

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

Strathard News

Stirling Council's Community Newspaper of the Year 2012

ISSUE 79 July 2013

£1 - Suggested donation



Sponsored by

Forestry Commission Scotland
Coimisean na Coilltearachd Alba



www.strathardnews.com

Rob Roy Mini Highland Games a Blast!!



The photographs show well the great times had by all at the Mini Highland Games and Gala and evening Ceilidh held in Kinlochard on Sunday, 14th June. Helped by the wonderful weather the turnout was phenomenal with record numbers of cars and visitors. Participation, enjoyments and success were all in abundance. New this year was the general layout of the event. The colourful military re-enactment group gave a resounding and colourful opening blast to the afternoon. New attractions included the very successful *Children's Tombola* and *Splat the Rat* - both organised entirely by the children themselves. The very talented and popular musical youth group, *Fèis Fhoirt*, played both in the afternoon and in the evening. Girls and women competitors were included for the first time in the "heavies" events - even including tossing the caber! (albeit the caber was just slightly more ladylike than the men's.) The fire engine attracted young and old admirers especially the sirens.

The free bus from Aberfoyle and the car park attendants were kept busier than ever, the Bar, Burgers, Teas and Ices kept hunger and thirst at bay, the Raffles and Tombolas attracted luck seekers in huge numbers, competitive and creative bakers and cake decorators were in even greater numbers.



All this and much more..... Huge numbers of voluntary organisers and helpers are very generous with their time, efforts and contributions and the very welcome visitors and attendees all contribute to this annual occasion. This year around £4000 has been raised - a tremendous result which assures the continued running, maintenance, improvements and future of the Kinlochard Village Hall.

Photos courtesy of *Acor Photography*
For slide show on Youtube go to <http://tinyurl.com/l5zbwaf>

Jimmy-the-post



Local Royal Mail employee, Jimmy Ferguson, recently reached the milestone of 40 years service. Jimmy commenced work on 30/4/73 and has worked in Aberfoyle all of this time. He has covered all of the delivery routes in the area and is well recognised in his delivery role. Jimmy is well known in the area and is very popular with all of his customers.

Keith Fraser, the Royal Mail Delivery Manager, said, "Jimmy is a real credit to Royal Mail. To have achieved a milestone of 40 years service is a fantastic achievement and over the years Jimmy has worked relentlessly to ensure our customers in the local area receive a first class service."

Trossachs Community Choir




*Photo courtesy of Ian Dinwoodie

Monday 23rd June saw the choir get together for a farewell to Katie Harris who has been its Director since its inauguration in August 2012. The choir met at the Black Bull Gartmore for a farewell dinner followed by an AD Hoc concert for family, friends and all who dropped in.

Katie took the choir through most of the repertoire she had taught them, which was interspersed with solos from choir members Lauren, Anna & Ian. The evening seemed to go down well with everyone, and at the end Katie was presented with a commemorative plate of The Trossachs Community Choir and sadly said Goodbye as she was moving south.

She will be missed by all but has made sure that the choir will continue under Jim Lightbody when it starts again on September 2nd. Anyone interested in joining should come to the Black Bull on that date at 7.45pm or Kinlochard Village Hall on 5th September. Contact Jim on aultwhur@hotmail.co.uk



Thornhill Players
present:


The Cemetery Club

By Ivan Menchell

You'll die laughing - in the Cemetery Club!

Ida, Lucille and Doris are part of a club - the Cemetery Club. Every month they meet at Ida's New York house for tea and then off to the cemetery to gossip with their late husbands.

Lucille is a flamboyant flirt. Doris is a grieving widow and Ida is wondering what comes next. When Sam, a butcher, meets the three widows at the cemetery all their lives change for ever.



Come and see the play at:

- Thornhill Community Hall, Friday 30th August 2013
- Gargunnoch Community Centre, Friday 13th September 2013
- Aberfoyle Memorial Hall, Friday 20th September 2013
- Balquhiddier Village Hall, Friday 27th September 2013

All Performances start at 7:30pm with doors & bar open at 7:00pm.
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Scottish Fire and Rescue Service

The Scottish Fire and Rescue Service (SFRS) are recruiting firefighters for its retained duty system, at Aberfoyle and Balfour community fire stations in the Stirling Council area. Firefighters on the retained duty system are men and women who live and work close to a specific station who can commit to providing an emergency response within their community. Coming from every walk of life, they include shopkeepers, builders, plumbers, farmers, secretaries, engineers and directors of companies – as well as people who are not employed.

A comprehensive training programme ensures retained crews provide smaller towns and rural villages with the fire and rescue cover full time colleagues provide elsewhere. To ensure you maintain the relevant knowledge and skills required for to protect the public, retained firefighters are required to attend their station for a two to three hour training session each week.

Station Manager Mark Bryce added: "The role of an RDS firefighter is challenging and demanding, with officers potentially facing stressful and hazardous situations within their own communities.

"As well as providing an emergency response, the firefighters may also be involved in community safety initiatives aimed at reducing the chance of a tragedy occurring.

"Anyone interested in finding out more about the retained, and in particular those who could provide daytime cover, should come along to the stations and meet the crews for more information on what is involved."

In return for their commitment, RDS firefighters are paid a retainer fee along with additional payments for every incident and training night they attend.

To become a firefighter on the retained duty system you must be 18 years of age or older, be physically fit and healthy, with good unaided vision and colour perception.

You also have to be seriously committed to helping provide an invaluable emergency service for your community, and have the express permission of your primary employer.



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Volunteer of the Year Award for Jimmy!

Our own Jimmy Quinn was recognized as Stirlingshire's '65+ Volunteer of the Year' in June at an event attended by 150 people and hosted by Provost Mike Robbins, who congratulated all of the volunteers for being chosen as nominees for the awards due to their outstanding efforts and the great contributions they make to Stirling and its residents.

Stirlingshire Voluntary Enterprise, which organizes these awards, praised Jimmy for his volunteering work and gave its reasons for selecting him as follows:

"Since summer 2009 Jimmy has taken on the unpaid responsibility of being keyholder for the Aberfoyle public toilets near the Tourist Centre. For four years now, Jimmy has walked nearly half a mile and back, in all weathers, to open the facilities in the early morning and then again to close them in the evening. He has also informally taken on the responsibility of ensuring the facilities are properly maintained and ensured necessary repairs are done.

In addition to this Jimmy helps in many ways in Aberfoyle through his other volunteering efforts: He is a member of both the Community Council and the Community Trust, and often steps in to do jobs in the village when official response is overdue. He is the 'Tenants Voice' for Aberfoyle, helping tenants liaise with the council to solve their problems. He also volunteers with Stirling Carers, helping locally. All this is in addition to being carer for his wife. Jimmy is in his 70's and has a busy personal life, yet even in the middle of the winter he can be seen walking down to open the toilets, 7 days a week, in all weathers. He is 100% reliable and deserves recognition for his dedication."



Editorial



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Community Council

Quite a lot of information from public bodies has been coming in, to keep us busy over the summer.

Stirling Council: Road Closures

We are now getting more details of planned Council road closures – previously notifications of work affecting Strathard residents did not always reach us if they were not in our immediate area. These six-week plans will go onto our website once received. In the summer there will be daytime closures 7am to 7pm at Bridgend in Callander, starting 29 July. Also a closure on the A81 at Blane field from 12 August. These closures will last 1 to 2 weeks – Council information is currently unclear. Maps are available on the Stirling Council website, and the relevant page can be accessed from our own.

Stirling Council: Flooding

Stirling Council has just released its final report on the major flooding study which was carried out in Aberfoyle last year. Also it has agreed to a public meeting in Aberfoyle in the middle of September (date tbc - we will put on noticeboards and email). Copies of the report will be available for viewing on the Council website and also locally in Aberfoyle PO.

Planning: National Park Charrette process

There has been mixed feedback to this exercise carried out by the National Park with a view to informing the Local Plan, which will guide what developments are permitted here in future. We have been asked for local views on the final report and will be circulating the requested information by the usual methods.

Planning: Loch Katrine Hydro Scheme

The proposal to locate a hydro scheme adjoining the McGregor graveyard attracted many objections, from local people in both Strathard and Trossachs and also further afield from McGregor clan members.

The Community Council while generally in favour of hydro schemes was concerned about the visual impact of the substantial building, and its proximity to one of the most special places on Loch Katrine. Also, for the best part of a year there would be traffic hazard issues affecting 30 miles of very narrow roads, impacting on local people and visitors. Due to all the objections, Scottish Water is 'currently progressing amended designs for the powerhouse and will be formally submitting

amended plans alongside an addendum to the EIA.' It is also reviewing the use of bridges, which may affect plans for transport. This is anticipated to be submitted by the end of August and there has been an undertaking for 'discussion' with local people beforehand.

Planning: Aberfoyle Bike Park

Plans for the proposed Aberfoyle Bike Park are currently open for Planning consultation responses. We have noted great interest in this matter with widely differing opinions, and for maximum impact would encourage people to submit their representations both for and against the proposals directly to the National Park either by using the online Planning system or by email / letter.

Community Council Elections

Amendments to ward boundaries previously publicised have been approved by Stirling Council, pending a community council election process in October. The only practical difference this is likely to make to the current situation is that two additional places will be available for Aberfoyle. In due course election details will be posted on noticeboards, but please let Ros in the Post Office know if you are thinking of standing and wish to be kept updated directly.

Community Information

- Our website is www.strathard.org.uk, and can be accessed in Aberfoyle Post Office.
- We send out e-mailings on matters of general community interest, such as road closures. You can sign up for these e-mailings by contacting us via the website.
- Information is also placed on our 4 community noticeboards.

The names of your Community Councillors are shown below – please do get in touch with them on any relevant matter if you would like our help.

Fiona



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



Councillor Alycia Hayes, SNP
Stirling Council, Old Viewforth, Stirling, FK8 2ET,
tel - 01786 443497, mob - 07881 310 924,
e-mail hayesa@stirling.gov.uk



Councillor Fergus Wood, SNP
Stirling Council, Old Viewforth, Stirling, FK8 2ET,
tel - 01786 443497, mob - 07824 496 019,
email woodf@stirling.gov.uk

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 Inversnaid Hotel on 1st August and Kinlochard Village Hall on 5th September. 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
www.strathard.org.uk

Rt Hon Anne McGuire MP

Even though Schools have just closed, I was delighted to receive a package from one local Primary School just at the end-of-term with lots of cut out figures, as part of their "Send My Friend to School, Every Child Needs a Teacher Initiative".

The children have asked me to send their efforts and messages to the Prime Minister David Cameron which I am delighted to do. Although there are many political differences between us, I am pleased that this Prime Minister has carried on the commitment to an international development budget of 0.7% of GDP that his two predecessors made, even in the teeth of opposition from some in his own party. I never ceased to be surprised at the enthusiastic interest our primary school children show in what is happening in countries poorer than our own.



We all look forward to our well-deserved summer holiday. However, it is very important that we make sure that when we do travel overseas, we are covered if something goes wrong. Many countries do not have national schemes to cover the cost of healthcare and treatment abroad can therefore be very costly. It is just not worth taking the risk.

Before visiting anywhere else, I would urge everyone to make sure you "pack your policy" this summer. I would also recommend visiting ABTA's website, as they have launched a new advice section on travel insurance for consumers and visit: www.abta.com/travelinsurance for full details.

Holidays were mentioned, as indeed were schools, or rather schooldays by one person who attended the "listening event" for older people in the constituency I held last month. It was helpful for me to find out about the issues which are of real concern to older people locally.



Among the major concerns for many people was what income they would have when they retire. Those who attended, from areas throughout the constituency, were also keen to highlight the very positive contribution that older people can and do make to their local communities through volunteering, particularly through projects such as the Retired and Senior Volunteer Programme (RSVP). Anyone interested in finding out more, might want to contact them. Their details are available here: <http://www.csv-rsvp.org.uk/site/contactus.htm> or by 'phoning 01786 475800.

I will still be around during the Summer, and am holding an office surgery at 22 Viewfield Street, Stirling on Friday 19th of July at 4.00pm and if you would like to discuss an issue of importance with me, I would be pleased to see you then. You do not need to make an appointment. Otherwise I can be contacted as usual at my Parliamentary Advice Office, 22 Viewfield Street, Stirling, FK8 1UA. T: 01786 446515 F: 01786 5446513 or by email at: anne.mcguire.mp@parliament.uk. You can now also follow me on Twitter @annemcguiremp or visit my website at: www.annemcguiremp.org.uk

Letters to the Editor

Post to Editor, Schoolhouse, Inversnaid FK8 3TU. Or email editor@strathardnews.com or hand in to Aberfoyle Post Office



On Sunday 7th this month I woke up to find this chinese lantern in my front garden between my car and my bulk LPG tank. When are people, particularly hotel management going to stop this highly dangerous activity?

We live in a heavily forested area and the weather has been extremely dry. How long is it going to be before there is a serious fire. This may be a romantic event to celebrate a wedding but it may end in tears. Once lit these lanterns are no longer controllable.



Cold spring hits pine

Forestry Commission Scotland is encouraging members of the public to continue to report possible instances of diseased trees - but has asked that people double check before phoning in a sighting.

Hugh Clayden, Tree Health policy adviser for Forestry Commission Scotland said: "The general public is a fantastic asset for us in our efforts to manage tree diseases in Scotland. They know their local areas, which in most case will be locations where our staff rarely - or possibly never - go, and they see immediately if trees don't look right. Having those extra feet on the ground is invaluable.

"However, we'd like people to double check before they call us because at the moment, all across the country, we are seeing examples of Scots pine and fir trees going brown because of unusual weather this spring. It is not the result of a disease, although it can easily be mistaken for such.

"We'd urge people to take the time to double check the species of trees that they are concerned about before calling it in. Making sure that it is only a case of browning will prevent a lot of 'false alarms' coming through, which will mean that we can use our limited resources more effectively."

The browning of pine and fir trees is due to the exceptionally unusual weather over March - May; the chilliest spring in 50 years, very low levels of rainfall, some heavy snowfall and several days of strong south easterly winds have all conspired to kill off needles and buds. Typically, this can mean that the browning will be more obvious on one side of a tree, and will affect a large part of that side from lower branches upwards. The effect was made worse by the fact that this happened as these species were starting to come out of their winter dormancy and were at their most vulnerable.

Hugh added: "Basically the trees' delicate new leaves and needles have been dried out as well as physically damaged by the exceptional winds. It looks alarming and although a few badly damaged trees will die, the great majority will recover over the next year or two."

Commission staff will be examining trees to gauge the extent of the damage and to eliminate the possibility of there being additional underlying causes.

If you think you have found examples trees that are diseased and not simply suffering from browning, you can report it to treehealthscotland@forestry.gsi.gov.uk or 0131 314 6156 (9am - 5pm weekdays + out-of-hours messaging system).

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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.



Hate Crime & Third Party Reporting

Did you know that Hate Crime is any criminal offence committed against an individual or property that is motivated by a person's hatred of someone because of his or her actual or perceived race, religion, transgender identity, sexual orientation or disability? Hate Crime is wrong, it is against the law, and everyone has the right to live safely and without fear. No two individuals are ever the same - embrace individuality and help put an end to Hate crime by reporting it.

You can report a Hate Crime as follows:

- By telephone 999 (emergency) 101 (non-emergency)
- In person at any Police office
- On-Line Hate Crime Reporting Form
- Visit a 3rd Party Reporting Centre

Third party reporting

In some cases victims/witnesses of Hate Crime do not feel comfortable reporting the matter directly to the Police and may be more comfortable reporting it to someone they are familiar with.

To ensure all victims/witnesses are able to report Hate Crimes, Police Scotland works in partnership with a wide variety of partners who perform the role of 3rd Party Reporting Centres. Staff within 3rd Party Reporting Centres have been trained to assist a victim or witness in submitting a report to the police and can make such a report on the victim/witnesses behalf.

Examples of 3rd Party Reporting Centres participating in the scheme range from Housing Associations to Victim Support offices and Voluntary Groups

Man due for court for assault on Loch Lomondside

Police are warning that anti-social behaviour of any kind will not be tolerated in the Loch Lomond and Trossachs National Park area. The warning was reiterated after a 31-year-old man was arrested yesterday at the Salloch campsite on east Loch Lomondside.

A member of the public reported to police the man's behaviour towards an employee of the Forestry Commission Scotland campsite. Police arrived and arrested the man for assault and disorder.

Inspector Gerry McMenemy, who is leading Operation Ironworks which is aimed at tackling anti-social behaviour within the National Park area, said: "This shows that we will not tolerate this kind of behaviour. It is not acceptable to behave in such a manner. Nor is it acceptable to assault an employee who is doing their job. They have a right to do their job without being physically or verbally abused."

"We understand the attraction for visitors to the Loch Lomond and Trossachs National Park area. Operation Ironworks is designed to make people feel safe in an area of outstanding natural beauty and we will be unrelenting towards those who are intent on criminality or spoiling it for other people."

The 31-year-old man is expected to appear at Stirling Sheriff Court today (Tuesday July 16) from custody.

Trossachs Search and Rescue Team

The Trossachs Search and Rescue Team (TSART) primarily provides a First Responder Unit for the Scottish Ambulance Service, which is more than useful in this largely rural area. On a purely voluntary basis, we also recover people who have been stranded and occasionally haul vehicles out of ditches. TSART is currently providing more than 250 hours of such cover each month and have bases at Aberfoyle, Balfour, Stirling and Kirkintilloch.

Since June, our Dog Section, as seen in action at Kinlochard Highland Games, are on standby for the whole of Scotland. Helicopter transport will be made available by the MoD. Dogs and handlers have been called out more locally in recent weeks, to search for casualties at the house explosion in Callander and at a similar event at Denny. Denny was the first active service for Bob Griffin and Jess, from Gartmore.

A diverse series of sporting activities require both our first aid cover and often some logistic support; Orienteering at Achray, Triathlon and Highland Games both based at Kinlochard, as well as two races along the rugged route of the West Highland Way. TSART fast response boat, located at Inversnaid for these running events, was ideal for providing the team with access to any point along the east coast of Loch Lomond. A charity football tournament at Drymen, in aid of the John Hartson Cancer Trust, was at least in one place, but did involve a large number of players and spectators.

Since last December, TSART has been responsible for installing Publicly Available Defibrillators (PADs) at Inversnaid, Kinlochard, Achray, Brig O'Turk and Croftamie, and also trained 195 people in basic Heartstart procedure. This simply teaches, in two hours, how to sustain life until further medical assistance arrives on the scene. Staff at Inversnaid Hotel have already put their new skills into practice. PADs for Aberfoyle and Gartmore are coming soon.



Gary Simpson (Stirling Council Youth Services), John Barrington (Trossachs), Steven Coombes (Trossachs) and Stuart Ballantyne.

Boat and Water Safety Advice Issued by National Park

Police Scotland and Loch Lomond & The Trossachs National Park are urging people to behave responsibly on Loch Lomond after rangers spent last weekend attending narrow misses, collisions, sinkings and breakdowns. David Cameron, National Park ranger gave the following advice:

"Over the weekend, we reported 32 byelaw violations and witnessed a number of incidents including collisions between jet skiers and a collision between a boat and a jet ski. We also attended an emergency call to a capsized yacht and helped tow numerous boats back to safety. Please make sure your boat is fully maintained before you even think about coming on to the Loch and make sure you have enough fuel for your trip. When out on the water, please make sure you're familiar with the byelaws including speed limits. You need to make sure you're carrying sufficient lifejackets for the number of people onboard."

"And finally, please respect other users on the water. Loch Lomond is a big stretch of water, there is room for everyone if people behave responsibly. We don't want to spoil your fun this weekend but we do want everyone to have a safe and enjoyable time out there."

Police Scotland will be out with rangers on patrol boats this weekend as part of Operation Ironworks.

Inspector Gerry McMenemy, who is leading Operation Ironworks, said: "Officers will be out on high profile patrols targeting those committing disorder or criminality. They will be patrol ing the

popular visitor areas as well as accompanying rangers on boat patrols. Please respect the rules, byelaws and speed limits on the loch.

"The forecast is for another hot weekend and I strongly urge people not to be fooled by the water in our lochs. The water temperature can be extremely cold, despite the temperature on land being hot, and within seconds you can get into difficulty due to this. There is also the added factor that, even close to the shore, the bottom of the loch disappears rapidly and is extremely deep. Lochs do not have sloping beds like most shores - they drop suddenly and you are out rapidly out of your depth. We want everyone who visits Loch Lomond and the other lochs in the National Park area to be safe and go home safe. Please don't drink alcohol and then go swimming or take part in other recreational water activities. Alcohol affects peoples inhibitions and abilities and people can easily make dangerous decisions when under the influence of alcohol and put themselves at extreme risk."

"Remember, it is an offence to drink alcohol in public along the eastern shores of Loch Lomond. This includes the banks and beaches. Officers will be patrolling and anyone found drinking alcohol will be issued with fixed penalty fines or reported to the Procurator Fiscal."

For information about the Loch Lomond byelaws including boat safety advice visit www.lochlomond-trossachs.org

The National Park has also produced a handy guide to boat safety which is available to view on their website.

Thomas M Rennie

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Fond Farewells & Warm Welcomes

This autumn, with great regret, the practice will say good-bye to Dr Hamish McLaren who has looked after the health needs of the local community for the last 12 years. Dr Hamish has been a valued colleague and we know that many patients in the community will be very sad indeed at his leaving.

However, when a door closes a window opens and we are delighted to tell you that a new GP has been appointed. In Dr Iain Henderson we are confident that we have found someone who will carry on the tradition of providing high quality care with kindness and compassion which has been the hallmark of Hamish McLaren's practice throughout his medical career.

Dr Iain grew up in the area and some of you may know his mother, Dr Pat Henderson, who worked for many years in Doune. He is currently based in Edinburgh but Iain and his wife are looking forward to setting up home here and getting to know the local community.

We are happy that Dr Hamish will now have the opportunity to pursue his many interests and I know everyone will want to join with the practice team in wishing him good luck in the future. He will be a very hard act to follow but I know that you will all join with us in welcoming Dr Iain to the area and to the practice.

A DATE FOR YOUR DIARY

The Friends Of Aberfoyle And Buchlyvie
Medical Centres (SC034962)

ANNUAL GENERAL MEETING

After the wonderful fab walk event please come and support the Friends by attending the AGM

**WEDNESDAY 4th SEPTEMBER 2013
AT 6.30PM**

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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

The FAB walk

On Sunday morning June 23rd seventy "Friends of Aberfoyle and Buchlyvie Medical Centres" foregathered at Buchlyvie Medical Centre and enjoyed an off-road walk along the fringes of Flanders Moss, arriving some two hours later for coffee and fresh pancakes at Aberfoyle Medical Centre. Walking conditions were perfect, dry not too hot and with a light breeze to keep the midges away.

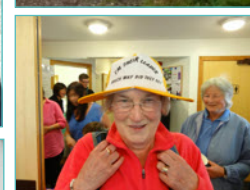
The event was a fund-raiser, and also a reminder that "The Friends" are once more up and running as a charitable organization interested in health and wellbeing of Aberfoyle and Buchlyvie Medical Centres and the community the practice serves. Anyone having a connection with or interest in the practice can become a Friend. Over the past decade The Friends have raised fund to augment the practice's emergency resuscitation equipment on both practice sites. Currently funds are being raised to purchase two machines and associated software which will allow the monitoring and dosaging of the anticoagulant drug Warfarin to be managed expeditiously on site within the practice and without involvement of the hospital laboratory. This will be of great convenience to patients who take Warfarin.

We were delighted to raise over £1700.

Thank everybody who helped organise and who took part in the walk. We have purchased the first of the two Warfarin monitors and the system will be up and running in Aberfoyle Practice during July. The Friends' trustees meet again in mid July to table fresh ideas and to plan the next project.

In addition the day was to promote walking for health. Cathy Scott was in attendance on the day who organizes "Walk in the Park". A group meets at the Wool Centre car park Aberfoyle every Monday at 10.30am for a walk lasting about 45 minutes to an hour.

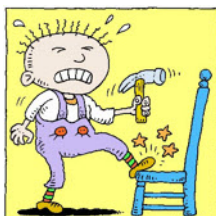
If you would like to become a Friend please call in at either Aberfoyle or Buchlyvie Medical Centres for an application form.



Simon says.....

Let's talk about GOUT

GOUT is a form of joint inflammation which is caused by very high levels of uric acid in the blood causing crystals to deposit in the joints. It is very common in the big toe but can also affect other joints and the kidneys. An attack can be triggered by eating overly rich food. Typically this would include shellfish, cheeses like Stilton but can also often be caused by such common food as chicken - a relatively inexpensive product these days - and which we now eat so readily. Occasionally an accident or trauma to the body can precipitate an attack.



In the 18th century you were considered fortunate to develop gout as they thought this prevented you from contracting fatal diseases. It was seen as a rich person's disease because only those who could afford large amounts of meat, cheese, wine, port and champagne were likely to suffer.

FOODS TO AVOID

Any foods which are rich in purines, found in high protein foods such as offal, oily fish including anchovies, chicken, caffeine, shellfish including crab, lobster, scallops, roe and mussels, kidney, lima or naval beans, yeast based drinks like Marmite and Bovril, oatmeal porridge and lentils.

Avoid full fat cheeses especially Stilton and goats cheese.

Most forms of arthritis usually benefit from taking cod liver oil or eating oily fish. However, with gout, these foods would certainly make it worse. Malted drinks are a problem for some people.

FRIENDLY FOODS

Cherries and pineapple should be eaten on a daily basis, cherries in particular. They are one of the easiest ways of keeping gout under control and preventing it, as they increase the excretion of uric acid from the body. If you are not a fan of cherries, try eating blueberries or bilberries, both are very rich in bioflavonoids which help reduce uric acid levels in the body.

Eat plenty of fruit and vegetables especially celery, quinoa, millet, brown rice and pastas made from corn, rice potato and buckwheat flours. Free range eggs, soya tofu and lamb should not cause any problems.

Make a healthy drink containing a small boxful of blueberries, pineapple, frozen or fresh pipped cherries, a pear, an apple and a banana. Put in a blender with half a cup of rice or light soya milk, whizz for one minute and drink immediately.

Drink at least 6 glasses of water every day to encourage excretion of the uric acid.

USEFUL REMEDIES

Vitamin C, 1-2 grams a day, taken with food will gradually help lower uric acid levels.

Ginger, curcumin and boswellia - 4 capsules, or more, a day. These herbs in combination provide relief from any type of inflammation.

Devils Claw, 400mg 3 times a day for at least 3 months or more. This herb can gradually help lower uric acid levels as well as improving bowel function. Do not take this herb if you are pregnant.

Montmorency Cherries to be found in **Cherry Active** capsules or concentrated juice form. These cherries have not been readily seen for sale in this country - hence the recommendation of the Cherry Active products to be found in good Independent Health Stores.

HELPFUL HINTS

Lose weight as this is quite often part of the problem. Remember that gout is pretty much self inflicted and almost entirely brought on by poor diet. Be prepared to make some changes.

Nettle tea will also help with the excretion of uric acid.

Do not take aspirin if taking anti-gout drugs from your doctor.

KEEP HEALTHY, HAPPY AND WELL !!

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Learning in The Great Outdoors



The school holidays may be a long summer of freedom for pupils, but it's also a chance for us to reflect on our work with schools over the past academic year. A key aim of The Great Trossachs Forest project is to encourage learning in the

outdoors and to help us achieve this we produced an education resource for secondary schools. With the help of some teachers from McLaren High School we have tailored this resource to that it meets the needs of the current Curriculum for Excellence.

Outdoor learning is a key component of the curriculum and the experience is often enjoyable, memorable, creative and challenging. It also helps young people learn by experience and grow in confidence as well as appreciating the spectacular landscapes and heritage that Scotland and in particular the Trossachs has to offer.

So how have we done over the past year? This has been the first full year that partners and National Park Ranger staff have been delivering the outdoor element of The Great Trossachs Forest Education Resource and we've had a tremendous start! 254 pupils have been out learning and taking part in various activities on site. Examples of these activities include learning about land uses and the conflicts that can arise between them, glaciation, river studies and art and design, as well as practical conservation work including digging out drainage ditches and hugging trees as part of the Ancient Tree Hunt!

Next year we hope to continue to build on this fantastic start and also offer even more diverse learning experiences.

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) or visit our website www.thegreattrossachsforest.co.uk/learn Sue Morris, Development Officer, The Great Trossachs Forest

Advanced warning: Date for your Diaries:

Saturday 6th and Sunday 7th November: Fungal Foray in The Great Trossachs Forest. Join fungi expert Liz Holden for an exploration around Aberfoyle and Inversnaid. Booking is essential (£3/ concessions). See website for more details or call the number above to book.

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BIKE PARK update

The Bike Park project has taken a massive step forward with the award of a grant by Forth Valley and Lomond Leader. The award, of £25,850, completes the funding package and allows the project to move forward. The Planning Application has been submitted and, subject to this being approved and other preliminary work, it is hoped that work will be able to commence on the park in the next few months.

Bike Trossachs will be looking for volunteers to help with the various demands of the Bike Park. If you are interested in contributing please contact Sandy Slater on sandy@wildbikingscotland.com. An immediate requirement is for a volunteer to keep the website, www.biketrossachs.org.uk up to date. If you are familiar with Weebly as a website template or are willing to learn and are interested in helping, get in touch.

LEAP FUNDING

Do you have any ideas that would improve your local estate, if so then you might be able to access LEAP funding.

All LEAP projects are to be developed in conjunction with Council Tenants and are to be used to improve the surrounding estate, examples of previous projects are improving fencing; upgrading back courts and lanes and tidying up open spaces.

To find out more call about LEAP funding call on 0845 277 7000 or e-mail allocations@stirling.gov.uk by the 31st July 2013 if you or your organisation have identified potential projects within your area that could benefit from the Local Estate Action Plan Funding.

Find us on face book at Stirling Council Open Door

Counsellor/Psychotherapist



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National Tree

The Scottish Government is to undertake a consultation exercise to seek views on having a national tree for Scotland.

The consultation will begin in September and run for 3 months.

The idea of a national tree first came from Alex Hamilton, a member of the public who brought his campaign to the Scottish Parliament's Petitions Committee.

Environment & Climate Change Minister, Paul Wheelhouse, made the announcement during a visit to the Royal Highland Show (Friday 21st).

He said :

"We are very sympathetic to the concept of having a national tree, but want to hear what the people of Scotland think about the idea – and what their choice would be!

"The designation of a national tree for Scotland would help highlight the significant contribution that trees, forests

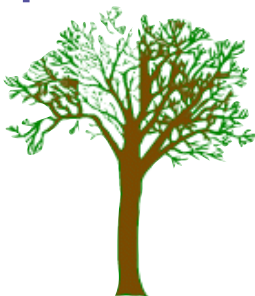
and woodlands make to Scotland – especially at a time when we are unfortunately facing a number of serious tree health problems.

"I have asked

Forestry Commission Scotland to undertake this consultation in a way that reaches as many people as possible, including, for example, school children.

"With this being the Year of Natural Scotland, it is also a very fitting way to raise the profile more generally about some of our much loved tree species."

Forestry Commission Scotland will work with SNH to run the Scottish Government's consultation on the idea of having a national tree for Scotland and identifying the most popular species.



Free Health Walks



Walk in the Park, Aberfoyle is a new and fun way to get fit and make new friends. Supported by the Forestry Commission Scotland and the Ranger Service based at the Lodge Visitor Centre, these short walks are being held in and around the town on Monday mornings. Some walks are out of the town and a car share system is in operation.

Walking is a safe activity especially for those who have not been active for some time. Walking in a group is a great way to start walking more and stay motivated. All adults should aim to be active for at least 30 minutes a day on 5 days of the week. This could be in bouts of 10 minutes or more. Aberfoyle Walk in the Park can help you to start slowly and build up gently. It's also a great way to meet new friends and be part of the community.

Walking can reduce the risk of heart disease and some cancers, lower the risk of strokes, improve mood and reduce the risk of depression. In older adults walking helps to protect joints and reduce the risk of falls.

All our walks take place on a Monday morning at 10.20am meeting at the Scottish Wool Centre and last about 45 minutes – no need to book, turn up at the meeting place and join in. If you would prefer a shorter walk these are available on request.

If you have any questions regarding joining any of our walks please contact the Project Coordinator- Cathy Scott on 01389 727748 or 01877 330055 or email: cathy.scott@lochlomond-trossachs.org or call the Lodge Visitor Centre 01877 382258

Health Walk Schedule – Aberfoyle August - September 2013

Walks take place on Monday morning,
Meeting at 10.20am

Date	Meeting Place	Route
5/8/13	Wool Centre Car Park (car share)	Loch Ruskie
12/8/13	Wool Centre Car Park (car share)	David Marshall Lodge Waterfall Trail
19/8/13	Wool Centre Car Park	NCR 7 towards Rob Roy Hotel
26/8/13	Wool Centre Car Park (car share)	Flanders Moss
2/9/13	Wool Centre Car Park (car share)	David Marshall Lodge Waterfall Trail
9/9/13	Wool Centre Car Park (car share)	Lochan Spling
16/9/13	Wool Centre Car Park (car share)	Loch Ruskie
23/9/13	Wool Centre Car Park (car share)	David Marshall Lodge Waterfall Trail
30/9/13	Wool Centre Car Park (minibus)	3 Lochs Forest Walk



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Trossachs Area Community Transport

It has been an important few months for the community garage, but the complex and expensive work of replacing all the underground pipework has at last been finished. That work took place over an extended period of four weeks, which meant we were able to keep serving fuel rather than shutting down completely. Also we have added two extra nozzles to the pumps to ease forecourt congestion. Our thanks for funding most of these works are due to the Big Lottery Fund and Scottish Enterprise's Rural Petrol Stations Grant Scheme. Over the summer other planned building upgrades will take place, now that the underground work has been completed.

It's been great also to see the site become fully occupied and busy again. Trossachs Motor Engineers, our new garage tenant, has had a very successful first few months, with many local people now coming into the workshop for car, van and other mechanical repairs. Donald Campbell and his friendly team offer a range of services with special rates for local residents: repairs, tyres, diagnostics and also MOTs (these should be pre-booked).

The shop continues to gradually extend its stock, pending refurbishment. We now have comprehensive range of midge-related products, including propane gas for midge machines, midge suits and headnets, skin repellents and midge coils.

Unfortunately in the last week or two we've seen some very unwelcome sharp increases in fuel prices – pump prices reflect the cost of each weekly fuel delivery. Every local customer who buys fuel contributes to maintaining our local supply, so our thanks to those who help in this way. If you don't use the garage, please consider supporting the community business a little more – we need your custom all year round, not just in emergencies.

Opening hours remain as:

Weekdays:	7am to 7pm
Saturday:	8am to 7pm
Sunday:	8.30 to 7pm



National Park News

By Owen McKee



After the dreadful summers of the last few years it was heartening that the start of the school holidays was blessed with the kind of weather my memory tells me was the norm when I was at school. Add to that the national joy of Andy's win at Wimbledon and we have the recipe for an optimistic view of the world around us. But then life would be rather dull if we didn't have something to moan about. The press had a field day when the Park Authority had the temerity to recognize the fact that public funds are in short supply and are likely to be so for a few more years to come. Charging for providing additional facilities? How dare they? Just to put things into a little perspective let us focus on what every survey we have done tells us. Both visitors and local residents scream out that our priorities should be toilets and litter. Let's take toilets. You no doubt saw that the winner of the Volunteer of The Year in the Stirling Council area was none other than Aberfoyle's own Jimmy Quinn. A major factor in Jimmy getting the award was his recognition that as a tourist destination Aberfoyle was failing in providing that most basic of needs, toilet facilities, and he decided to do something about it. He took on the task of ensuring that the public toilets at the Discovery Centre were open at times when the public needed them. As Stirling Council continues with efficiency savings by withdrawing from services for which they have no statutory responsibility then more and more areas throughout the Park are seeing their public toilets close. Strange as it may seem there is no public body with statutory responsibility for public toilets. And that is a dilemma for the Park Authority. We are not responsible for them but we know they are a priority for both our communities and our residents. We therefore have to find a way of ensuring that the proper facilities are available.

One route we are following helps tackle not only the toileting problem but also the litter and anti-social behaviour difficulties with which we are also plagued. At east Loch Lomond we worked in partnership with The Forestry Commission to provide toilets, camping and parking. And, shame on us, we are making modest charges for these facilities so that our resources can be better directed towards the Park Authority's Four Statutory Aims (that's our area of statutory responsibility). The next stage for us is well under way with the development of similar facilities at Loch Lubnaig which will be open in August in a lease arrangement which will see the tenants responsible for maintaining the toilets and other facilities. Again modest charges will be made. It is our intention to find ways of providing these facilities throughout the Park. Yes it will take time and yes charging will be part and parcel of each development. Am I alone in believing the Park Authority is pursuing the proper course?

At the end of June we hosted a group of local authority politicians from Norway and Sweden who were on a study tour to see how we managed the difficult task of development in protected areas. Our work at the Gold Mine at Tyndrum and at the former torpedo range at Arrochar were of particular interest. We often compare ourselves unfavourably with other countries but I am pleased to say that our Scandinavian guests were full of praise for what we are achieving within the National Park. And that praise, like all our discussions, was delivered in perfect English.

As always I can be contacted as follows :

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Lochearnhead,
FK19 8PR
Phone: 01567 830214
email: owen@thevillageshop.fsbusiness.co.uk



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CURLING – OUR NATIONAL SPORT

and one at which Scotland excels

In 2013 the Scottish Ladies team won the Gold Medal in the World Championships and the Men's team won the Bronze Medal. In the World Junior Championships the Men's team also won gold and the Ladies' silver. Locally, there are excellent ice rinks at Stirling and Braehead both of which can offer coaching. Most of the West Stirlingshire Clubs play regularly at Stirling. Forth & Endrick Province, which is the local area organisation, can identify for you which rink each Club uses and which evenings they play. Some Clubs also play daytime games.

It is a great sport for all ages and all abilities and is surprisingly good exercise. Skills increase with experience and training. Teams gel together and curlers help each other to improve. Most clubs also have non-curling social events.

Warm clothing and trainers with non-slippery soles are all the equipment required to start. Sliding soles can be provided for the foot which slides out during stone delivery. Stones weigh 20 kilos but are slid along the

ice, not lifted. Stones and brushes are supplied at the rinks.

We would like to increase the number of members in Clubs. These can be either newcomers to the sport or 'returners' coming back in to the game. We welcome all.

The season runs from September to March but there is sometimes ice available during the summer.

If you know a local curler, we suggest that you approach them and find out who is the Secretary or President of their club. They will be able to give you details and will support you if you decide to go for a 'come and try' curling day. A qualified coach will then take over. If you then feel you would like to continue, there are further beginners' sessions at which the coaches deliver fun, sociable and enjoyable sessions. If you feel keen to continue, you can join a Virtual club along with other beginners. These clubs give training on team play, scoring, tactics, rules and etiquette. You may also join a club of your choice to play alongside more experienced players.



Should you not find a local contact please phone Betty Montgomery (Forth & Endrick Province Secretary) at 01389 752551 or bettymontgomery2@tiscali.co.uk who will put you in touch with your local Secretary. If you cannot contact Betty, please get in touch with the Province President, Muriel Holroyd on muriel@mucolin.demon.co.uk

Orchard Photography Competition



Forth Environment Link is launching its first Orchard Photography Competition and wants your lovely Orchard Pictures!

If you are into photography and love orchards then get your cameras out, find the right angle, the right light and the right moment to capture a perfect blossom, a perfect tree, happy people in the orchards, or a delicious apple. The best twelve photos will make it to our Forth Valley Orchards 2014 Calendar.

How to participate?

Upload your pictures to our Flickr competition group

<http://www.flickr.com/groups/2242906@N23/> before 9am Monday 2 September 2013. You either need a yahoo account to sign in with or you can sign in through Facebook or Google. Terms & Conditions apply.

Visit our website on www.forthvalleysorchards.org.uk

For more information please contact photographer Katrina Martin, who will be coordinating the competition.

Email: katrinamartinphotography@hotmail.co.uk or call us on 01786 449215

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The Lodge, Forest Visitor Centre

The countdown is on to the doors opening on the newly refurbished The Lodge, Forest Visitor Centre this August. All going well we hope to be open on 19th August with every weekend packed full with activities to help kick start the new-look centre.

Mairi Buchanan, who is with the Commission's Aberfoyle based team and who has been closely involved with the project said:

"It's looking really good now with all the finishing touches being put to the building -inside and out. The Lodge now has a much more open and airy feel to it so it does actually seem like a completely new building. We love it - and we know that everyone who visits will be completely bowled over by it."

Internally the ceilings are near completion as are the offices and toilets. The new kitchen facilities will be installed next week and the external works are on track, with the courtyard paving already completed. It's been a long haul – but worth it – and the team running The Lodge are looking forward to getting back to a normal routine.

Mairi added:

"Local people and visitors have generally been really positive about what we've been doing these last few months, even though the ground works and the refurbishment have been a bit of an inconvenience, and we'd like to thank everybody for their support."

"It's been quite an experience and great to work with Robertson's Construction on the whole project – but we're at the stage now where we're itching to go! The new café and shop are almost ready to go, the trails are ready – and the new natural play features - and we're geared up for a month of fun packed activities to encourage people to come along and take a look around."

"Once all the temporary fencing and buildings are taken away, the whole place will feel very open and welcoming. We can't wait to open those doors!"

Over the coming weeks The Commission will be promoting the re-opening of The Lodge with several special offers – so keep your eyes peeled. The more adventurous can take advantage of a special offer for Go Ape - 15% off Go Ape - This offer runs until 30 November 2013, excluding Saturdays. Book online at goape.co.uk/aberfoyle using the code LAUNCH or call 0845 643 9215.

For those who enjoy a more relaxing visit, there will be 50 goody bags handed out each day during the opening week – with some of them containing a 'golden ticket' that could win you fantastic prizes such as vouchers for the impressive, new-look café.

We are also excited to be working in partnership with VisitScotland, Forest Holidays, Go Ape and the Lodge Café to offer an amazing competition prize to celebrate the re-launch of the Lodge. You could win a fantastic outdoor experience package including a 3 night weekend break in a luxury Forest Holidays cabin, a family voucher for Go Ape forest adventure, a bespoke guided walk with Forestry Commission Scotland and a voucher for lunch at the Lodge Café.

There will also be runners up prizes of 5 family vouchers for Go Ape and 5 Lodge Café vouchers.

Tune in to radio stations Forth One, Clyde 1 or Tay FM from early August for more details about how to enter this fabulous competition or visit www.visitscotland.com.

But if you can't wait until August to take part in the activities lined up – especially now that the school holidays are upon us - why not bring the kids along one Saturday to give them a taster of some outdoor fun?

The Summer Nature Club takes place on July Saturdays (11.00 – 1.00) and is a great way to get the kids to burn off some energy – and foster their interest and enthusiasm in all things wildlife! There's a fun woodland trek on the 20th to look out for red squirrels at the wildlife hide and on the 27th an opportunity to become a Woodland Explorer. These events are popular and places are limited so it's probably best to book a place (01877 382258).



And there are plenty other events scheduled that will keep everyone amused, entertained and active – some of which you'll have to be quick off the mark to take part in.

One that is free, fun and open to all is the series of Aberfoyle Health Walks, which has already got off to a flying start! These gentle introductions to trail walking are great for meeting friends, getting a bit fitter and enjoying more of an outdoors life – and they will take you through some of the most spectacular scenery around Aberfoyle.

Mairi said:

"Each walk is less than an hour long and has a good mix of routes around Flanders Moss, local lochs and lochans, a stretch of the National Cycle Route and, of course, the trails around Forestry Commission Scotland's Lodge, Forest Visitor Centre. They take place every Monday from July to September – and you can join in as many as you like. Just head along to the car park behind the Scottish Wool Centre, Aberfoyle, Monday mornings at 10.30."

And one you'll definitely have to book for is the mini-bus tour to catch some of the first flights of the local osprey chicks (Sat 3 Aug). There are only 10 places available and there is a charge (£10 or £5 concession) so you'd best book soon. What better way to spend a Saturday afternoon and evening than enjoying the sight of these magnificent, spectacular birds as they 'swoop and scoop', practicing their hunting techniques before they head off on their long migration to West Africa. Enjoy live and recorded footage of Ospreys, Owls, Peregrines, Squirrel's and birds in the wild life viewing area where RSPB staff and volunteers are on hand to share their knowledge on local wildlife.

If bird watching isn't your thing, don't worry, there's plenty more to try out over the opening weekend - guided walks, arts and crafts and even a short course in den building!

There's a family focused Bat Weekend (24th & 25th Aug, 7.30-9.30pm) to celebrate European Bat week, with walks, talks and the chance to spot some of these amazing animals as they come out to feed in the evening light. Midge repellent is a must!

Mairi added:

"You don't have to wait until the weekends – or for one of the events – to come along and have fun. As well as checking out the revamped Lodge – and maybe winning yourself a 'golden ticket' – this is the time of year when woodlands and forests are in full flush and look spectacular. They're an amazing backdrop for a relaxing walk or an invigorating run – and they also provide shade or shelter as required!"

"You can also check out the new nature play features, which like the rest of The Lodge, are nearing completion. The willow maze is getting 'mazier' as each week passes but the Clambering Tree is in place and the Hobbit houses are sitting waiting to spark some wildly imaginative games and adventures. The water play area is also ready to go – and bare feet or wellies are highly recommended! Don't forget to keep a look out for Highland Cows who will be stopping by for a few months each summer"

Details of all the activities and events can be found at the Forestry Commission Scotland Facebook page or you can call the local team on 01877 382258 for more information and to book places.

You will also be able to find out more about events later in the year, including a trip to see the Red Deer Rut (Sept & Oct), Fungi Adventure (Oct), a Dark Skies Event (Oct), which weather permitting will be a 'star-studded' event, and a warming November treat with bonfires, woodland tales and lantern lit trails.

Mairi said:

"The Lodge Forest Visitor Centre is going to be a vital focal point for the Queen Elizabeth Forest Park. It'll be a place where you can come along and 'do a little or do a lot', and where visitors from all over the country will use as the base for their exploration of the wider area."

"We believe that it will be an even better draw to the area than it has ever been and we'd like to invite the local community to come along on the opening weekend 24 & 25 August, and see what a fantastic asset the new-look Lodge is for the area."



Mairi Buchanan - with osprey chick.



Aberfoyle school kids get sneak preview of 'The Lodge Forest Visitor Centre'



A group of construction hungry pupils from Aberfoyle Primary School were recently treated to a sneak preview of the new look visitor centre in the Queen Elizabeth Forest Park.

The visit (on Monday 24 June) followed a recent session at the school where construction staff worked with children to show them how the building process works. The team built a four metre tall Giant Tetrahedron which was made using wooden dowels and elastic bands.

The purpose of the visit to The Lodge is to show Primary 7 children what a real construction project is like with the hope that some of the class might be inspired to pursue a career in the industry.

Following the Giant Tetrahedron session they have been studying scale and shapes and what better way to bring that subject to life than showing them a live construction project.

Martin Smith, Regional Managing Director from Robertson said: "We have been working with local primary, secondary schools and colleges to show how the construction industry helps to shape the world around us."

"It's a great way to promote the project and the construction industry, delivering essential work experience and career opportunities for young people."

Mairi Buchanan from Forestry Commission Scotland said: "The refurbishment project is in the closing stages and you can really sense how it has made the centre more open and welcoming. The Lodge has been given a new lease of life that will see it continue as a major attraction in the area for years to come."

"It's great to welcome local school children to have a look around at 'their' new centre, which we think they'll want to come back to time and time again."

Work on the £3m project is now in its final stages and the newly named 'Lodge Forest Visitor Centre' is due to re-open to the public later this month.

Robertson has completely refurbished the existing lodge having removed asbestos, installed new drainage, completed a new four metre retaining wall and relocated the Go-Ape equipment. Robertson is also working with the Forestry Commission on a £4.5m programme to build and refurbish three sites in the Galloway Forest Park.

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School News



McLaren High ACTIVITIES WEEK

Disneyland, Paris Excursion

Late on the evening of 27 May an excited group of 45 pupils and 5 staff boarded their coach for the annual excursion to Disneyland, Paris.

It is quite a long journey to Paris, but although there were a lot of tired bodies, the excitement of the event kept spirits buoyed. After settling into rooms it was off to Disney Village for a couple of hours to get some food and have a look at the megastores. Next morning it was onto the shuttle bus for Disneyland. Pupils were divided into groups to enjoy all of the big attractions. Most headed for 'Space Mountain' or 'Indiana Jones' where they were hurled around a twisting track at break-neck speed. Others enjoyed a more sedate experience at 'Pirates of the Caribbean'. With the many side attractions, the morning flew by then after lunch it was a visit to Disney Studios for more of the same!

Another Activities Week over with the general opinion again being 'brilliant!' For S3, their last chance to go to Disneyland with McLaren, but for S2 and of course S1, there's next year to look forward to!

'It was a great week and I enjoyed it a lot! We went on most of the rides and I also enjoyed the tour of Paris in the evening because I saw the Eiffel Tower for the first time! It was a great week and I would definitely go again!' Meghan McAra S2

'It was a really cool trip and I'd love to go back. Disneyland is the prettiest place ever and it's literally like a fairytale!' Holly Smith S3



Total Wipeout

For Activities Week we chose to take part in Total Wipeout. It was amazing! We did gorge walking, cliff jumping and played in the inflatable water park. On the first day we walked through a gorge, jumped into the Devil's Pulpit and climbed and slid down waterfalls. On day 2 we went cliff jumping and had a picnic on the island. It was scary but we bravely jumped off a 19 foot cliff after having canoed our way there. The last day at the water park was our favourite day, we all had such a laugh and loads of fun. Back on dry land we had a BBQ, hot chocolate and toasted marshmallows. A big thank you to all the staff who helped to organise the activity - Mrs Hamilton, Dr Fraser, Ms Marshall, Mr Mackie and everyone at Go Country.

Jordan Anderson, Eirinn Blair, Noora Farah, Luke Davies and Stephen Roxburgh S3



Lights! Camera! Action!!!

During Activities Week we were all shown how to script, story-board, shoot and edit a movie. The first day mainly consisted of going over camera concepts such as zooms, all the other camera motions, the use of long shots and close ups, and so on. It also included doing some film work to get used to the equipment we had. On the second day we worked on our story-boards and scripts for the movies we were going to be producing, and then we started to shoot scenes for our film. The last day was all about getting the film made. We had to finish shooting and start editing. As a follow-up we will hold a mini Oscars in Mr Allan's room to reveal our work.

Gregor Flynn S3



World War One Battlefields

During activities week 43 pupils from S2 and S3 went to France and Belgium on the World War One Battlefields Trip. Below are excerpts from two reports from pupils who took part: On the way to Vimy Ridge I got the chance to visit my great-great-grandpa Corporal Norman Henry Petty's grave. He was killed by a piece of flying shrapnel that went straight into his leg. He was rushed to the field hospital but they could not save him because they could not give him a blood transfusion and he died of his injuries on the 28th of September 1918 at just 26 years old. He was a member of the 52nd Canadian Battalion. His wife was not told of his death till the 17th of April 1919. It was very emotional time for me because I knew a lot about him and his family.

Skye Campbell S3

S1 Residential at Lendrick Muir

I had a good time and I learned some life skills that will help me in later life. I also had fun in many of the activities and overcame some of my fears. I think I'll remember Lendrick Muir for the rest of my life!

Callum Fotheringham S1

All the activities taught me to be a lot more confident, listen more and overcome challenges. Some of the activities were thrilling, some were more laid back. Some I felt uneasy doing and others I didn't. It was a really good trip.

Rebecca Geddes S1



Spoil Yourself

During Activities Week I took part in 'Spoil Yourself', a girly and pampering activity. On the first day we stayed in school. Our morning was filled with nail painting and cheesy chick flicks. We were given a huge range of different pretty coloured nail polishes, nail foils, cool nail art pens and, my favourite, the 4D effect nail polish. In the afternoon we made delicious smoothies and toasties with all the sides and treats. We then went for a relaxing swim in the McLaren Leisure Centre.

On the Thursday we went to Silverburn Shopping Centre. It was lovely - it is big and has all the shops you could possibly want! We spent a good few hours browsing before having an amazing meal in Nandos.

On the last day we visited Glasgow City Centre where we checked out the new American shop Forever 21. It was so huge and had some really amazing and fashionable clothes. Once we were finished shopping we went to Faneilis for a pizza making class - it was great fun and the pizzas tasted wonderful! It was an extremely enjoyable activity, perfect for girls in need of a good pamper!

Olivia Smith S2



In a League of Their Own

During Activities Week I took part in 'A League of Their Own' which was a range of sports based at the school. On the Wednesday our teacher Mr Carrol took us on a bike ride round a circuit via Deanston and Thornhill. Then we played several games such as basketball and badminton in the afternoon. On the second day we completed another bike ride via Thornhill and Cock Hill and in the afternoon we ran/walked up the Craggs behind Callander. Finally on the Friday we made some healthy smoothies and played some more games. It was all great fun and we had brilliant weather!

Connor Ramsay-Clapham S2



S2 Traditional Skills Day

On 16 May a group of S2 pupils went to Forth Valley College to attend a Traditional Skills Day hosted by Historic Scotland. We were shown a PowerPoint by Moses Jenkins about all the traditional skills and how they have slowly become less available. We learnt that nowadays not many people know how to preserve and look after buildings. The main skills he concentrated on were; stone masonry, lead work, slating, joinery and bricklaying. Mr Jenkins had brought examples of turf (used to build walls of houses), clay (which would later have been made into bricks).

The whole day was very interesting and great fun. It helped some of us think about a career in engineering or architecture or becoming a professional at some of the skills we learnt. Each one of us thoroughly enjoyed ourselves and learnt lots of new things. Thanks to Historic Scotland and Forth Valley College for the great day we had! The event was funded by Callander Conservation Area Regeneration Scheme.

Eilidh Graham S2



McLaren High School PTA Bookstall

On Saturday 1 June the sun shone for most of the day for the McLaren High School PTA bookstall. After much running around setting up tables and gazebos we were ready for a day of selling, chit chat and laughter.

Both tourists and locals stopped to browse our fantastic range of books and have a chat and we managed to raise £231. We would like to extend thanks to Callander Primary School for the loan of the tables and gazebos and especially to those who supported us by donating books and coming along on the day to spend their hard earned pennies.



Sponsored Walk

On Friday 24 May, in lovely sunshine with only a hint of a breeze, all of our S1 – S3 pupils were involved in the annual Sponsored Walk. The route took pupils across from the school into Coilhallan Wood. The footpath led the pupils through the forested area before joining Invertrassachs Road. The course was well stewarded by members of staff, with help from PC Steven Scott, Community Police Officer for Callander, PC Campbell Dunn and Community Warden Jonny McCulloch. The purpose of the walk was to raise funds to support the School's wide range of additional pupil activities. Many thanks to all parents, family and neighbours who sponsored participants.



U14 Seven Aside Rugby Tournament

Tuesday 4 June saw the inaugural McLaren U14 sevens tournament. The weather couldn't have been any better for running rugby, and the 5 teams involved duly delivered. In the opening ties McLaren 1 v McLaren 2 was a tight affair which was decided by one try, McLaren 1 winning 5-4. In the other opening match the Balforn High team laid down a marker to everyone else with a free running victory over a competitive Stirling High team.

The final was a home affair with McLaren 1 playing the high scoring McLaren 2 who had made the final on point's difference. The heat was taking its toll and the final a close game. As in the pool the speed of Jason Derrick and power of Connor Clark proved too much for the McLaren 2 team who fought valiantly but just came up short, with the final score being 4-2.

Congratulations must go to all teams who participated and many thanks to Balforn, Wallace and Stirling High schools for taking part in a very enjoyable afternoon of sevens.

Scottish Athletics Talent Identification Programme

On 11 June 3 boys and 3 girls from S3 travelled to Grangemouth Stadium to take part in an Early Talent Identification Programme being promoted by Scottish Athletics. The purpose of the event was to try and identify pupils who may be suited to taking up a particular athletic event.

Following registration and an introductory talk, the group was taken around a series of physical tests to identify potential strengths.

Overall a great experience for the McLaren pupils, with the results reflecting that in terms of natural abilities - both Andrew King and Connor Clark were ranked in the top 30 in Scotland!

Well done!



LtoR Grace Taylor-Thoumire, Tara Leishman, Morgan Donald, Connor Clark, Andrew King, Scott McCoull

McLaren High School Top Team 2013/14

After a long day of scrutinising and deliberating, we are pleased to announce the following positions for next session:

Head Girl - Samantha Boyle

Deputy Head Girls - Nicola Allan and Charlotte Kindig

Head Boy - Daniel Speirs

Deputy Head Boys - Duncan Lloyd and Finn Rhys

Bracklinn House Captain - Stephanie Boyd. Vice captains - Will Cartwright and Jack Brisbane

Dochart House Captain - Ollie Wesley. Vice captains - Kate Preston and Hamish Innes

Leny House Captain - Hamish Corder. Vice captains - Gillian Harvey and Alistair Orr



Top Team: LtoR Finn Rhys, Duncan Lloyd, Daniel Speirs, Samantha Boyle, Charlotte Kindig, Nicola Allan with Mr Martin, Headteacher



House Reps: LtoR Will Cartwright, Jack Brisbane, Hamish Innes, Alistair Orr, Gillian Harvey, Kate Preston. Front - Hamish Corder, Stephanie Boyd, Ollie Wesley.



Callander Youth Project Trust

Callander Youth Project has purchased the Bridgend House Hotel and is running a social enterprise café, hostel and events venue.

Third sector organisations up and down the country are turning their hands to social enterprise to generate income streams where before they have relied on grants. Callander Youth Project is no different. CYPT has been going for over 15 years; in a bid to become self-financing we have bought a local hotel and sourced money through Social Investment Scotland to renovate the interior of the building. We now run multiple social enterprises in an aim to diversify our income streams:

Hostel – we have 18 beds and welcome groups from all over the world who want to come and use Callander as a base to explore Scotland. Whether your group wants to go Mountain Biking, Kayaking or Hill Walking or simply use our facilities for training purposes, we can accommodate you all.

Café – Our café uses locally sourced produce and organic, fair-trade coffee. We offer a wide range of fresh food to cater for every taste which includes excellent homemade cakes, salads & filling hot dishes made from ethical, well-sourced ingredients.

Event Space – Whether you are organising the Wedding of the Year or throwing a Themed Garden Party, our Events Team can support you through every stage of the way. From dressing the venue to menu choice our bespoke service is why we are becoming the most sought after venue in Callander.

To find out more about Callander Youth Project, please check out our website www.callanderyouthproject.co.uk or call Chris Martin on 01877 330141.



Stirling Castle launches new online facility for children and their families

Young visitors to Stirling Castle will be able to learn more about it with a new, interactive section on the Castle's website; Kids Castle. Fun and educational, it is designed to help children and their families discover more about the iconic landmark before, during and after their visit. Children will be able to create their own personalised coat of arms, take part in a quiz or even paint one of the famous Stirling Heads. They will also have the opportunity to learn what life was once like for children in and around Stirling, read stories about castle life and learn quirky facts about its history. Kids Castle even allows users to upload their own images, videos and stories about their visit.

To celebrate the launch of the microsite, children are being invited to nominate their ultimate Scottish hero via written or video submissions. This can be anyone from historical figures to sportspeople, scientists, film stars or even fictional characters. Users can nominate any Scot whom they believe deserves to be recognised for their contribution or achievements.

The winner will receive a special VIP day out to Stirling Castle for them and their family which will include entry to the Castle, lunch in the Unicorn Café and £100 to spend in the Castle shop.

In addition, everyone who enters the competition will be put into a prize draw to win a year's family membership for Historic Scotland.

In addition to Kids Castle there will be plenty of treats in store for young visitors to Stirling Castle this summer. Children's tours will allow intrepid young history hunters to uncover various aspects of Scotland's history from stories of William Wallace and Mary, Queen of Scots to learning how to fire a cannonball or storm the Castle. Family tours start at 2:15pm in the Queen Anne Garden every day in July and August and are included in the castle admission price.



Primary 7 pupils from Allan's Primary School in Stirling don Renaissance costumes to help launch Kids Castle, an exciting new kids' section of the website designed to teach children more about Stirling Castle.

Eleanor Muir, Visitor Experience Manager at Stirling Castle said:

"Children love learning about Stirling Castle so we wanted to create a section on our website that's just for them. Kids Castle is educational, but fun and engaging at the same time and we hope that children and their families will use it before, during and after their visit to Stirling Castle to help them get the most out of the experience. From designing their own coat of arms to having a go at painting one of the Stirling Heads, the new zone on the website is designed to make learning about Stirling Castle lots of fun."

Visit www.stirlingcastle.gov.uk/kidscastle for details.

CALLANDER YOUTH PROJECT SHARES GOOD PRACTICE AT PARLIAMENTARY RECEPTION

Callander Youth Project were asked to share the stage with Angela Constance, Minister for Youth Employment, to present their work with young people to over 100 delegates and Ministers at a Parliamentary Reception in April of this year.

Callander Youth Project Trust (CYPT) was established in 1997 and delivers a wide range of key services for young people in the local area such as community youth clubs, holiday programmes and employability initiatives. CYPT have recently purchased the Bridgend House Hotel in Callander and developed a partnership with the Scottish Council for Voluntary Organisations to take young people on through the Community Jobs Scotland scheme where unemployed young people are given six – nine month work placements.

Chris Martin, Manager of Callander Youth Project Trust, said: "The main labour driver in Callander is Hospitality and Tourism; our aim is to train young people to develop their skills in the hospitality sector and become a conduit to jobs in the local community. The partnership with SCVO has made a hugely valuable contribution to our work to improve the well-being and life chances of Callander's young people."

Alison Elliot, Convener, Scottish Council of Voluntary Organisations, said:

"Callander Youth Project's fantastic work helps hundreds of young people in rural Stirlingshire to enhance their social skills, and find work and training opportunities."

"So far it has recruited 10 young people through the Community Jobs Scotland (CJS) programme, offering them that vital first step on to the career ladder. It has a great track record of young people moving into full time employment after the CJS contracts, but what strikes us most about the Callander Youth Project is how it always looks at young people as individuals and works tirelessly to get the best results based on their individual needs."

Speaking at the Gathering on Youth Employment in Glasgow, Minister for Youth Employment Angela Constance said: "Community Jobs Scotland has played a pivotal role in delivering Opportunities for All, our unique guarantee of an offer of a place in training or education for 16 to 19 year olds. Extending the programme for another year will help hundreds more improve their life chances through finding jobs."

For further information, please contact the CYP office: Chris Martin, 01877 330141, chris@cyp.org.uk

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Pet Profile



WOOOOFF! I'm bored – I asked HER to tell you this but SHE says she can't write my blog and play at the same time. Anyway it's a bit hot and I've found a cool spot under the table (where I shouldn't be). HE has gone golfing but at least that means HIS pal will come to lunch and he is fun - used to put me round his neck. I AM GILLY, a black Labrador, and have had fifteen months' of fun. I love to play, especially with other dogs, but also in the garden, and where there is water –. Water is a good place to be when it is hot – I escape into the garden pond especially when my brother visits – I don't think the gold fish, lilies or HE like it; sometimes I get to Lemahamish.. Doing the same walk can be boring! I love to have new adventures: last month we went off in the car – I went on a big boat and when we were in the car afterwards I

saw lots of water and golden mud. THEY let me out and it was such fun – I could run and run and then I got into this salty water .. funny taste but nice and cool. I went on several beaches but SHE got cross when I ate smelly fishy things. I also went up on the moors where I could run wild; jump up and down on the peat bogs and hide. Lots of long walks that week, and THEY let me sleep in THEIR room. Last week too I slept in three different places .. lots of time in the car, but again I went on a big sandy beach where HE threw my Frisby for ages, there were lots of others to play with, and again I was in the water. On the last night we were in a farm where there were two others like me .. more fun and I didn't want to come back! Please tell me – are any of you always looking for food?? THEY say it is 'cos I'm a Lab!

Do you have you a pet with funny habits, or just something that makes you enjoy them? Please let us know and send your contribution in to editor@strathardnews.com or leave in Aberfoyle Post Office.



The Brownie Story

I decided to type this up because at the Aberfoyle Flower Festival, when I was at the brownie display with my Gran and Grandad, I told the brownie story to a few people but for those of you who don't know it here it is:

Once there were two little children, one called Tommy and the other called Betty. They were nice but were very untidy and didn't help their mum. One day they heard their mum muttering to herself, "I wish we had a brownie."

"What's a brownie?" asked Tommy.

"Well, a brownie is a mythical creature that lives in the forest."

"How could we find one?"

"I don't know but the wise owl in the forest might know," replied their mum.

That night Tommy and Betty crept into the forest to see the wise owl. At first they couldn't find him and Betty wanted to go back but Tommy wouldn't let her. Eventually they found the wise owl deep in the gloomy forest at the middle of an enormous tree. So Tommy went and asked,

"Excuse me, wise owl."

"Yes."

"Where can we find a brownie?"

"Well go to the pond over there and say, *'Twist me and turn me and show me the elf, I looked in the water and there saw'*."

"Thank you," said Betty. So they went over to the pond and said, *'Twist me and*

turn me and show me the elf, I looked in the water and there saw.' Betty stared hard into the water but all she saw was her own reflection. So they went back to the wise owl nearly in tears.

"We didn't see a brownie," sobbed Betty. "What did you see then?" said the wise owl.

"All I saw was myself," said Betty who by now had stopped crying.

"Let's see if that fits with the rhyme," said the wise owl. *'Twist me and turn me and show me the elf, I looked in the water and there saw myself.'*

"Yes!" Betty cried out in excitement, "It does."

"But we're not brownies," said Tommy, puzzled.

"But you could be," and with that the wise owl flew away.

As Tommy and Betty were walking back to their house Tommy suddenly jumped up and said, "I know what the wise owl meant."

"What did he mean?" asked Betty.

"Well, brownies are helpful and tidy and we could be helpful and tidy as well so therefore we could be brownies," answered Tommy.

So ever since then they have been doing good turns every day like every good brownie does.

By Catriona Manders P3 (a brownie)
(original story by Girlguiding UK)

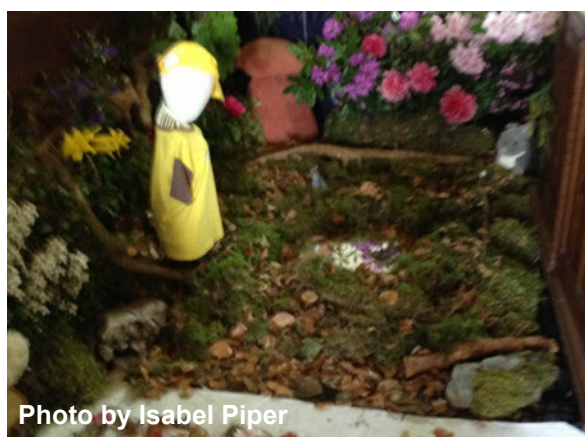


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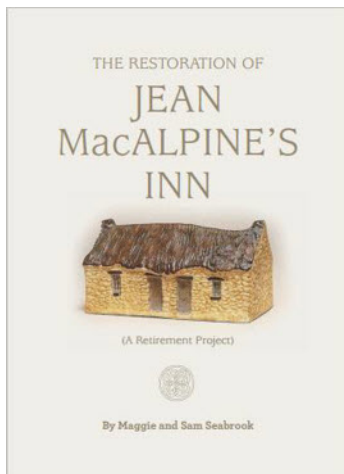
You will recall in this column occasional reference to the characters of Aberfoyle and district as recalled by the BBC wireless programme broadcast nationally in the spring of 1939.

Does the name Charles Mann come to anyone's mind? He lived with his wife in premises situated opposite Jean MacAlpine's Inn at Milton. At the time the Inn was in near ruin: it has of course since been restored. Mr and Mrs Mann kept dog kennels and Charles Mann describes a typical day which started with feeding the dogs a breakfast of meat and wholemeal rusks together with supplements such as vegetables, cod liver oil and charcoal. Puppies were reared on goat's milk. The runs were then cleansed before the dog-walking started. Over eighty dogs shared between the couple and their two assistants must have meant a good number of miles were notched up around the locality every day. Mann set great store by these walks as this encouraged hardening of the dogs' paws. He was also at pains to groom his charges daily. His philosophy was that a dog should get accustomed to such attention from an early age. Perhaps some animals he housed were boarders, but the majority were evidently kept for breeding. Scots terriers were a speciality and were exported to amongst other places the United States and Canada. He also bred Springer Spaniels, Dalmatians, and White West Highland and Cairn Terriers. He remarked that a pup had recently left for Italy. World events would soon be closing that particular market for some time.

As if the dogs did not suffice to fill their day, the Manns also kept goats and ran a poultry farm with a stock of two thousand birds. Sometimes as many as 1500 eggs were produced daily and were sent via Aberfoyle station to Glasgow. This part of the enterprise was run by just two men and a girl. 'It's a very interesting life' confessed Mann 'but we seem to be hard at it all the time'.

It can only be hoped that the Mann's neighbours were accommodating.....

'The Restoration of Jean MacAlpine's Inn' by Maggie and Sam Seabrook.



You are invited to the exclusive launch of our book at the Tourist Centre in Aberfoyle on 7th September 2013 between 11.00 am and 3.00 pm. The book will be selling at £18.99; the ISBN No is 978.1.907.978.32.6 and can be ordered from book sellers after 1st November 2013.

Bailie Nicol Jarvie and Jean MacAlpine are characters from the book 'Rob Roy' by Sir Walter Scott.

Councillor Fergus Wood will be presiding over the proceedings. Hope you can come.

Maggie and Sam

Aberfoyle and Port of Menteith Parish Church



I would like to begin this month by thanking everyone who supported the Flower Festival in Aberfoyle Church.

The displays in the church were incredible and there was a wonderful buzz about the church and church house during the weekend.

Over the summer months the churches are not closed with weekly services in both Aberfoyle (11.15am) and Port of Menteith (10.00am). In the Port Church there is also the summer opening each week day between 2.00pm and 4.00pm. You are welcome to come along and enjoy the quiet and still of the church during these times.

The summer months bring to an end the Rev David Sutherland's time as locum as he begins a time of probation in Glasgow. Another highlight of recent weeks has been the Messy church afternoon in Aberfoyle. It was lovely to see so many families getting messy designing coats for Joseph or finger painting Joseph's brothers or making bubble dreams. There will be more Messy church afternoons once the schools are back and so watch out for information about these dates.

We continue to pray as a Church for a new minister for the parishes of Aberfoyle and Port of Menteith. As soon as we have anything to share we will let you know. In the meantime, I hope and pray that you have a good summer and look forward to seeing you in the Church or around the villages at some point.

Yours in Christ

Richard Begg

Interim Moderator

Pulpit supply is as follows:

28th July - Rev Jim Brown

4th August - Rev Richard Begg

11th August - Rev Elizabeth Sutherland

18th August - Rev Elizabeth Sutherland

25th August - Rev Benjamin Abeledo

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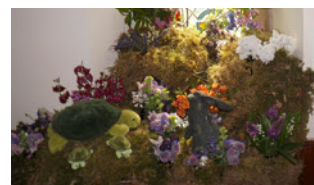
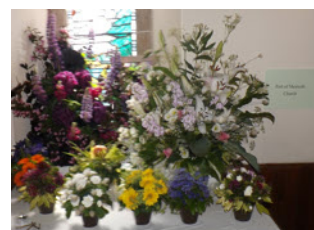
If you didn't manage to climb *The Yellow Brick Road* up to the church in Aberfoyle on the middle weekend in June, you missed a treat: the Flower Festival. The theme this year was *Fairy Tales*.

From the entrance on Lochard Road the display by the children from Aberfoyle School took us right up to the church entrance to meet The Tin Man and his friends, past a giant red shoe while Dorothy stood under the rainbow to greet us.

I imagine many of the same children were involved in the Brownie display which filled the back of the church as well as the Sunday Club's imaginative tableau of *The Three Little Pigs*.

The church itself was filled with creative and imaginative depictions of well-loved fairy tales. The people responsible are too many to acknowledge here but I feel we must mention Dorothy Prescott who, besides her own contributions, found time to help and inspire the rest of us.

Of course, no event is complete without a 'wee cup of tea' and the strawberry teas, lunches and home baking went down a treat. Thanks to all who helped make the weekend such a success.



*Photos courtesy of Jim Scott

The Garden in late summer



St Swithin's Day - July 15th - was dry and warm so if we put our faith in the old saying we should be in for another month of good weather! Even in 9th century Wessex that would have been asking a bit much but however unlikely it may be let's make the most of it while it lasts. (What a welcome difference from last year). Given the weather we've had recently keeping the garden watered should probably be top of the "to do" list. Established plants in the ground shouldn't need much extra attention but anything in containers including hanging baskets obviously need regular watering. Fast growing plants such as vegetables also need to be monitored. Remember that it's not just the heat that dries plants out - wind can be just as dehydrating.

To prolong **hanging baskets and summer bedding** keep dead-heading and feeding at least every two weeks with a high potash fertilizer such as tomato feed. Also feed shrubs or trees in containers with the same fertilizer as it helps to toughen up the young wood ahead of the winter. But stop feeding before the middle of August; any later will promote soft new growth which will be very susceptible to the cold of winter.

In the **vegetable garden** you should be busy harvesting the fruits of your labours but still planning ahead at the same time; if you haven't picked your blackcurrants yet, save yourself some backache by cutting off at least some of the fruiting branches right back to ground level. You can then pick the currants off from the comfort of your chair and you'll have opened up the structure of the bush at the same time; good air flow helps prevent mildew. Prune back summer fruiting raspberries after you've picked all the fruit. (Autumn fruiting varieties should be left until the spring before pruning)

In the **greenhouse** you can be sowing perpetual spinach, rocket, winter-hardy lettuce, winter radish, red mustard and mizuna. Also prepare to take tender perennials in for the winter or take cuttings from them.

In the **ornamental garden** if you want to get rid of some of the really difficult perennial weeds such as ground elder and couch grass, spraying them now with a systemic weedkiller such as Roundup is likely to be most effective as the weeds start drawing sap down into their roots taking the weedkiller with it. Prune rambling roses as soon as they have finished flowering, taking the flowering shoots back to one or two buds from the main stem. Continue to dead head all other roses.

Disease on **roses**; of all the common garden plants roses are more prone to disease than almost any shrub and the three main problems are black spot, rust and mildew, the latter being more of a problem for roses grown in pots. All three diseases can be spread by rain drops. To minimise the problem pick off the most badly affected leaves and put them in the bin or burn them (DON'T put them on the compost heap) and/or cut back badly affected stems. Then spray with a rose fungicide. For roses in pots, the chance of getting mildew is greatly increased if they get at all stressed e.g. not watered regularly enough. If you notice a particular variety being very badly infected it might be worth removing it completely. Trim hedges to maintain their shape. Plant spring flowering bulbs for a great display early next year.

The growth of grass in the **lawn** will probably have slowed down recently with the lack of moisture. You will presumably have reduced the frequency of cutting accordingly and you should also raise the height of cut slightly. In late August/September, assuming the soil is moist again, give the lawn an Autumn Weed & Feed, formulated to toughen the grass up, not produce lush top growth.

Orchids. Keep an eye out for the approach of frost and bring in any Cymbidiums that have been outside for their summer holidays.

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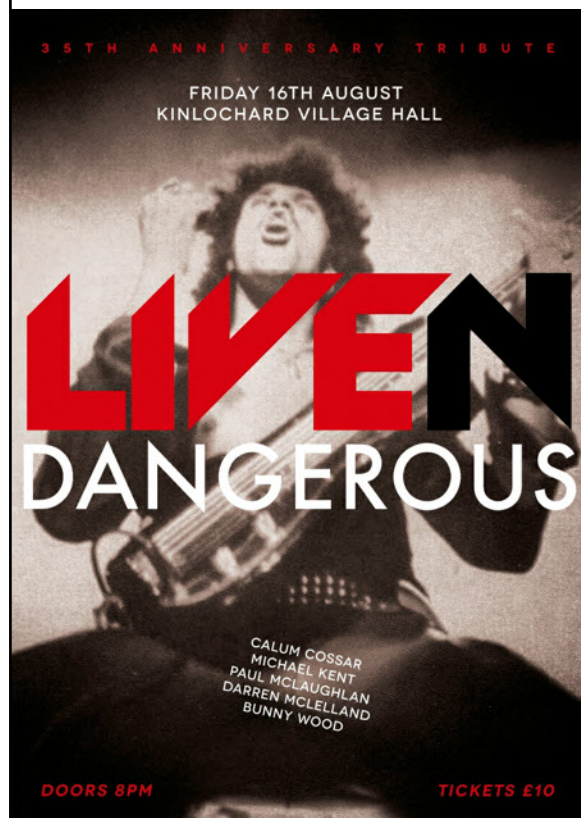
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THE BOYS ARE BACK IN TOWN!

Fans of Thin Lizzy are due for a treat at a concert in Kinlochard Village Hall on Friday, 16th August when a band led by local boy Bunny Wood on vocals and blues harmonica relive the magic of the famous album *Live 'n Dangerous*, which was recorded exactly 35 years ago.

Featuring the entire album, including tracks such as *The Boys are Back in Town* and *Whiskey in the Jar*, Bunny's band have been on a successful tour in venues in Glasgow and North Ayrshire. Bunny, whose Dad, Fergus Wood of Ledard Farm, Kinlochard, is also a musician in the ceilidh scene, is delighted that the band have managed to bring the music of Thin Lizzy to his home territory.

Tickets for the concert, which commences at 8 p.m. are priced at £10 and are available from Ledard Farm, Kinlochard, Stirling FK8 3TL, tel: 01877 387219, e-mail: ceilidhband@btconnect.com BYOB



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The Scribe's Apprentice!?

Rules for Fools



Sometimes, you just have to shake your head in wonderment and give silent thanks that you're not as ba'heided as the other bloke.

Hello! How's thing wi' youse lot then? Enjoying the better weather? Aye, me too! As I was saying; sometimes yur left just totally gob-smacked at the logical thickpidity of the human genus.

I was coming back from Sallochty the other day, travelling back down the road to Balmaha, watching for those other nut-cases, the ones that will insist on walking the West Highland Way, and travelling slowly because of the amount of shrubbery encroaching into the road corridor. Suddenly, this head poked out from behind a bush, saw me, glanced hurriedly behind, and then promptly started waving at me to pass.

I confess I had to blink a couple of times, because this fella was hidden by the bush solely because he was quite literally following the letter of the Highway Code; in this case, face the oncoming traffic. Even though he couldn't see the oncoming traffic, and the oncoming traffic couldn't see HIM!

So, what could he have done; lest you think I'm having a go at this Lad just for the sake of it?

Well, he could have looked at the road, realised that walking on the other side would let him see oncoming cars, and oncoming cars see him, and then crossed over!

Simple in its simplicity, but not in the Highway Code!

American Civil War General, and later President, Ulysses Simpson Grant once said, "Rules and Regulations are there for the guidance of wise men; and the Strict Adherence of Fools".

If I may ask, into which category, do you feel you fall, Gentle Reader?

So, I wonder how many near misses happen because someone followed a rule without thinking about it?

More than just a few I'll bet.

And speaking of near misses, I'm really worried, I mean it, seriously, about the number of bikes on the roads.

I know I often have a go at the Mbers, but in all seriousness I do worry about the folk on bikes. All they have between their own fragile corpus and high speed mild steel, is one layer of shiny bright spandex.

Bit of a disparity there! I don't have a problem with cyclists using the roads, but I do believe that if the Government wants to encourage folk to cycle more, they ought to instigate a programme of building cycle lanes alongside the trunk roads, to accommodate them.

Now, lest you think, "this twat has lost it", let me explain. The benefits are twofold. Firstly, yes, it would take a lot of money; yes, it would be complicated; yes, it would take a lot of time, but it would be a boost to the economy as it would let Government sink huge amounts of money into the transportation infrastructure.

In other words; the roads!

Secondly, it would separate machine from Man, or woman, and keep them safer than at present.

I'm sure that, despite the adverts on the telly, I'm not alone in having seen drivers still skiffing passed bikers, because traffic is heavy and they're being held up by the bike; so they take a chance on passing, and hope the bike doesn't wobble at the wrong moment. Mostly it works; but when it doesn't, it is usually tragic. And everyone involved is very sorry, too late by far.

So, to close on a more positive note, well barely, historically, when times were bad and the economy was in trouble with too much capacity and not enough market you just started a war, so my idea is better as nobody has to die and there is no way to be on the losing side.

It will give employment to thousands, put money in bank accounts, buy the messages, pay for the holidays and Christmas, and generally help the nation's morale!

So, Alec, if you get a mandate after September next year, how about it?

Upgrade the A9 to dual carriageway status all the way to Inverness, and bike lanes along every major trunk road in Scotland.

Now that is worth voting for.

Hoo-ra!

See ya.

TATTSA.

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Scottish Wildlife Trust

Is this the summer that you get more involved with wildlife: watching it, going to events or helping to conserve it?

BBC has a 'Summer of Nature' website that continues some of the themes of Springwatch and collates a lot of information: links to organisations, a handbook, events over the summer and how to get involved with wildlife. Many events will be free and a great way to get children and adults engaged with their surroundings. The Scottish Natural Heritage (SNH) website also lists many events celebrating the Year of Natural Scotland. RSPB and Scottish Wildlife Trust (SWT) reserves can be visited or may offer events: SWT's Loch of the Lowes has a busy programme as does the Jupiter Wildlife Centre at Grangemouth, offering many (cheap) events for children over the school holidays. Even closer to home the David Marshall Lodge is still operating from the 'mini-lodge' while the main building is being refurbished; walks are open and live CCTV images of local wildlife, including ospreys.

If you have an interest in specific species than there are many organisations such as RSPB, BTO, Bumblebee Conservation Trust, Plantlife, Froglife, Buglife, The Bat Conservation Trust, Scottish Badgers to name but a few. All have websites, many run events and all will welcome volunteers to help with their conservation activities. Finally, don't forget iSpot – a site where you can post a photo of an unknown species and an expert will identify it for you.

Of course if you have the time and interest in helping your local SWT group we'd love to hear from you - contact Lesley Hawkins mlhawkins@tiscali.co.uk. Fund-raising has allowed us to donate £100's to wildlife projects over the last few years. On 3 August we will have a stall in Ancaster Square - can you help? Manpower on the day, donations to the bottle stall and sellers of quizzes are all needed. Our season of talks starts again in September (second Tuesday of the month, 7:30pm in the Waverley Hotel) and includes Bats, Badgers, Bumblebees and Raptor Tracking – see you there?

ERRATUM: in the last edition I included an incorrect e-mail for reporting of mink sightings. This should have been katy.anderson@forestry.gsi.gov.uk.

Lesley Hawkins

Red kites at Argaty, fed daily at 2:30pm, provide incredible aerobatic displays and photo opportunities. The red kite population in Stirlingshire and Perthshire continues to grow with maybe as many as 80 pairs or more attempting to breed in 2013. A sad exception to this increase is in the Callander area where two established adult pairs have disappeared. Adult kites do not normally shift territory and they have also have a very high survival rate where not persecuted. So it is a mystery what has happened to these birds. If anyone sees kites around Callander it would be appreciated if they pass their sightings on to the local SWT group, the local raptor study group, FCS (dave.anderson@forestry.gsi.gov.uk) or RSPB.

Or, if anyone suspects that something illegal may have happened to these birds please report it to Central Scotland Police on 01786 456000 and ask to be put through to the local Wildlife Crime Officer.

Kevin Duffy

Milton

Hello Children,

This has to be my favourite time of the year: the school term is over and the long, simmering summer holidays are here. At least they will be if the sun keeps on shining, the way it has been blazing down so far. Unfortunately, there has been a down-side. The nature-loving Forestry Commission have let the old lint-pond, at their Aberfoyle offices, go dry – yet again. All the tadpoles, some almost ready to leave the water, have shrivelled up and perished. Maybe, just maybe, next year they will please keep the water level topped up enough for me to swim in!

What a magnificent display of wild flowers there have been. First the bluebells bloomed the whole length of Strathard, then came wall-to-wall buttercups and now great stands of foxgloves have appeared everywhere. Foxgloves are very useful plants. Digitalis, an extract from its leaves and seeds, can be used to treat heart failure in human beings. It might be an old fashioned treatment but, until Aberfoyle gets a Publicly Available Defibrillator (PAD), it is all we have to rely on. Inversnaid and Kinlochard have their PADs safely installed.

At the holt we have all been enjoying some wonderful, refreshing drinks, made by Mum from the frothy white flowers picked from elder trees. My sisters, Katrine and Braeval, have even used some of the flowers to flavour a very tasty jam – lovely, spread thickly on well-buttered bread. Grandpa Otter made me a small whistle from an elder twig, quite easily scooping out the soft pith from the centre. With a row of small holes drilled along the top, close enough for my paws to cover, I can now whistle a tune. Well, sort of. As a birthday present, Dad carved a bowl and spoon for each of the twins, from a harder piece of an old elder tree. Duke and Katrine were absolutely thrilled.

I am sure that you will all find plenty to do between now and going back to school (sorry to mention it). A couple of things already in my diary: Saturday 3rd August, I have booked a seat on the mini-bus jaunt to look out for this year's young ospreys, splashing about and learning to fish for themselves. Starting from the David Marshall Lodge at 4.30pm, it will be a splendid way to spend an evening. Also at the Lodge, over August 24th/25th, we can all help to celebrate European Bat Weekend. There will be plenty of activities, designed to suit all the family. Remember, even a tiny pipistrelle bat will eat about 8,000 midges every night! The rest of us had better use midge repellent!

It is much better, now that the Rob Roy have returned to play their Forth and Endrick football matches in Aberfoyle. Going all the way to Gartmore to watch home games, was a bit of a drag for a small otter, especially if they didn't win! Let's have some really good support for the local heroes.

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 Anonymity assured.

Dear Constance,

Q: This is a problem I cannot discuss with anyone but you, Constance, as you are so wise and the soul of discretion. My son—age 18—is still wetting the bed. Obviously this is an inconvenience to me, as he will not use the home convenience. I suspect this is because of his juvenile alcohol consumption and the fact we still have an outside toilet. Please give me some advice which would resolve the problem.
Fizzing: Buchlyvie

A: Easily resolved! Do not give him any more money, make him wash his underpants and bits in the sink. At night put some Jaaps health salts or equivalent in his pants. He will hate the foamy feeling—a bit like painting thumbsuckers' nails with bitter aloes. Can't wait to tell my friends all about your problem, to help them, you understand. They won't tell anyone else. What is your real name btw?

Q: My children will not go to sleep. It is particularly annoying when I want them (age 9 and 14) to have a nap in the afternoon. My friends say I do not understand what happens when children grow up. I have tried motivational relaxation tapes which have been met with abuse—from my children. What do I do?
Snoozer: Inversnaid

A: I think you should take advice from the Sleep Scotland campaign. They can provide sleep therapy techniques for your children. With any luck, after a few sessions, your progeny will sleep round the clock—a wonderful way for you to avoid the teenage years—though be prepared for them to have difficulty in finding a job later, therefore requiring them to live with you forever! There are other solutions to your dilemma, but I cannot advise them in this column!

4 Days in Fintry

Community Gardening Networking Event Thursday 15th of August 10am – 4pm

This event will provide you with an opportunity to share your experiences, while looking at Fintry Community Garden as a case study, focusing on our journey and overcoming barriers. This event will also involve practical sensory and wildlife gardening activities as well as learning how to record biodiversity with volunteers. Lunch will be provided for participants. To book please visit the Federation of City and Farm Gardens website - www.farmgarden.org.uk

Energy Efficient Driver Training and Fintry Energy Efficient Transport (FEET) Friday 16th of August 9am – 4pm

Come along and learn how to drive more efficiently and save yourself some money. By adopting simple and easy techniques you could save yourself up to 20p per litre of fuel. Up to eight one hour driving sessions are available. Sessions will take place around the local area within the instructor's car. Participants must have a UK valid driver's license with one years experience and be over 20. Participants will also be able to view FEET car club and find out how you could benefit from becoming a member of FEET.

Cycle Fintry and Bike Maintenance Workshop Saturday 17th August 10am – 4pm

Expert advice will be given from bike mechanics from Recyke-a-bike in Stirling. The morning workshop will look at more basic maintenance such as changing tires and wheels. For those who require more advanced training, the afternoon session will look at removing and changing cables, etc. Please remember to bring your own bike.

You will also be able to view one of FDT's most recent projects – Cycle Fintry – a community initiative aimed at encouraging individuals to cycle as a form of sustainable transport. Participants will also be able to test driving our electric bikes (over 18's only).

Renewable Energies and Open Doors Sunday 18th of August 1pm – 3pm

Participants will be able to visit an Air Source Heat pump, Ground Source Heat Pump, Biomass Boiler and a Solar Hot Water system. You will be able to speak directly to the home owner and hear what a difference their renewable system has made to their lives, find about real life costs and savings, the installation process and how simple their renewable was to install. You can even talk to FDT's dedicated energy advisors for free and impartial advice about what would suit you and your home.

All workshops are completely **FREE** to attend however you will need to book your space as places are limited. All workshops are taking place at the Fintry Sports Club, Kippen Road, Fintry, Glasgow, G63 0YA

If you would like any more information or to book your place email info@fintrydtd.org.uk or call Chrissy on 07880-823-302 or visit us on Facebook.

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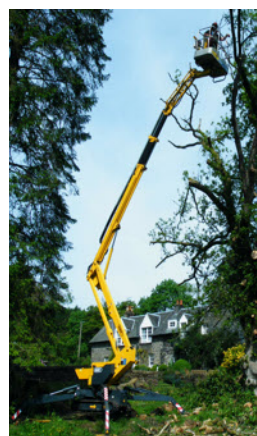


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Not here.....but near!

Callander and West Perthshire U3A

Callander & West Perthshire U3A celebrated the conclusion of its first year with a splendid Summer Fest in Callander Kirk Hall on 15th June. Despite the appalling weather outside, the hall was full of festive colour, fun and friendly people ready to inform the many visitors about U3A, its aims and objectives, by demonstrating the great variety of interests pursued by U3A members who now number almost 170.

There were videos and slide shows, exhibitions of Art, Photography and Creative Stitchery, performances by the Country Dancing and Singing for Pleasure groups and even a sketch in French. Many potential members showed their interest in current or new courses and took away leaflets and the timetables for the year starting in September.

Teas, coffees and home baking were served throughout the day and thanks must go to all the U3A members who provided the delicious array of food. Visitors were amazed that they were encouraged to take as many cakes as they wished and at the end of the day there were still some to take home.

All the group leaders and committee are to be congratulated on the day's achievements which have entailed so much hard work and gained great reward.

The next important date for your diary is:
Friday 30th August
at Callander Youth Project
AGM at 2.00pm
Enrolment for 2013/14 at 3.00pm



Callander Photo Club Dates for 2013-14

Callander Photo Club has grown from our first meeting in May of 2012. We now have an active list of 25 members and are busily making plans for our second year of activities beginning in September. We are a relaxed friendly group with goals of learning more about our cameras and the art of photography. Please join us as we grow and develop.

Meetings are in the back room of the Waverley Hotel on Callander Main Street at 7:30 pm on the second Wednesday of each month. Dates are as follows:

11 September
9 October
13 November
11 December

Details of meeting plans will appear in the September issue of the Ben Ledi View and in other local publications. We look forward to seeing you in September.

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.

Scottish Wildlife Trust Diary

July & August 2013

Over the summer we have several outdoor events organised with Stirling SWT Members' Centre. If you want to join in please let the contact know.

Walk

July, dates tbc.

Visits to alpine sites around Killin & Ben Lawers. Contact Sue Sexton 01786 833409 or e-mail on sextonsp@aol.com or mlhawkins@tiscali.co.uk

Stall

3 August 10am-4pm, fund-raising stall, Ancaster Square : bottle stall, plant sales and SWT information

Talk

10 September 'Bats in Central Scotland' by John Haddow and Ann Youngman. 7:30pm, Waverley Hotel followed by local Bat Walk. Admission £2 members, £2.50 non-members, fee to full-time students, including tea/coffee & biscuits.

Callander Ramblers' Diary

AUGUST

Sat 3rd 8:30am Hill: Tarmachan Ridge (1044m)
contact 01786 823265

Sat 10th 8:30am Hill: The Stob (753m)
contact 01877 339080

Wed 14th 9:30am Stroll: Gartmorn Dam & Devon Way (6 miles) contact 01877 376236

Sat 17th 8:30am Ramble: Duncolm & the Slacks (10miles)
contact 01786 841240

Sat 24th 8:30am CtoC(16) Glenfarg to Falkland (10 miles)
contact 01877 330032

Wed 28th 9:30am Ramble: Tillicoultry to Blackford 10miles
contact 01786 825877

SEPTEMBER

Sat 7th 8:30am CtoC(17) Falkland to Ceres (12½ miles)
contact 01877 330032

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 Balfron 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
or contact Ken Allen 01360 550415:
kenallen@btinternet.com

Smith Art Gallery and Museum

Permoevo: New Work by Greer Ralston

The Stirling Smith is pleased to be showing a range of the latest work by artist Greer Ralston. A graduate of the Glasgow School of Art, Greer works in the tradition of the Craigmill and Cambuskenneth Schools, where, over a century ago, artists came from all over Europe to Stirling to perfect their skills in the painting of animals. She immortalised Hamish, the Smith's bullock during the BSE year in 1996.

The Ralston family, for generations, have had a long association with breeding and riding horses, and Greer has made the subject of the horse in art her own. She receives important commissions from riders and show jumpers to paint their favourite horses. Her work is as prized in today's equestrian world as those by Stubbs and James Howe were in their time.

The paintings in Permoevo celebrate the joy of movement, as captured by Greer in dancers, dogs and fast moving hares. Health, life, movement and muscle tone are vibrant in all of her work. The paintings incorporate both her passion for the figure and her life-long love for animals.

The show at the Stirling Smith is a rare opportunity to see a wide range of her new work, and to make a purchase or plan a commission.

The exhibition runs until 25 August 2013.
Stirling Smith Art Gallery and Museum
Dumbarton Road
Stirling
FK8 2RQ
Tel 01786 471 917



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 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

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Sunday: Closed

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Book Club

Contact James Kennedy 01877 387201

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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

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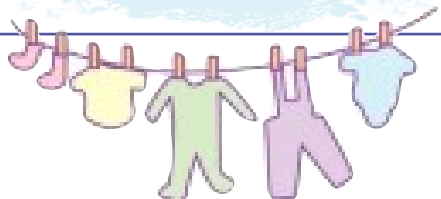
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