead through Davie Wallace with a good finish at the near post. The Roy kept the pressure up and were the better side but allowed Drymen back into it and they scored against the run of play to make it 1-1. Aberfoyle were awarded a penalty which the Drymen keeper done well to make a double save. Drymen were awarded a soft penalty which big Busby did great to save. Drymen scored the next two goals totally against the run of play, and it was hard to believe Drymen were 3-1 up at half time. The Roy kept going and got their reward with a goal from Stuart Campbell which made up for his earlier penalty miss. The two sides were quite evenly matched for the last half hour and both sides missed chances but with about 10 mins to go Craig MacCallum latched onto a through ball and scored the equaliser. This looked like being the final score but the referee awarded Drymen a very soft penalty in the last minute which they put away this time to win the game 4-3. The refs decision was ridiculous and Aberfoyle were robbed of a point this was only one of a selection of strange decisions from the ref who was very poor on the night. This is the best the Roy have played in years and it shows how strong our team mentality is to play like that after a heavy defeat in the last game. Well done lads you did yourselves proud and deserved at least the draw. Lets take this form in to the next match and get the three points. Come on the Double R /Davie Drymen picked big Busby as our man of the match.

## Massage Movement

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Fiona Campbell Dip. T.M

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# Not here.....but near!

## Young Talented Musicians On Tour

On **Thursday 4 July** (American Independence Day) there will be a concert in the Macrobert Centre, Stirling, given by the Long Island Youth Orchestra from New York who are touring this summer. Their programme includes Scottish music as well as some familiar classical compositions and of course, the work of two American composers, George Gershwin and John Philip Sousa.

Tickets, price £12 (concession £9) are available from the Macrobert box office on 01786 466666 or online [www.macrobert.org](http://www.macrobert.org). The concert is hosted by The Rotary Club of Stirling in aid of Strathcarron Hospice.

On **Tuesdays 9th and 16th July**, there will be a concert in the Callander Youth Hub given by the Feis Fhoirt Ceilidh Trail, a group of young local musicians who are touring this area. In last year's Summer Events series of concerts held in the VisitScotland theatre, they delighted a capacity audience with their performance. Their talent, musicianship and presentation are well worth catching on this summer's tour.

Tickets are available (£5) from Callander Youth Hub, members of Callander Community Development Trust (CCDT) or on the door each evening.

These two concerts are presented by CCDT to raise funds for Callander Festive Lights and Pet Fostering Service Scotland.

## Callander and West Perthshire U3A

As we approach the end of our first year we have planned a celebration which will be open to the public in order to showcase the 24 courses which have been running successfully and which cover such a variety of interests for our 162 members.

Please come along and bring your friends to enjoy the live entertainment by the 'Singing for Pleasure' and 'Scottish Country Dancing' groups. Look in on a game of Bridge, see the table displays and watch the video presentations. All Group Leaders will be present to answer questions about U3A and refreshments will be served all day at our

**SUMMER FEST**  
on **Saturday 15th June**  
in **Callander Kirk Hall**  
from **10.30am - 4.00pm**

Entry is free so come along and bring your friends to enjoy the live entertainment by the 'Singing for Pleasure', 'Scottish Country Dancing' and 'French' groups. There will be video presentations by the science groups; 'Painting for Pleasure' together with 'Creative Stitchery' will stage an Art Show. Bruce Crawford MSP will formally open the event and all the Group Leaders will be present to answer your questions about U3A.

## Gartmore Church

### Times of Worship

Morning worship is at 10am every Sunday. We have tea/coffee after the service on the first Sunday of each month. The Sunday Club meets most Sundays.

## Callander Ramblers' Diary

### June 2013

**Sat 8th** 8:30am Ramble: The Mell (11miles) *contact 01786 825198*

**Sat 15th** 8:30am Hill: Beinn an Lochain (901m) *contact 01877 339080*

**Wed 19th** 9:30am Stroll: Mystery Stroll (5 miles) *contact 01786 822912*

**Sat 22nd** 8:30am CtoC(14) Cast. Campbell to Tonguey Falls (8½ miles) *contact 01877 330032*

**Sat 29th** 8:30am Ramble: round Loch Ossian (& Beinn na Lap) (9miles) *contact 01786 823265*

### July 2013

**Sat 6th** 8:30am Hill: Buchaille Etive Beag (958m) *contact 01877 331067*

*We meet in Ancaster Square, unless otherwise indicated. Please bring wet weather clothing, appropriate footwear and a packed lunch. Please let the walk leader know if you plan to join the walk via the contact number given.*

## Strathendrick Singers

**Do you enjoy singing?**  
**Maybe you have sung in choirs before?**  
**Have you enjoyed one of our concerts?**  
**Are you thinking about joining a choir?**

Strathendrick Singers are a local choir that has been enjoying making music for over 30 years. We rehearse in Balfour Church at 7.30pm on Monday nights starting on 2nd September and perform Christmas and Spring Concerts.

If you are interested in learning more visit our website:

[www.strathendricksingers.org.uk](http://www.strathendricksingers.org.uk)  
or phone Ken Allen 01360 550415



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## New location for Callander Jazz Club

From June, the monthly Jazz Club live performances are moving to a new location in McNabs Bar in the Dreadnought Hotel which offers more space for both band and audience. Performances are held on the last Sunday of the month, 3pm-6pm, featuring the Jazz Club House Band and guests, great music and great fun.

Everyone is welcome to be part of this free monthly musical event. Food and drink are available for purchase on the premises.

Taken from an actual radio communication between a US ship and Canadian authorities off the Newfoundland coast. 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 ship, I say again, divert.

### Canadians

No I say again, you divert.

### Americans

THIS IS THE US AIRCRAFT CARRIER LINCOLN, THE SECOND LARGEST SHIP IN THE US ATLANTIC FLEET. WE ARE ACCOMPANIED BY 3 DESTROYERS, 3 CRUISERS & NUMEROUS SUPPORT VESSELS. I DEMAND YOU CHANGE YOUR COURSE TO 15 DEGREES NORTH. I.E. ONE FIVE DEGREES NORTH, OR COUNTER MEASURES WILL BE TAKEN TO ENSURE THE SAFETY OF THIS SHIP.

### Canadians

This is a Lighthouse, your call.....



## The National Trust for Scotland

The National Trust for Scotland has a Stirling Members' Centre (Registered Charity SC 025499) which provides talks for Members and their friends in the region during the winter and outings to places of interest in the summer.

This summer, the events we have planned are:- Rennie Mackintosh Hill House on 12th June, Manderston Edwardian Country House on 16th July, Drumlanrig Castle and Gardens on 14th August, and The National Museum of Flight on 18th September.

If you are interested in becoming a member (YEAR OF JOINING TILL 1st OCT FREE!) and in any of the above trips, please contact either Neil Pollock - Tel: 01786 841778, Sandy & Margaret Moreland - Tel: 01259 761700, or see website [www.spanglefish.com/ntsstirling](http://www.spanglefish.com/ntsstirling) for further information.



## Aberfoyle Memorial Hall

The hall has never been busier....here's what's on offer

Monday	YOGA	7.30 - 9pm	Agnes Ashbell 07837 881792
Tuesday	Aberfoyle Fitness – circuits Dance Connection	9.30-10.30 3.45-8.45pm	Alison Woods 07548677540 Carla Duggan 07815146462
Wednesday	Toddler Group Country Dance (recommences in Autumn)	10-12pm	Cindy 07886511894 John Epps 01877 382276
Thursday	Aberfoyle Fitness – Aerobics, strength & tone Karate For All ages	10-11am 6.30-9pm	Alison Woods 07548677540 Julie Glen 01877 382296

**Also available for meetings, parties etc.**

**To book email: aberfoylememorialhall@hotmail.co.uk**

We need community spirited people to volunteer and join our existing Committee members to ensure the survival of this important village asset. If you cannot commit to being a Committee member, we need help with small repairs and maintenance, painting, gardening etc. We also need new members of our £100 club (you pay £2 per month £1 of which goes to hall funds with the other £1 going in to a prize draw with a member winning the "pot"). Any help is much appreciated. Contact: Andrea Khan, Chairperson 07717418087

## Balfon & Callander Recycling Centres Opening Times:

Monday - Friday: 5pm-8pm

Saturday: 10am-2pm

Sunday: Closed

A wide variety of household recyclables (including garden waste) can be taken directly to the Household Waste Recycling Centres (HWRCs) at Balfon and Callander. Excess waste and bulky household items, including fridges and freezers and furniture, can also be disposed of at the HWRCs.

## Book Club

Contact James Kennedy 01877 387201

## Community Choir

Contact Katie Harris 01877 389058

## COMMITTEE & CONTACTS

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### IMPORTANT

#### Information For Advertisers

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**To place/cancel an advert**  
contact

Ian Marshall on 01877 382211  
advertising@strathardnews.com

**For design/alter an advert**  
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Marion Back on 01475 560300  
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### Deadline Dates

Issue 75 - 18 Nov - RSPB (xmas issue)

Issue 76 - 27 Jan - Red Door Cottages

Issue 77 - 24 Mar - Go Ape

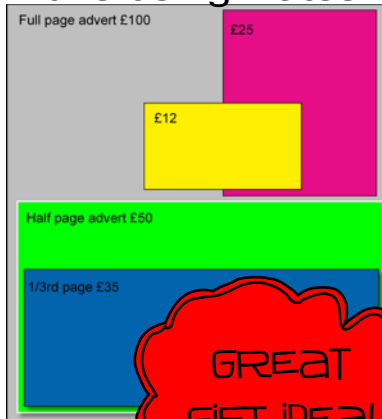
Issue 78 - 26 May - Green Routes

Issue 79 - 14 July - Forestry Commission

Issue 80 - 15 Sep - House Folk

Issue 81 - 17 Nov - Duchray Castle

## Advertising Rates



**Sponsorship Cost £150**

## Appeal for new committee members

The present committee have been producing the Strathard News for more than ten years and feel it is time to hand over to new blood. We want to see the Strathard News continue on for many more years, but we are all getting on a bit ourselves and feel now is the time to bow out gracefully.

We are appealing for people to take over the key positions on the committee. So please step up if you can help, it is an enjoyable project to be part of and lots of support is on hand to ease you in gently.

Contact Margaret on 01877 386258 or email editor@strathardnews.com

## Strathard News Subscription

**Never miss an issue!**

Why not have the newsletter delivered to you for the next year for only £12.

If you wish to take out an annual subscription please complete the information below. The completed form should be posted to The Treasurer, Strathard News, Innis Ard, Manse Road, Aberfoyle FK8 3XF along with a cheque for £12 made payable to Strathard News. Alternatively, hand in to Aberfoyle Post Office.

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