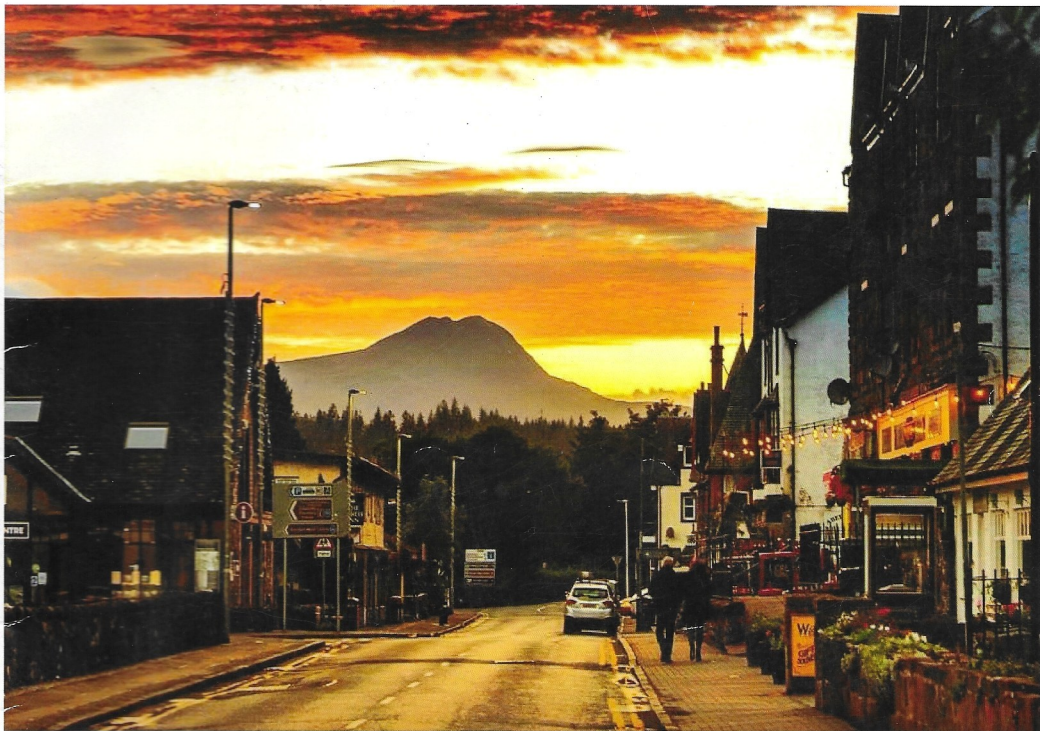


Strathard life

Winter 2020 #118 / £1.00

Live Here, Live Well



living with... coronavirus

Aberfoyle - Inversnaid - Kinlochard - Stronachlachar

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Editorial

Welcome to the bumper Winter Edition of Strathard Life. It has been a while since the last edition came out, so you have a bumper Christmas copy to read this month.

The plan for 2021 is to issue more regular editions of the magazine, we hope to be able to offer you regular updates from community organisations, the business forum, local councillors, the local MP, local businesses, church news and school news..

If you would like to contribute to Strathard Life, please let us know, we would like to feature local recipes, photography, local stories and local people. Please tell us what you would like to see.

The magazine is also looking for a new editor, so if you have a keen eye for print and production, please do get in touch, we need your help !

We are also looking for local businesses who would like to advertise on a regular basis or sponsor the magazine.

News Flash

Food Delivery Service

A great new service if you want your take-away delivered for you.

When you order tell them Vivian will be picking it up and phone her with details of order payment and address on:

07932048786

Dunblane - £6.50

Callander - £3.00

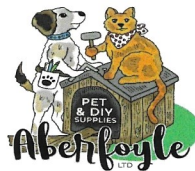
Aberfoyle - £6.50

Ruskie - £7.20

Payment via PayPal or Apple Pay or cash.

Pet Supplies & DIY

Now open in Aberfoyle, pet supplies & DIY.



Outlaw Home

Another exciting new shop in Aberfoyle.....you should now be able to do all your christmas shopping in the village !



Strathard news advertising rates

Full page advert £100	1/4 page advert £25:00
half page advert £50:00	
one third page advert £35:00	small ad £15:00

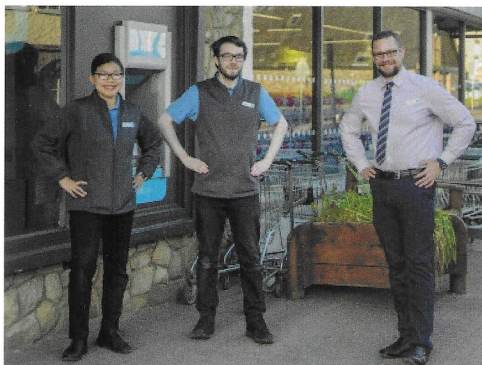
Local news

Aberfoyle Community Store

Joyce Kelly who represents you on the Community Council for Planning matters responded to the Strathard Life request for information about the Co-op site

The SCC was very supportive of the planning application and we will be taking an active interest in what happens to the existing Coop building post their relocation across the road. The SCC and indeed the SCT is very keen to avoid replacing one eyesore on the Main Street with another vacant lot and would like to see a development which will support Aberfoyle and the wider Strathard area in creating sustainable growth and improving resilience within the community.

We have been in touch with the Coop and W D Harley, the developers of the Guyana site, to keep abreast of developments and will continue to monitor as far as we are able to ensure the interests of our communities are best served. Dates for completion of the new Coop building are I believe fluid due to COVID 19 restrictions and as far as I am aware the Coop have no firm date in mind or plans for disposing of their existing building. Much will depend on progress with the new build.



The 'David Marshall' Lodge turns 60 !

The team at the Lodge have been working on celebrations and with current restrictions are putting together a digital display to celebrate the Lodge turning 60 on 16th August. There will be a digital presentation shown at the building when it is ready to open fully, check the Lodge face book page for updates. The display will show the building when it was first built, its opening ceremony in 1960 and changes over the years including its last refurbishment in 2013 and up to the present day. Mairi from Forestry and Land Scotland said “we are excited to see what future developments the Lodge has in store over the next 60 years. It’s such a special place to so many people”.



The car park, outdoor toilets and café are open 7 days a week 10am – 5pm with all safety measures in place based on Government guidelines. The rest of the building will remain closed off. As we go through the next phase we hope to have the Lodge building open soon.

Check the Lodge Facebook page and website for updates.

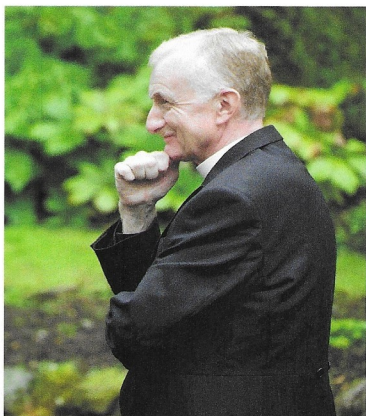
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Retirement of the Rev. Canon Richard Grosse

Mark Seymour

Richard retired as Rector of St Mary's, and the linked charge of St Andrew's in Callander on 1st May 2020. But of course he did not 'disappear' then. Richard and Melanie have continued to live in the Rectory and be seen around the village because they could not move during the Covid-19 Pandemic.. As a result of the lock-down, Richard has still to hold his final service at St Mary's.

Richard was appointed Rector of the Linked charges of St Andrew's and St Mary's, Aberfoyle in 2004. Originally a solicitor, practising in Cambridge, he forsook the Law to become ordained an Anglican priest. He looked after a number of rural parishes in Lincolnshire and South Yorkshire before moving to Perthshire with his wife Melanie.



As in England, where his charges contained up to five parishes, Richard's ministry was not confined to Callander and Aberfoyle, but included Balfron, Buchlyvie and Killearn and recently as Interim Pastor at St James the Great, Dollar. He was installed as a Canon of the Perth Cathedral in 2015 and became Synod Clerk to the Cathedral Chapter. He is now an Honorary Canon, in recognition of his exemplary ministry. Richard was a tireless worker both for his charges and for the communities that he served. Transport is fundamental to his life, and he has frequently been seen behind the wheel of taxis, school buses and the Mobile Library where he actively engages passengers in conversation. At home his engineering prowess focussed on his collection of vintage motorcycles but he is also very well read and his musical knowledge is encyclopaedic.

He made good use of these skills in the pulpit, where his sermons were measured, well informed and illustrated with historical analogy, never predictable and frequently accompanied by props. He was always assiduous in putting his message into contemporary context, whether through history, politics, natural phenomenon or just characterising the saint of the day. Richard was a notable ecumenist and played an active part in the Callander Council of Churches.

Varied too was his work in the community. He cut the grass, and was often seen up a ladder (such disregard for convention and his own safety often caused alarm among his congregation). But his ministry was much wider than this - he helped the elderly, went to see the sick in hospital and visited people at home, putting pastoral care and need well beyond a Rector's calling.

There will be a final service at St Mary's in due course and those who would like to mark his retirement personally are welcome to join the Congregation when this is allowed. They have made Scotland their home and will not be far away so I am sure that we shall see (or hear) Richard even if on his motorbike.

Life in lockdown Intrepid

Clare Messer

There were mixed feelings of dread and relief when the Government announced that all shops had to close due to Coronavirus. We shut up shop wondering what we would do next and whether our business would be able to survive. Luckily when Rishi Sunak announced his business support measures, we found out that we would be eligible for a grant that would allow us to keep the shop going for the next

Tim & I both helped out volunteering with the brilliant facebook app Help Local designed by Mike Bishop that allowed you to volunteer to do local community errands but we felt we could do more to help out in the Village. When Roseanne Kay was no longer able to assist (due to her broken elbow!) with the homeless collection for the Kindness Homeless Street Team in Glasgow that Marina Lockhart Joyce has been



few months.

The glorious weather somehow alleviated the gravity of the situation we faced and we relished being able to spend time out in the wild, in the garden and together as a family.

Aberfoyle was so quiet, it was lovely to hear the birds and be in the garden without the background hum of traffic and tractor fans. Daily doses of Boris briefings (which could not be done without a G&T) soon brought us back to reality and we decided that there were things we could do to help out.

coordinating, we were delighted to be able to offer to use the shop as a drop off point. Since lockdown, we have been accepting donations of food, clothing and bedding, we have been overwhelmed with the number of donations from the local community which are still rolling in even though lockdown has now lifted.

We also found we were able to help out with the Balfour Neighbourhood Food Hub weekly delivery that was also looking for a collection point in Aberfoyle, fortunately we have the space so it seemed like a great fit.

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We are now the collection point in Aberfoyle every Thursday evening for the local online market (<https://www.neighbourfood.co.uk/markets/balfron/24>) It is fantastic to see this service in the village especially as it supports local food providers. If you haven't tried it, give it a go !

The lockdown has certainly brought out the good and the bad in all, many of you will have seen the slanderous post that was put up on the Aberfoyle for Everyone Facebook page by Stevie Cc implying that I had reported a local pub to the licensing board, I would like to assure you that I have done no such thing. After seeing such great community spirit during lockdown, it was depresssing to see a local community facebook page being used for such vindictive and untrue gossip, especially the following trolling made by a small group of local residents. There should be no place for this, it does not put the village or its residents in a good light.

Although lockdown has been tough for all of us in many ways, it has been a fantastic opportunity for me to meet so many members of the local community and it has been life affirming to see so many people offering to help out, in particular Alison Graham, Lisa Powell and Ann Michelle Ketteridge who have been my partners in crime on Thursday evenings, Roseanne and Marina for getting me involved in helping out with donations for the homeless, all of the lovely people who have taken the opportunity of lockdown to have a big clear out and bring their donations along to the shop, the food hub customers who have found new ways of being able to support local businesses and to all the Intrepid shoppers who have continued to support our business throughout this crisis.

intrepid

adventure essentials



Come to Aberfoyle & see the fantastic selection of gifts, toys, cards, books & essentials for all ages and all adventures. Intrepid supports good design, sustainability & new businesses so please help us to support our local community by using local shops.....we are even online if you don't like REAL shops:

www.intrepidscotland.co.uk

Life in Lockdown

Bethan Jones

Hi readers, this edition's article is about the experiences of young people during lockdown. Lockdown has been a challenging time for many, including young people who have been tackling university and schoolwork online and have also been unable to see friends and family in person. I virtually interviewed two young people from the Aberfoyle and Kinlochard area to find out about their experiences of lockdown - first year university student, Natalie Klaes and McLaren High School Student, Catriona Manders. Hope you enjoy!

University is an exciting time for many young people and for Natalie Klaes, this was exactly the case. She was in her first year of studying Psychology, when her second semester was cut short due to Covid 19. Natalie described how she had arrived home for her Easter Holidays expecting to be home for 2 weeks, but her plans then changed drastically. The news came that nobody would be returning to university and online learning would instead become the "new normal".

A large part of university life is interacting with your peers – staying with flatmates in "halls"; discussing course content with fellow students in tutorials and walking to lectures with new friends. When that part of university life is taken away from you, the university experience can become so much harder. To combat this, Natalie and her friends organised weekly Zoom calls and quizzes at set times and this has in fact formed closer bonds between them all, despite the distance between them. The pandemic has only made people more motivated to keep in contact with each other !

Natalie told me that she has found keeping up motivation to be one of the most difficult aspects of lockdown. In "normal" everyday life, going to the library and walking to lectures with friends helps

greatly with motivation and without that, university work can sometimes seem a greater challenge. However, there are many positives of working from home – there is more time to study for exams and Natalie has also noticed an improvement in her ability to manage her time and carry out independent work.

Something that has been instrumental for Natalie during lockdown has been keeping to a routine, especially getting up at the same time every morning and going for a walk. She described how this was



particularly helpful during the exam period, which ran up until late May and even now, when she is more flexible with her time. Another part of Natalie's daily routine has been investing more time in her music. Musical extracurricular activities took up a large part of her life during university, but during lockdown she has had more time for playing music for fun and to do musical projects.

Natalie also described how she has seen "time slow down" during lockdown and this has been a real chance to reflect and spend more time with her family

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They have all really appreciated the beauty of Aberfoyle and in her words “Aberfoyle is a beautiful place that I have really taken for granted. There are so many beautiful places and during this time, I have really had the opportunity to explore them, when I wouldn’t have done so normally.”

McLaren High School student Catriona Manders also holds the same views – she also has definitely appreciated living in Kinlochard more during lockdown. Catriona’s time in lockdown started on the 17th of March after the school closed its doors in response to the growing threat of Covid 19, continuing its classes online. In our interview, Catriona told me that it has definitely taken time to get used to the new way of life and working, particularly because she misses the social aspect of school, but it has been a useful time to find out how she works best. She has been enjoying online schoolwork, as it has given her a flexibility that she wouldn’t have had in school and she has been able to do her work at her own pace. Catriona’s days have been varied - she described how some days she is extremely productive and does a large portion of her schoolwork and on other days, she takes the time to relax and call her friends and sometimes does Zoom quizzes. She has also spent more time in the outdoors and doing other activities during the day – she has been particularly interested in learning how to embroider and doing an online course alongside her schoolwork.

For many Kinlochard residents, there has been a change in how the town looks, Catriona described how it has been a lot quieter than usual, even on sunny days with very few people walking around town, as to be expected. Life at home has been different too - her mum has been working from home and with all of her siblings at home too, the house certainly felt a lot busier.

For Catriona, the most difficult part of lockdown has been the difference between virtual conversations and “real-life” ones. She has never been particularly comfortable with phone calls and having calls with friends and taking part in meetings online has meant that she has realised how much she relies on face to face interactions. However, she also said that she has appreciated the fact that we’re technologically advanced enough for Zoom calls and online working, as otherwise lockdown would have been a lot harder.

My penultimate question to both Natalie and Catriona was which two lessons they would take forward from their time in lockdown. Natalie’s answer was that she has realised the importance of slowing down, not just at



.....continued

this time, but in her life in general and she has become more appreciative of the time that she has with people whether friends or family. She also mentioned that she has seen great community spirit within Aberfoyle and described how it has been particularly uplifting to see large numbers of people taking part in the “Clap for the NHS initiative”.

Catriona’s answer was that she would really try to appreciate the little things that you can’t do virtually, such as hugging your loved ones and laughing together. These things seem so normal in “everyday life”, but during this time Catriona has noticed how much she has struggled without them. Her second point was that although remote learning has been difficult to get used to, it has brought many opportunities and can be useful in many ways.

My final question to both of them was what are they most looking forward to after lockdown is over. Catriona and Natalie both had the same answer - meeting up with friends and family “normally” and particularly hugging them all. They both said that they are also looking forward to getting back to school and university, but have really appreciated the time that they have had with their families as well. In Natalie’s words, “This period of slowing down was sudden, but one that was definitely needed !”



Life in Lockdown Eve Rocks

In the last edition of Strathard Life, Eve was getting ready to complete her West Highland Way challenge to raise money for The National Autistic Society. However, due to Covid-19 and the subsequent lockdown, we had to return home on day two of our journey. Eve was understandably upset and spent several days drawing rainbows, a symbol of hope, and sticking them up in our windows. This progressed to painting rainbows on rocks and eventually Eve Rocks was created on the 31st March. Eve came up with the idea of hiding rainbow rocks around our local area for people to find to brighten up their day. The idea was simple; "go for a walk and if you find a rock take a picture and let us know which rock you have found. Then re-hide the rock somewhere else and make a stranger smile when they find it!".



At the start Eve only painted and hid 10 rocks as we weren't sure if anyone would want to take part, but how wrong we were! In total we painted 209 rocks and hid them throughout Aberfoyle, Milton, Kinlochard and even as far as Brig o' Turk. We received numerous posts everyday showing wonderful pictures of happy smiley faces of people who had found an Eve Rock! Eve would ask to sit down in the evenings to look through all of the posts for that day and keep a tally chart of all the numbered rocks and how many times they had been found. To mark the ending of lockdown restrictions and subsequently Eve Rocks, we created a unique embroidered badge for anyone who wanted one. We sold 54 badges with £1 from every sale going to the Aberfoyle Village People and back into our wonderful community.

It has been a truly amazing experience for Eve, and she has thoroughly enjoyed every minute. But it is thanks to our amazing community who truly made Eve Rocks come to life. We just want to say a big thank you to everyone who got involved in finding and hiding the rocks. We hope it made your lockdown experience that little bit better. We know it did for Eve.

Life in lockdown Aberfoyle Pharmacy

Jamie McConnacher

When we were all bringing in the bells with friends and family at New Year, who would have envisaged what the next six months were going to have in store for us. Once we realised at the end of February that things were progressing quicker than we had maybe anticipated, and that the virus had well and truly made its way to Europe, there was an understandable air of apprehension amongst us all.

Glasgow, Falkirk and Edinburgh trying to get their hands on anything that they deemed essential. It seemed no pharmacies in central Scotland had painkillers and the supermarkets had run out of soap. We were trying our best to obtain stock from anywhere we could, placing orders in sheer hope that we would have a delivery of Carex the next day. With a total lack of hand sanitiser available, we took it upon



We were soon closely watching the likes of Italy and Spain hoping that we would soon not be in the same situation. Then the panicking started. Businesses around the country were starting to close their doors and people were starting to think about working from home. But first, they needed to stock up on the essentials.

In the pharmacy, we were becoming inundated with requests for hand sanitiser, thermometers and paracetamol. People were coming from far and wide,

ourselves to obtain the ingredients and started making our own.

Whilst some people were panicking about hand hygiene, something it seemed most had never bothered about before going by the surge in soap sales, others were understandably starting to worry about their medication and whether they would still be able to access it. We started to see a huge increase in the number of prescriptions we were processing on a daily basis. We couldn't keep enough inhalers on

the shelf in a day to fulfil the prescriptions we were being swamped by India (a huge producer of our generic drugs) had decided to halt export of all medication, market price of drugs had gone through the roof and stock levels in the wholesalers were at a record low. That week in March made the usual chaos of the week before Christmas seem like tranquility.

Over that weekend, Aberfoyle was overrun with people having their final hurrah and the local population were understandably getting very anxious. Then on that Sunday night, Boris addressed the nation. How things had changed by that Monday morning. Leaving Glasgow to head up to Aberfoyle was a strange experience. The roads were eerily quiet with the only sign of life the odd queue outside a supermarket. We had taken the decision in the pharmacy to deliver to everyone who had been classified as at risk and this had seen us taking our daily routine in a different direction. We welcomed Colin to our team to cope with the increase in deliveries from the pharmacy and we soon realised that our own delivery vehicle would make a difference. We managed to obtain the van which is now a common sight through the village and the surrounding roads.

With a lack of visitors to the area, the village began to start finding its feet again. People were growing more confident and were happy to shop in the solitude of the village. Everyone was respectful of social distancing and a new routine started to take place. Finally, the pharmacy managed some respite from the chaos and we began to adapt to the new working ways. We still had the same challenges obtaining stock, the hand sanitiser production line was still in full swing but life had a much less stressful feel to it. The village had really pulled together to support each other. We were inundated with offers of help and were kept going with endless supplies of sweet goods so

generously supplied by the keen bakers of Aberfoyle. Eve's paintbrushes seemed to have no down time and the kids (and adults!) were out hunting for those elusive rocks.

Weeks and then months went by, we still hadn't seen friends and family, holidays had been cancelled but the pharmacy team all agreed that we were glad we had our work to go to. We were happy to help where we could with the aches, pains and illnesses that had refused to disappear through lockdown. Colin was doing his best to visit all those who were shielding and keeping the Aberfoyle Deli in business with all those bacon rolls.

Now, as things move into the next phase out of lockdown, some people are keen to embrace the increase in population, others are understandably nervous due to the possibility of what they may bring with them.

As to what the future brings, only time will tell. Hopefully cases will remain low and we continue to ease out of lockdown and life returns to some level of normality. However, I think we should prepare ourselves for the fact that we may have to reintroduce some lockdown measures to control localised outbreaks of the virus.

I believe we should all be able to look back upon this time and reflect on how the local community has come together through this time. We have found a new way to celebrate the lives that we have lost, resources have been shared, local businesses have been supported and ways of life have changed, we hope for the better. Years from now we will be standing looking at the blossom on the beautiful new cherry tree and reflect on the spring that made Aberfoyle a stronger, vibrant and united community.

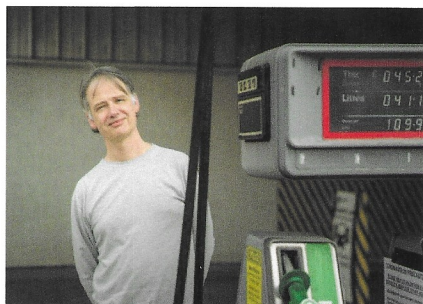
Life in lockdown Aberfoyle Garage

Thank you for your custom over the past weeks, we greatly appreciate it. Here's an update on the current status for our fuel and shop services.

Opening hours

We have reached a steady state of operation for now:

- Fuel remains available by Visa / Mastercard 18 hours a day 5.30am to 11.30pm
- Between 11am and 12 noon daily, other payment methods for fuel are possible. Please just advise staff on arrival, or if our arrangements present any difficulty for your essential refuelling.
- The shop hours for now are the maximum possible, as we're having to focus on the times when there are most customers. Currently that is:
Open at 8am (8.30am Sunday)
Close at 4pm (6pm Thursday & Friday)



Shop Sales

All sales continue to be through the payment window, or over the phone for pre-orders. This ensures we can offer safe shopping with a full barrier and no worries about 'distancing', so has the advantage of being mask-free!

We do however stock disposable Type IIR masks for times these are required - packs of 10 for £6.60.

For the foreseeable future in the summer period we expect to maintain these arrangements. The latest COVID legislation would otherwise create too many extra challenges for our staff, who are also required as a priority to ensure that fuel safety regulations are followed on the forecourt at all times.

Stock Availability

All shop goods are still available with no particular shortages. Per our previous update we've also focussed on stocking items which have been in short supply elsewhere, including:

- Hygiene and cleaning products
- Flour and other baking supplies
- Breakfast cereals
- Grocery staples

We have also been sourcing special orders e.g. for hardware, groceries & pet foods. So we may be able to organise bulk or specialised supplies for you if that's of interest – please just enquire at the shop or on the orderline 01877 382832.

.....continued

Fresh Food

With other shops becoming better supplied and customer needs changing, we now bring in some types of fresh goods mostly on an 'order-only' basis. Stock is still held of other items, but do please enquire in advance if you wish to be sure any of the following, which all arrive on Thursdays.

- Fruit & Vegetables
- Raw chicken & beef products
- Morning Rolls (weekly orders)

Old Leckie Farm Produce

You can place a standing weekly order or please request by Mondays 12 noon on the orderline 01877 382832 for Leckie Leaves / New Potatoes.

- Leckie Leaves (mixed salad) have proved popular - £2.25 for a bag
- Just in this week - Charlotte or Duke of York new potatoes (unwashed) -1kg bags are £2
- Large free range eggs @ £1.80 a box are kept in stock – no ordering needed.



Some more community members who helped to keep the wheels turning.....

Life in lockdown

Mhairi Buchannan

30 Days Wild!

We had so much fun taking part in the Woodland Trusts 30 days wild in June. With lockdown it was a welcome distraction from working from home and attempting to home school. The highlight for me was seeing the girl's enthusiasm and interest in searching for bugs and fauna on our daily walks and spending quality time together. The girls favourite finds were snails, Dragon Fly, Elephant Hawk Moth, butterflies, bees, Minnows, jumping in puddles, making birdfeeders, creating works of art out of leaves and fauna found in the garden and making delicious nature themed butterfly and worm cake.

I learnt a thing or two about insects including a new found appreciation for slugs (not enough to make me like them but I can tolerate them now!) It was also lovely to see other local families out doing mini beast hunts even from a social distance. The girls and I loved seeing everyone's **30 days wild** and the interesting things they got up to. If you want to take part in next year's 30 days wild or 365 days wild you can get more information on the wildlife trust website: www.wildlifetrusts.org/wildness



Life in lockdown Andrew Baird

Andrew Baird

When lockdown struck at the end of March, we suddenly found ourselves in the position of cancelling appointments and locking our doors. Rather than heading home, we picked up the phone and called the eye clinic in Falkirk to find out how we could help. With the threat of ophthalmologists being repurposed, optometrists would be required to take on emergency eyecare during the response to the pandemic.



I volunteered in the Alloa Emergency Eyecare Treatment Centre (EETC) along with my wife Fiona (also an optometrist) and Linda Hunter who's practice in Alloa was used as the EETC. We received referrals from other optometry practices, assessing patients by phone or video calls where possible but maintaining

face-to-face appointments for those most in need. We had some amazing outcomes from the service including a retinal detachment, diagnosed in the Alloa EETC, prompting a video call with a consultant in Falkirk Eye Clinic. An ophthalmologist from Gartnavel Hospital in Glasgow was then also dialled in to discuss the case. Surgery was planned on the call and the patient was in the operating theatre an hour later.

Lockdown has given us a chance to re-evaluate our lives and Fiona has decided to join us at Andrew Baird Optometrist (though I expect I'll have to drop the 'Andrew!'). Fortunately, we are now able to re-open our doors and welcome patients back, albeit with social distancing and PPE in place.

We hope that you are all keeping safe and well. We have missed the usual buzz of the practice and look forward to welcoming you all back. Thank you all for your ongoing support. As a small independent business, we really do appreciate everyone that walks through our doors !



Working for You: Police Scotland



Water Safety

Due to recent water rescues in the Callander and Gartmore area and sadly from the Glasgow area we would like to offer some water safety advice:- Spending time outdoors has become more important than ever before. Everyone wants to see our countryside and enjoy our waterways and coastline.

Remember, any area of water, including reservoirs and canals, can hold hidden dangers. Scotland has more than 37,000 separate stretches of inland water and over 11,500 miles of coastline when including both mainland and island coast.

With many stretches located in remote areas, help will often be some considerable time away, so take responsibility for your own actions and make sensible decisions to stay safe around waterways.

Be responsible and safer by:

- Being aware of the dangers when out hillwalking, cycling or near areas of water. Think about the risks and plan to minimise them.
- Never underestimating the current, temperature or depth when in water.
- Never get into the water alone and don't go swimming after drinking alcohol.
- If you get in trouble in water, float to live.

You can find out more about inland water safety from our partners Scottish Water.

Fraud

There has been an increase in the number of fraud incidents reported to police in the area. To get more information about 'phishing', how to protect your identity and avoid fraudulent scams whilst online, visit our Keep Safe Online advice.

Theft

Recently there has been a number of push bikes stolen from the Aberfoyle area both from within a garden and from the bike rack on a vehicle. We would like to remind residents across the Trossachs and Teith area to lock and secure their belongings away in a garage/shed.

Quad Bikes

We have been asked recently regarding the legalities of using a quad bike on a road. Most quad bikes are only designed for off road use. They do not conform to regulations in relation to tyres, lights, horn, speedometer etc. and it is therefore illegal to use them on a road.

However, there are some road legal quad bikes and in order to be used legally on the road they must be registered with the DVLA, taxed, insured and have an MOT. They must also comply with all the stringent constructions and lighting requirements. A local quad bike dealer should be able to help you if you want to know whether your quad bike is road legal or alternatively contact the Vehicle and Operator Services Agency (VOSA).

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All-terrain vehicles (Quad Bikes) can fall within categories B and B1. If the vehicle has 3 or 4 wheels and weighs more than 550kgs unladen it will fall within category B. Vehicles which weigh less than 550kgs unladen will fall within category B1. There is no legal requirement to wear a helmet but from a safety aspect it is always advisable to wear a proper helmet. A quad bike that is to be used on the road must display registration plates to the front and rear. If anyone has any concerns they wish to raise, please contact PC Lorna Deans or PC Donald King at

Aberfoyle and Buchlyvie Medical Centre

Throughout lockdown we remained open with all staff and doctors working very hard to be there for you during this very challenging time, not only dealing with COVID-19 but continuing to look after all your other health needs.

We are continuing to work in a slightly different way, when phoning the surgery for an appointment one of the receptionists will take some details from you about the reason for your appointment request. As you can imagine some days can be much busier than others and if the doctor knows why you need to be contacted they can deal with the more urgent ones first, if it is something non urgent you might be contacted the following day. For skin issues you may be asked to email a photo to us. If the doctor feels you need a face to face appointment this will be arranged for you.

Throughout the summer months Drs Morrison and Cox will begin to take some annual leave for the first time this year therefore some requests may take a bit longer than usual. We are very grateful for your patience during this time and over the last few months.

Just a reminder than you can contact the practice by telephone during these times

Monday	8am – 6pm
Tuesday	8am - 6pm
Wednesday	8am – 6pm
Thursday	8am – 12pm surgery closed from 12pm, Kippen surgery answers the calls and deal with any urgent issues
Friday	8am – 6pm

You can find a range of self help guides and general health information at
www.nhsinform.scot

You will also find COVID-19 information and details about Test and Protect

If you contacted the practice during lockdown and have any comments or feedback you would like to pass on please email these John McLeod, Practice Manager: john.mcleod@nhs.net

At the moment the building in Aberfoyle remains closed and if patients need to be seen an appointment is arranged in Buchlyvie.

Working for You: Stirling Council

Martin Earl

Stirling Council held a virtual full council meeting on 30 June. The main report on the agenda was the controversial changes to bin collections. For the record I voted against them for many reasons that I would be very happy to explain should anyone wish to get in touch. I remain extremely concerned that the way this was done, without any prior consultation, will have serious and long term consequences on peoples willingness to engage in the future.

Other important reports provided an update on the Councils response to the Covid19 crisis and the evolving financial impact. In late September or early October there will be a fully revised budget presented for agreement to a Council meeting.

The Aberfoyle Primary School refurbishment Project started on site Monday 27th July. The Council are working closely with the contractor to ensure appropriate procedures are in place in line of official COVID-19 guidance. The plan is that the school will be ready for Spring 2021.

We will all have noticed the number of roadworks that have been taking place. This is likely to become even more evident as Road Authorities attempt to catch up on the backlog created during the past few months.

At a time when our businesses are desperate to trade it is even more important that the impact closures or delays can have are properly considered.

The bins in the Aberfoyle get filled up very quickly and there was only one scheduled uplift from the Council per week – on a Wednesday. I am pleased to be able to say it has been agreed that both extra bins and uplifts have been put in place for the rest of the season.

Associated with littering in the town is the appalling behaviour exhibited by some that visit our beautiful outdoor locations in the Strathard area. These and other locations are coming under huge pressure, not only from the sheer numbers that head to them but the littering and anti social behaviour that is on going. Of course these are not new issues but they have been amplified to by the circumstances we find ourselves in. This should be a pivotal moment where it is finally accepted that the organisations responsible for them must be properly funded so they can manage them effectively.

The Police especially have been under a great deal of pressure. I know people value the efforts the officers have been involved in and the many, often unpleasant, tasks they have been called upon to perform.



Working for You: The Business Forum

Christopher Roads

The March meeting of St. Mary's Business Forum, held just before the lockdown, built on the previous presentation about digital marketing given by Ewan Anderson of CIM Scotland, and was a presentation by Simon Ward of LDMA. Simon has been building the Strathard visitor website, www.goaberfoyle.co.uk. This still needs to be expanded with more local hospitality businesses adding links to their own websites. The April and May meetings were cancelled. No meetings were planned for June and July and, of course, despite umpteen risk assessments being written, no further meetings have been able to take place.



However, the Forum has continued to operate "virtually", providing a conduit to disseminate information about the various support schemes and lockdown regulations which the government has created. There have been webinars from Mark Stewart Accounting among others, as well as advertising the on-line seminars from STEP which some have found very useful. Hopefully, these have helped to create a sense of community among our businesses - you are not alone, even if your business has been hit hard.

As soon as we are allowed, the forum will resume its meetings. Future topics will include a presentation by STEP on HR and Employability, because once the economy rebounds there will be businesses wanting to take on extra people., 'Negotiating your rent', cybersecurity, and digital accounting will also be covered. After the Easter holidays, there will be a 'skills sharing' evening aimed at school leavers, and volunteers will be invited to give short presentations about their businesses.

I was recently reminded that insurers Lloyds of London, and the London Stock Exchange, the first such bodies in the world, started in a coffee house. So, although there are presentations on the topic of the month, the real purpose of these meetings is networking and information exchange, in a relaxing atmosphere with refreshments, coffee or - for greater relaxation - a glass of wine. All the forum meetings take place in St. Mary's Church on the second Tuesday of the month at 7 o'clock. A contribution of £2 is requested to cover the cost of refreshment. If you haven't been before, please also follow us on facebook:

Please also follow us on facebook: <https://www.facebook.com/aberfoylesm>

website: <https://stmarysbusinessforum.wordpress.com>

stmarysbusinessforum@gmail.com to join the mailing list.

Working for You: Strathard Community Trust

The Strathard Community Trust Ltd. (SCT) is a private company limited by guarantee without share capital and is a registered charity, OSCR No. SC036450.

The objectives of the Trust include:

- To preserve, restore and improve the environment in and around the Strathard Community Council area through the provision, maintenance, or improvement of public open space and other public amenities
- To provide within Strathard facilities for recreation and other leisure time occupation available to the public;
- To advance education among the residents of Strathard, particularly among young people and the unemployed;
- To promote or provide training in skills of all kinds, particularly those which will assist residents of Strathard in obtaining paid employment; and,
- To promote trade and industry for the benefit of Strathard.

Membership of the Trust is open to any resident of Strathard aged 18 or over upon payment of a small membership fee (£2), and junior membership is open to residents over the age of 11.

The activities of the trust are overseen by up to 12 Directors. There are currently 8 directors, 4 of whom were recently co-opted. They are: **Katinka Dalglish (chair)**, **Andrew Faulk (secretary)**, **Stuart Stephen (treasurer)**, **Alison Boa**, **Ian Henderson**, **Mike Bishop**, **Christopher Roads**, and **Enda McLoughlin**.

Directors are elected at Annual General Meetings (AGMs) to which all paid up members are invited to attend and vote. There are more details of the next AGM at the end of this article.

More information about the Trust, including how to join, what the Trust is doing, and who are its directors, is available on the Trust's website:

<https://www.strathardct.org.uk>

The Trust welcomes new members and is keen that the people of Strathard should be involved in its activities. The Trust maintains a close relationship with Strathard Community Council. One of SCT's directors sits on the council to ensure a direct line of communication. This enables the two organisations to pull in the same direction, as it were, and support each other when needed (e.g. letters of support for specific projects).

Current projects that the Trust is involved with are:

Business & Tourism Development Project. This two-year project was the engagement of the Vis-à-vis Agency (Karen Shaw and Tracey Kelly) with the objectives of: Revitalising Aberfoyle's Main Street shopping and creating new events and markets for tourists; creating a walking and cycling marketing plan; exploring fundraising for the Trust, and the delivery of a strategic plan. The achievements of the project include:

- Raising £124k for projects including events, village signage and interpretation, mapping, and, with Christie Consulting, a new guidebook and ground art trail. The Covid 19 pandemic has delayed publication of these but it is hoped that this will happen during the next quarter;

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- Increasing shop occupancy – at the start of the project there were 7 vacant sites on Aberfoyle's Main Street, including some which had been out of use for a number of years. The project has worked to support a number of new local businesses, and the great majority of sites are now filled.
- Signage: There was a lack of directional and tourist information of Aberfoyle's amenities. Extensive renewed signage has been installed including a "Village Welcome", new short walk interpretation, and car park directions
- new brand identity for Strathard including a graphic toolkit and a branded destination website to market Strathard
- Events piloted to address wider visitor perceptions, including the Spring Weekend, Bike Day, Outdoor Theatre, and Christmas Weekends
- Practical event assets, including A-frame signage, festive lighting, village bunting, and document templates for future event management.



The culmination of this work is a strategy document which lays out recommendations based on the experience of the last two years and identifies new opportunities for tourist development in Strathard. This was recently delivered and is now being digested by the Trust.

This project was funded by LEADER, an EU funding source which is coming to an end, but the Trust is presently exploring National Lottery funding to employ a part time development officer to build on the achievements of the last two years.

The Trust would like to pay particular thanks to Karen and Tracey for the considerable efforts they made to involve the community in developing these projects, particularly the spring and winter events, and in the design of the signage.

Working for You: Strathard Community Trust

Andrew Faulk

Town Centre Improvement Fund: This fund is for capital works to improve access and infrastructure in support of economic development. SCT was awarded money from this fund in 2019 and it has been partially spent. One element has become unviable and we are looking at an alternative. Funds must be spent by March 2021.

National Lottery funding application: This is to pay for a community development officer, ideally for 3 years, as described above.

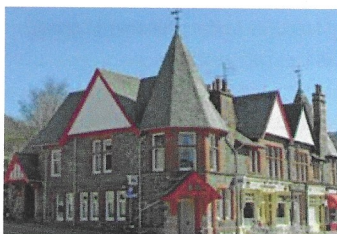
- **Stronachlachar/Inversnaid broadband scheme:** Fully funded by Stirling Council, this is currently being installed and delivered by Broadway Partners.
- **Strathard Business Hub:** The Trust continues to operate the Business Hub
- **Village wi-fi scheme:** The Trust oversaw the installation of free public wi-fi in Aberfoyle, funded by Stirling Council.
- **Play Parks improvements:** Fund raising to develop and improve the play parks in the area is a continuing task.
- **Heritage website:** The Trust is in the process of setting up a 'digital archive' (website) for all things Strathard heritage in conjunction with Loch Ard Local History Group.
- **Strathard Strategic Partnership:** The Trust and Strathard Community Council are partners in this forum along with the major public sector bodies in the area. The purpose of the Partnership is to act as a forum to share information about organisational priorities/initiatives that affect Strathard.
- **Strathard Framework:** Lead partners are LLTNP and Strathard Community Council with Trust representation. Its main focus is land use and rural development. More information is available here:

<https://www.lochlomond-trossachs.org/planning/blog/strathard-framework-your-place-your-future>

Community Action Plan 2017 - 2022:

The Trust oversees the delivery of this plan and uses it to gauge community support for project proposals including Hydro applications. If you would like to know more about Strathard Community Trust, make a comment, or get involved in what it does, please get in touch via the website, www.strathardct.org.uk.

The Next AGM. The directors do not consider a "virtual" AGM is practical. So, it is planned to hold a "physical" AGM as soon as possible once the lockdown is lifted, hopefully in the spring. If you would like to participate in the AGM and make your voice heard, please join the Trust via the email address: contact@strathardct.org.uk. You will then receive the calling notice via email



Working for You: Strathard Community Hydro Fund

Katinka Dalglish

Call for Grant Applications for Strathard Community Hydro Fund

Strathard receives around £7,000 community benefit funds from the Bruach Caorainn Hydro Scheme each year. The funds are administered by Strathard Community Trust. For the last two years, have been two application rounds each year. However, the Trust has taken the decision to move to an open application process for the next few months.

Trust Chair Katinka Dalglish said:

'While we're still looking for projects which are in line with the Community Action Plan, we are keen to support applications which help Strathard recover from the impacts of Covid-19.'....'We want to be as flexible as possible in helping local projects, and we hope that removing fixed application deadlines will make life easier for anyone applying.'

To help make the most of the money available, individual grants are capped at £1,500. Full conditions and application materials are available on the Strathard Community Trust website, <https://www.strathardct.org.uk/> and advice on completing applications is also available from the Trust via contact@strathardct.org.uk

- There have been three rounds of the grant scheme so far, with a total of just over £11,800 being allocated. Funding has helped deliver specific projects, including support to Trossachs Search and Rescue to provide equipment for volunteers across the Strathard area (£1216)
- helping establish and promote the Wee Trossachs Library (£406).
- Earlier this year, funding was awarded for a series of monthly afternoon tea events to be held over the coming autumn and winter (£800)

In addition, the scheme has provided early commitment to much larger projects, the Trust hopes that these awards will demonstrate local commitment and help bring in more funding from other sources. Examples include:

- upgrading the current expensive and ineffective heating system in St Mary's Church (£1,500)
- contribution to renovation of Strathard Playparks, all of which are in need of upgrading (£1,500).
- The fund is also supporting the Aberfoyle Community Life Plan being developed by Strathard Community Council. When complete and combined with existing plans for Kinlochard and Stronachlachar, the Aberfoyle plan will agree a vision for the area and inform the Community Council's responses and input to proposed developments (£1,500).



Working for You: Strathard Community Hydro Fund

Andrew Faulk

Grants Awarded February 2019 – March 2020 and Financial Overview

Starting in May 2017, Strathard receives community benefit funds from the Bruach Caorainn Hydro Scheme each year. The amount is index linked, and has risen to a current value of just over £7,000 in 2020. The funds are administered by Strathard Community Trust, and there are currently two open application rounds each year, in February and August, although time critical applications can also be considered at other times.

To help make the most of the money available, individual grants are capped at £1,500, and core funding for organisations is not eligible. Full conditions and application materials are available on the Strathard Community Trust website, <https://www.strathardct.org.uk/> The grants awarded in the first three rounds are outlined below.

Round 1 - February 2019

All of the awards in the first round were for stand-alone projects

- Support to Trossachs Search and Rescue to provide equipment for volunteers across the Strathard area (£1216)
- Help fund Kinlochard Cottages to improve common land for wildlife (£1500)
- Helping establish and promote, through a series of book and reading events, the Wee Trossachs Library, in various places in Aberfoyle including the Memorial Hall (£406)
- Design and publish 500 copies a guide to up to twelve walks, tailored for a range of abilities, across the Strathard area. The guide will be sold in local shops, and it is intended that sales will finance future editions. The guide is an addition to the wider economic regeneration project, for which Strathard Community Trust has received funding from Forth Valley LEADER (£1500) The guide was delayed as it proved more complicated than first thought, but was due to be published in summer 2020.

Round 2 - August 2019

All of these awards were part funding to much larger projects; our hope is that awards from the hydro scheme will help applicants demonstrate early local commitment and thereby bring in more funding from other sources. :

- Contribution to St Mary's Church heating upgrade - the current heating system is both expensive and ineffective, and the Church is raising funds to replace it with a system which will cost less and also have lower environmental impact. (£1,500)
- Contribution to renovation of Strathard Playparks – all of the playparks in the area are in need of upgrading, by comparison with others in neighbouring communities. Public funds available for buying new equipment are very limited, although Stirling Council will help with installation costs and maintenance. (£1,500)
- Contribution to the Aberfoyle Community Life Plan, being developed by Strathard Community Council. The plan will identify residents' core shared values, key assets and priorities for their community, and agree a vision for local development and action over the next 5-10 years, which involves the needs and views of all groups, including young people, business owners and residents. Combined with plans for Kinlochard and Stronachlachar, the Aberfoyle plan will inform the Community Council's responses and input to

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developments across the area. (£1,500)

At present, the Trust is continuing to hold the money for both St Marys and Strathard Playparks, having provided letters of commitment. The Community Council exercise has been delayed by lockdown and it is hoped will take place in the autumn of 2020.

Round 3 - March 2020

Although three projects were approved in this round, one of them - support for an event to celebrate the 150th anniversary of Aberfoyle Church and Primary School - was subsequently withdrawn as the event was cancelled due to covid-19 lockdown. The other two projects were:

- Contribution towards the refreshed Trossachs Trail. The trail is a tourist route, initially designated in the 1990s, but which has subsequently not been promoted. Our contribution is tied to revisions to include attractions in Strathard. (£1,000)
- Afternoon Teas for Older or Isolated Aberfoyle Residents – a series of monthly events which will take place over the autumn and winter of 2020/21. (£800)

Financial Summary to March 2020

The total received to March 2020 (2017-18, 2018-19, 2019-20 combined) was £20,578

In addition to the grants detailed above, included in the initial proposals was the suggestion that Trust would retain up to 5% of each year's allocation to cover administrative costs. In practice, this has been rounded down to a fixed fee of £300 pa, giving a total of £900 to date. Directors agreed at the May 2019 meeting that £150 from this pot should be used to support the continued publication of Strathard Life. The remaining £750 is available.

Money in	Money Out	Dates / Notes
£13,505		Payments received in 2017-18 and 2018-19 combined
	£600	Trust admin fees for 17-18 and 18-19
	£4,622	Grants awarded March 2019 round
£7,073		Incoming payment for 19-20
	£300	Trust admin fee for 19-20, of which £150 subsequently use to support Strathard Life, as one of the main means of promotion of the funds.
	£4,500	Grants awarded August 2019 round
	£1,800	Grants awarded February 2020 round
£20,578	£11,822	Uncommitted balance March 2020 = £8,756

Working for You: Loch Lomond & Trossachs National Park

A joint campaign featuring people who live and work in Loch Lomond & The Trossachs National Park has been launched to urge people who visit the area to 'love it like a local' and take their litter home. People are being asked to show their respect for their favourite day-trip or overnight destinations and treat them as they would want their own home to be treated. The campaign reminds everyone who loves the National Park that they can play a part in looking after it, simply by binning their litter or taking it home.

This initial phase of the 'Love It Like a Local' campaign is a collaboration between Loch Lomond & The Trossachs National Park Authority, people who live and work in key towns and villages, and the four local authorities covering the area. The campaign is designed to send a strong message: that littering is not acceptable within the National Park, but responsible visitors who bin their litter or take it home with them are always welcome. It comes as the easing of lockdown restrictions has seen a 'pressure-cooker' effect of people keen to get out into the countryside but sadly, some have left extensive amounts of litter to be cleaned up afterwards. The National Park's most popular areas have experienced a high volume of visitors since lockdown restrictions began to ease, whilst public services remain stretched due to ongoing COVID-19 challenges.

Most people do the right thing and clear up any mess they create, but those who don't have had a disproportionately negative impact on both the environment that people come here to enjoy, and on the experience of others around them, whether that's other visitors or people who live and work in the area.



Some have shown little respect for the area and left huge quantities of litter, ranging from entire abandoned campsites and discarded clothing, to bags of picnic rubbish, bottles and cans strewn across beauty spots and local villages. Building on the special place the National Park holds in so many people's hearts, the call to 'Love It Like A Local' will be brought to life by featuring photos of people who live, work in or care for the National Park, targeted trial signage at sites that have suffered from littering, and a social media campaign which will reach visitors before they arrive. Campaign materials are being made available to local communities to display in their villages too.

The campaign will be complemented by the ongoing work of the authorities within the National Park who deliver litter picking and bin servicing, which have been put under strain due to COVID-19 restrictions,

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and also the enforcement work of partners, which most recently saw 21 people charged with irresponsible camping, littering and fire-lighting behaviours. These strands of litter work are all incorporated within the National Park's upcoming Litter and Waste Prevention Strategy.

Gordon Watson, said:

"Whether you live, work or visit here the National Park it's a special place loved by many.....So, we're asking people who love the National Park to 'love it like a local' and respect the area; it's environment and its communities by treating it the way you'd want people to treat your home"

Stirling Council – Councillor Jim Thomson, convener of the Environment & Housing Committee at Stirling Council, said: "The National Park area boasts some of Scotland and Stirling's most stunning locations of natural beauty.....It's no surprise people have flocked here as lockdown restrictions have eased but places like this only stay beautiful if everyone plays their part in looking after them"

Salt Dough Christmas Decorations

1 quantity salt dough
plain flour, for dusting
rolling pin
biscuit cutters
piping nozzle (optional)
acrylic paints or felt-tip pens
thin ribbon



Method

1. Roll the salt dough out onto a lightly floured work surface to a thickness of about 5mm.
2. Use the biscuit cutters to cut shapes from the dough – we chose Christmas trees and snowflakes.
3. Press the tip of a piping nozzle into the top of each shape to make a neat hole. If you don't have a piping nozzle, you can use a sharp pencil to poke a hole through the dough. Choose the position carefully – the hole needs to be near the top of the design, but not so close to the edge that it breaks.
4. Set your oven to its lowest heat. Put your shapes on a lined baking sheet and bake for 3 hrs, or until solid. Leave to cool completely.
5. Once cool, paint and decorate as you like. We found that acrylic paint works best, but you could also colour them with felt-tip pens, glitter or festive stickers. Leave to dry. To finish, loop the ribbon through the hole and tie at the top, ready to hang on the tree.

Working for you: Trossachs Search & Rescue

Stuart Ballantyne

Trossachs Search + Rescue offers some advice to people who are thinking of being near or entering water. Have you considered the following?

Stop and Think. Spot the Dangers

Scotland's Waters can be very cold even in the summer which can lead to Cold Water Shock, for more information read the section further on or visit Water Safety Scotland's website at www.watersafetyscotland.org.uk

- Check for any signage or flags which could warn you of potential dangers
- Alcohol/drugs and coastal or inland waters don't mix - they can reduce coordination and impair judgement and reaction times
- The depth of the water may hide underwater ledges, hidden currents and unseen items
- Be aware of other water activities that may pose a threat to you
- If it is safe to enter the water ?, ensure you have a safe way out
- If you are at the coast have you considered rip currents, offshore winds and the tide ?
- Stay Together, Stay close
- It is better to go near the water with a friend or family member
- Float – If you are in trouble in the water, float until you feel calm...then think what to do next
- If you fall into water, fight your instinct to swim until cold water shock passes
- Lean back, extend your arms and legs
- If you need to, gently move them around to help you float
- Float until you can control your breathing
- Then call for help or swim to safety.
- In an emergency
- If you see someone in trouble, do not enter the water
- Look for a throw line or life ring to help whilst you wait on the emergency services
- Call 999 or 112

Cold Water Shock

Cold water shock (CWS) is an involuntary response by the body being suddenly or unexpectedly immersed into water which has a temperature of less than 20 °C. Your body's reaction to CWS will affect your capability to move and may seriously affect your breathing and heart.

What can you do?

- If you unintentionally fall into the water Don't try to swim straight away.
- Fight your instinct to swim hard or thrash about. Try to remain calm, relax, turn onto your back and adopt the float position.
- Once floating, and the initial effects of Cold Water Shock have passed (about 90 seconds) call for help and look around for anything which you can use to float or get out of the water.
- If you are intentionally in the water for an activity:
- Check the weather and conditions before entering the water
- *Wear a wetsuit or drysuit and a personal floatation device appropriate to the activity you wish to carry out.*

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Trossachs Search + Rescue is a member of Water Safety Scotland, Stirling and Clackmannanshire Flood Group and the City of Glasgow Water Safety Partnership. The team is also registered with the Scottish Fire and Rescue as a Water Rescue resource in terms of providing rescue boat and water rescue personnel. During the 2014 Commonwealth Games, the team provided water rescue cover on the River Clyde with their zone being from Kelvin Harbour to the Squinty Bridge. The team worked with Stirling Council, Loch Lomond and The Trossachs National Park, Water Safety Scotland, RLSS, Police Scotland, Scottish Fire + Rescue and Killin MRT to draw up the water safety guidance for no signs at Bracklinn Falls. The team was also part of the WSS Sub Group that liaises with Visit Scotland to over water safety matters relating to 2020 - The Year of Coasts and Waters.

If you wish further information about water safety feel free to contact our own Water Safety Officer - Brian Devlin, at watersafetyofficer@trossachs-sar.com Brian has 35 yrs experience as a Watersports Instructor.



Fond Farewells

Richard Gordon

Goodbye to Richard – from the Trossachs Community Choir

Richard loved singing. When his next door neighbour, Katie Harris, set up the Trossachs Community Choir in 2011, he joined from and took up the role of roadie – helping to load and unload, set up and pack up the equipment, at Gartmore on Monday evenings and Kinlochard on Thursday evenings. Jim Lightbody inherited the 'roadie' when he took over directing the choir in 2013. He soon discovered that Richard was 'a very kind man' and a 'tremendous help' with the equipment. He also enjoyed their 'very interesting chats' in the car every week. The chat dwindled as dementia began to take hold of Richard, but still he came to choir twice a week every week.

His joy in singing was palpable. Members in both Gartmore and Kinlochard remember how, during our warm ups, he would catch the eye of someone and sing to (and with) them, beaming an enormous grin. John Lewis recalls, 'He was like a brother'. At the last of our concerts that Richard participated in, I noticed that he caught and held the eye of his wife, Marcia, as we sang 'I Can't Help Falling in Love with You'. Marcia cared for Richard devotedly in those last years – helped, she said, by his unfailingly cheery nature. He remained cheery even when, in the last year or so, he was beyond words. There was huge affection for Richard in both wings of the choir and we will miss him (when we finally get to sing together again).

A special tribute from Katie Harris

It was such a joy to live next door to Richard and Marcia. There would be days where I would pass the children across the fence and they would be entertained in the garden, or baking in the kitchen or on a tour of Richard's amazing model boats - visits which later inspired my son's Airfix hobby. Then, on Tuesdays and Thursdays, Richard would meet me at my door to carry my boxes and drive me to choir like the gentleman that he always was. Richard had a way of making you feel special, even in a room full of people; something about his smile and the cheeky way he'd catch your eye I think. What a star he has always been. It is hard to believe that during lockdown, Strathard has been deprived of two of its most loved and respected residents, first David Miller, and then days later, Kate Joynson.

It is hard to believe that during lockdown, Strathard has been deprived of two of its most loved and respected residents, first David Miller, and then days later, Kate Joynson. There have been in addition a number of other deaths, and our sympathy is shared with all those who have been bereaved over the past months.

There have been in addition a number of other deaths, and our sympathy is shared with all those who have been bereaved over the past months.

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David Miller

David was a greatly respected man of business who in retirement directed his considerable energies for the benefit of our community. St Mary's Church for one profited immensely from his wise counsel as did the Local History Group.

What better place to have started David's funeral service, held on the 7th May, than from his beloved garden at Blairuskin? The cortege travelled via Kinlochard, Aberfoyle, Gartmore, Ballat and Drymen en route to Cardross crematorium. Many well-wishers lined this part of the route, some playing instruments and others displaying placards and banners. This gesture of respect and support was much appreciated by the family. Upon either side of the prayers of committal at Cardross, hymns were played that were sung at Saffrey's memorial service held just a year previously. It was a poignant reminder that the two are now reunited, as was their wish.



Kate Joynson

Kate was born at Douglas Mains outside Bearsden, now alas buried under housing. She and Peter married in Edinburgh in the early fifties. With Theresa and Michael, they lived variously at Braendam Thornhill, and outside Cambusbarrow before eventually settling at Laraich.

Kate's mother was a powerhouse of initiative and energy. Kate was very much her mother's daughter and did much for the good of others. Her involvement with the Abbeyfield in Aberfoyle will forever be appreciated.

Kate took a wonderfully positive and cheerful outlook on life, even when Peter's mobility began to tax her strength. She possessed delightful eccentricities. For example, she always drove in a 'press on' fashion sometimes with, and sometimes without spectacles as the mood took her. Her previous vehicle was registered with the letters CAV. David Miller observing her car one day commented that the Latin word caveat means warning, be on your guard.

Kate had a wonderful reading voice and the seventh lesson about sheep and shepherds at St Mary's Carol Service was always reserved for her. In fact, anything that moved on four legs, especially a dog, was dear to Kate's heart. Life latterly largely centred around the welfare of Dan, her golden Labrador. Kate always valued independence and, thanks largely to the devotion of Alison and Angus, that was made possible to the last.

Fond Farewells

Alan Greener

Sadly, Alan's heart finally failed him and he died suddenly at home on Friday 25th September, 2020. Beloved husband of Jacqui since 1998, and previously Janet, Dad to Mark and Susan, Father-in-Law to Saya and Daniel, Grandad to Oliver, Sophia, Archie and Seth, cousin to Edith although more like a brother, and uncle to Edith's family; he will be sadly missed, but well remembered.

Alan was a great outdoors person, always active. 20 Years ago we were cycling on Arran, coming over "The String" road back to Brodick when he first started feeling breathless and from then on he struggled on the hills whilst cycling or walking. Investigations finally diagnosed an unusual form of Arrhythmia, and after many tests and cardiology visits he was eventually fitted (2005) with a new form of pacemaker. Brand new, cutting edge technology, so new that the consultant fitting it at Ayr hospital had to phone the technical experts in Glasgow for instructions whilst undertaking the procedure.

Alan was chuffed to bits about this and delighted in recounting the story afterwards as he was awake and involved in the discussion. Alan's fitness and "athletic heart" had masked the heart condition previously. A keen cyclist, hill walker and motorbiker we were always out making the most of all weathers.

The circulation problems made him feel the cold more than others which was a great excuse to buy a range of heated clothing the weather never got in the way. This pacemaker served him well for 12 years, at his annual cardiology checkup he always wanted to know the battery life and the data that it stored, and was fascinated by the technology.



Deteriorating health, especially breathing issues, brought forward the fitting of a replacement pacemaker in October 2017. The cardiology team in Edinburgh looked after him well with follow up from Forth Valley in Larbert. Alan always surprised the medical team by his good humour, positive attitude and youthful looks.

The medical teams looking after Alan have been marvellous, and the technology has enabled Alan to lead a full and active life to the very end. We would like to thank them all for their hard work, and to support more research into Heart Health and to find ways of bringing hope and positive outcomes to many more people.

Please donate to the British Heart Foundation via:
www.justgiving.com/fundraising/Jacqueline-Greener

We were also sorry to hear of the untimely deaths of **Ian Davidson-Porter** and **Stuart Ballantine**, please look for their obituaries in the next edition.

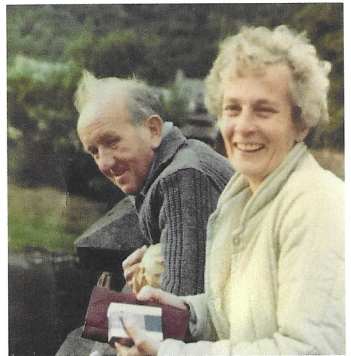
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George Boyle

Many of you knew “Wee George”, aka George Boyle – Dad to us, always Dad. He was a familiar face in the village, with his bunnet and sticks tapping on his frequent walks down Main Street to the shops or up Manse Road, his destination the cemetery to visit and converse with his beloved Betty. He would talk to anyone, well kent or total stranger, always with a joke or an enquiry as to how you were doing. His legs really started to bother him after Mum died in 2014, the penalty of a lifetime climbing ladders as a painter and decorator. He used the sticks but never cut down on the number or length of those walks. He even joined the Walking Club, mostly for extra company. By Christmas last year, we ‘kids’ (two brothers and three sisters) noticed a marked drop in Dad’s mood and wellbeing. He was moved to the Bellfield for assessment. In March, we decided to have him live with me in Queens Crescent. Tragically, lockdown meant that getting George home was delayed and, like many in care homes, he was struck down with Covid-19 in April.

George and Betty, Mum and Dad, moved from Knightswood to Aberfoyle in 2001, to make a new life in their retirement. They had fallen in love with the village through frequent visits to our youngest sister, Pauline, and husband who came here in the late 1990s to run a business. They bought a cosy house with a large front and back garden in Montrose Road and made it their own, adding a greenhouse and summer house. They grew vegetables and filled the garden with flowers and hanging baskets. When it was sunny, they were both out, sitting in the garden – Mum, filling her crossword books, Dad at his paper – or down the village for coffee and cake. They made many friends here. Already keen bowlers, they joined the Bowling Club, which took them to the various club tournaments locally. Mum was always the better bowler but Dad enjoyed her success at the game.

George and Betty’s life together lasted well over 60 years. As my Dad told the story, they met while he was on a job at “the big house” where Mum was in domestic service, and he had to ask “the lady of the hoose” for permission to take her out on dates! They brought up us five children, giving and teaching us everything to live our lives, always a phone call away if we needed anything. They loved their life in Aberfoyle. Its people took them to their heart, and both returned the love. I, too, have made my life here, and made many friends. You have taken me in, as you did Mum and Dad, and like them, I can think of nowhere else to call home. For all the friendship, and for the support you have shown the family and myself in this difficult year, thank you Aberfoyle.



Local Events Music @ St Mary's

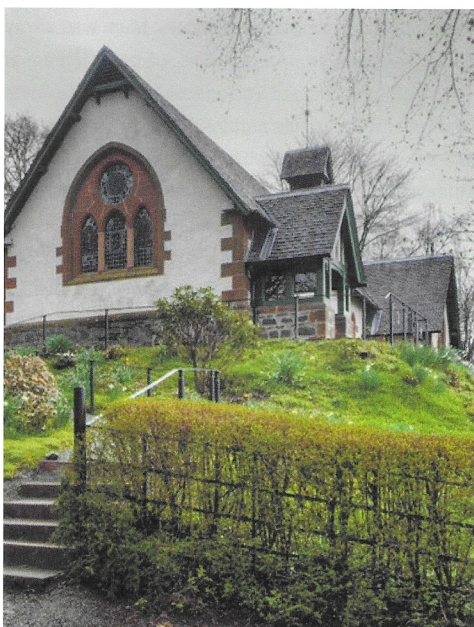
Christopher Roads

Third Sunday at Three Concert Series

The spring concert series was brought to an abrupt halt with a stunningly beautiful performance of Faure's Requiem, given by the St. Mary's Cathedral (Edinburgh) Chapterhouse Singers under their director, Les Shankland.

Our April and May concerts, to be given by bassoon quartet, Genovia, and the lute and soprano duo, Cordes en Ciel, were cancelled as have been all our autumn concerts, featuring the young ceilidh band Feis Fhiort, organist Hannah Gibson, the ever-popular Alastair Savage with his friends, Euan Drysdale and Iain Crawford, on their Fiddle Journey, a concert given by the GAIA string duo, "championing the work of unheard and unseen (18th C) Scottish female composers", and a recital by the organist Tim Lambourn, formerly assistant organist at Paisley Abbey and Senior Organ Scholar at Jesus College, Cambridge. We intend to invite them all back for our 2021/22 programme.

The concerts arranged for the first half of 2021 are: 17 January, The Wallace Collection Brass Quintet, 21 February The Fyriish String Quartet, 21 March, an organ recital given by Steven McIntyre, Assistant Organist at St Mary's Cathedral, Glasgow, 18 April, Siroccco Winds Quintet, and on 15 May, a recital by Ursula Smith, Professor of Cello at the Guildhall School of Music.



Seasonal Food in Strathard Mince Pie Brownies

Ingredients

185g unsalted butter, cubed

185g high-quality dark chocolate, chopped

85g plain flour

40g cocoa powder

3 large eggs

275g golden caster sugar

6 mince pies or 9-12 mini mince pies

icing sugar, for dusting

Method

STEP 1

Melt the butter and chocolate in a medium bowl, either in a microwave – cooking for 1 min on High, then stirring and continuing to heat in 20-second blasts – or by setting the bowl over a pan of simmering water and stirring occasionally. Once melted, leave the mixture to cool.

STEP 2

Heat the oven to 180C/160C fan/gas 4. Line the base of a shallow 20cm square tin with non-stick baking parchment. Sieve the flour and cocoa into a medium bowl. Whisk the eggs and sugar with an electric mixer on maximum speed until thick and creamy, about 3-8 mins, or when the mixture runs off the beaters and leaves a trail for a second or two.

STEP 3

Pour in the cooled chocolate mixture, then fold together with a rubber spatula in a figure of eight, moving the bowl round until the mixture is a mottled dark brown. Be gentle so you don't knock out the air.

STEP 4

Sift in the cocoa and flour mixture and continue gently folding. The mixture will look dry and dusty, then



fudgy. Stop just before you feel you should, as you don't want to overmix it.

STEP 5

Spoon a little mixture into the prepared tin, then add the mince pies, leaving them whole. Scrape over the rest of the mixture, gently easing it between and over the pies. Level the top. Put in the oven for 25 mins. If the brownie mixture is very wobbly in the middle, it's not quite done, so bake for another 5 -10 mins, or until the top has a shiny, papery crust and the sides are just beginning to come away from the tin. Take out of the oven and leave to cool in the tin. Dust with icing sugar. Cut into quarters, then cut each quarter into four squares. Will keep in an airtight container for a week and in the freezer for up to a month.

Please send in your recipe ideas and pictures to:
editor@strathardnews.com

Stories from Strathard

David Wilkie

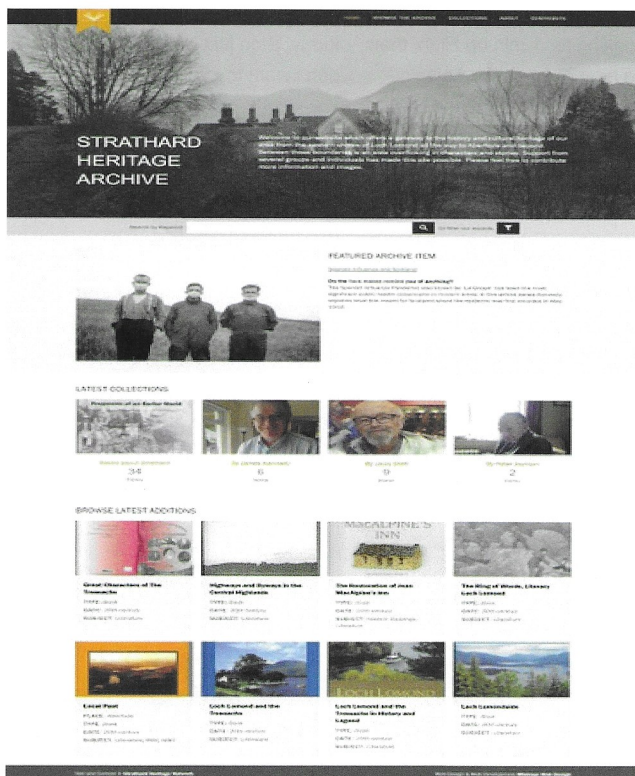
Strathard Heritage Digital Archive

A new website has just been launched which brings together archival material about Strathard. The detailed development work so far has been undertaken a project group from The Strathard Community Trust and the Loch Ard Local History Group. The group consists of James Kennedy, Katinka Dalglish, Margaret Neufeld and Ann Doubal. The site is a starting point and includes contributions from some local historians including Peter Joynson and Louis Stott. Of equal importance are the stories which featured in the Strathard News about the place and its people. There is also an extensive collection of postcards and other photographs. This digital collection will continue to be added to and the hope is that additional items will be contributed by those who know and love Strathard. By having the website our history and heritage can be shared far and wide. Please make contact if you would like to contribute anything and we will add it. Photographs and documents can be scanned and returned to you.

Contributions can be emailed to contact@strathardct.org.uk

The site was custom built for us by local web developer, Miniman Web Design.

The website can be found here: <https://strathardheritage.org/>



Stories from Strathard Kelly's Heroes

Kelly Bray

I've recently qualified from Stirling Uni as a Personal Trainer and am keen to build a strong local one to one client base. My Personal Training company is called 'Kelly's Heroes Personal Training' and I'm hoping to get more locals happy, healthy and enjoying the stunning area where we live.

I also own (with hubby) The Garrison of Inversnaid farmhouse bed and breakfast. With my new qualifications in Personal Training and Nutrition, we are hoping to diversify our small B&B into a unique Adventure Sports retreat called Loch Lomond Adventure Retreat. This will run alongside our Garrison of Inversnaid Farm bed and breakfast.



I am a keen amateur Cross Triathlete and am hoping to qualify for Team GB for my age group in two years' time. We moved to Inversnaid from London six years ago. I was a Chartered Quantity Surveyor for 18 years in London and my husband Paul was a Technical Manager at Wembley Arena. The move followed a life-changing accident that I had seven years ago.

It was a tri-malleolar fracture of my right leg during an assault course race and subsequently a pulmonary embolism from a blood clot caused by the incarceration. I was told by doctors I would never walk properly again. I guess I've proved those doctors wrong. . It made me realise life was too short to chase pennies and holidays, that life needed to be lived on a day-to-day basis without all the materialistic jargon that seemed so important before my accident.

Now on our farm we grow our own fruit and veg and rear animals. We are working towards complete self-sufficiency in 10 years' time. We use our new way of life to share with our guests and show that it is possible to completely turn your life around and follow your dreams.

<https://www.garrisonofinversnaid.co.uk>

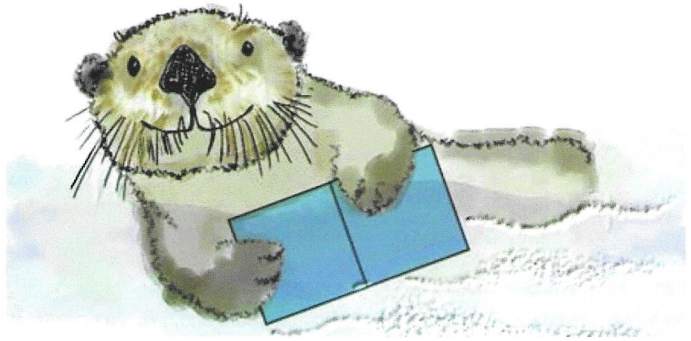
Stories from Strathard

Milton

Hello Children,

August is the month named after the first Roman emperor, Augustus (63BC – AD14). Long ago, in Scotland, this month was known as Lunasdal and celebrated as the festival of Lughnasadh (say Lughnasa), in honour of Lugh, the Celtic god of light and wisdom. Bread would have been baked from the first corn of the harvest, before being presented as sacred offerings and enjoyed at celebratory feasts. Of course, there were games, singing, dancing and storytelling, followed by merrymaking around many a bonfire – evening darkness already settling sooner. Christians simply adopted the “bread festival” as Lammass, a time of countless fairs held up and down the land.

The kits school project, the strategic importance of the Pass of Aberfoyle, has uncovered a great deal of interesting history. In 1653, local Highlanders successfully defended the Pass against an incursion by troops out from Stirling Castle. In April 1654, this time much better prepared, General Monck made another attempt. Fighting their way into the heart of Strathard, Oliver Cromwell’s “Round-heads” (due to the shape of their helmets) burned and pillaged through the area. The Highland supporters of Charles II would have melted away, further unto the glens. Women and children left behind, simply camped out any handy island, taking all serviceable boats with them.



In spite of the Civil War raging all about him, Charles was crowned King of Scots, at Scone, in January 1651, the last coronation on Scottish soil. Nine years later, actually aided by General Monck, his old enemy, Charles II became King of England, Wales and a lot of other places. Elizabeth, our present queen proudly traces her ancestry back to Scottish roots in the House of Stuart.

Having sat on her throne for over 25,000 days (more than 68 years), Queen Elizabeth has seen many changes, including men walking on the moon. The next full moon will be the Harvest Moon, providing enough natural light to ensure that the crops could all be safely gathered in, well before the onset of winter.

For a while, Aberfoyle looked as though the Pied Piper of Hamlyn had swept through the village. First our primary school children vanished, then the grown-ups seemed to disappear too. This was nothing to do with music or magic, but something called “lockdown”, and was really good news for otters and all their other wildlife friends. It started so well, very few people to be seen and hardly any traffic on the roads. Particularly

.....continued

helpful for migrating toads. Then, gradually at first, people began to reappear, more and more of them, parking haphazardly and leaving mounds of litter – and much worse. Where was the so-called National Park during all this? Answers, please, to the editor.

Once again, the Forth Inn defibrillator has been deployed, this time used to resuscitate a cyclist in cardiac arrest. With replacement pads fitted, the defibrillator was quickly back on station, available 24/7. We are pretty well served, with defibrillators located at Inversnaid Hotel, Stronachlachar Pier, Kinlochard Village Hall, Forest Hills Hotel and Forth Inn. Forestry Commission need to fit up-to-date pads to their Defibrillator at David Marshall Lodge, while the Medical Centre keep theirs mostly locked inside the building. An outside cabinet would be far more useful. Download free locator app at <https://www.trossachsdefibrillator.co.uk> you never know when you will be needing it!

As already mentioned, the nights are drawing in. Right now, if the night sky is clear, look north and west for a comet – complete with spectacular tail. It is well worth seeking, especially as Neowise or C/2020F3 will not be coming this way for another 6,800 years. A very long time to wait.
Bye for now.

Christmas Cheer Mulled Wine

Ingredients

- 750ml bottle red wine
- 1 large cinnamon stick, or 2 small ones
- 2 star anise
- 4 cloves
- 2 strips lemon zest, pared using a vegetable peeler
- 4 tbsp caster sugar



Method

STEP 1

Put the red wine, cinnamon, star anise, cloves, lemon zest and sugar in a large pan. Cook on a low heat for 10 mins.

STEP 2

Remove from the heat and cool, leaving to infuse for about 30 mins.

STEP 3

To serve, heat without boiling, stir in the sloe gin (if using, see tip below) and pour into mugs or heatproof glasses.

Stories from Strathard

David Wilkie

Re-produced below are two articles and photographs in celebration of Britain's Lumberjills from the Strathard News Archive, Issue 41 of December 2007. The photograph of Agnes Smith is from Issue 44 of May 2008. All were published by David Wilkie, Warden of the David Marshall Lodge.

A Unique Tribute to Britain's Lumberjills

Britain's first memorial to 5,000 members of the Women's Timber Corps was unveiled on Wednesday October 10 at Queen Elizabeth Forest Park, Aberfoyle, in the heart of central Scotland. Environment Minister, Michael Russell unveiled a life-size bronze sculpture of a 'Lumberjill' which will provide a lasting tribute to the women who stepped up to the mark to manage the country's forests during the war.



Women were recruited to the Women's Timber Corps (WTC) - part of the Women's Land Army - during World War Two and posted throughout Britain. Many were sent to remote areas of Scotland, where they lived for months in spartan conditions, whilst they ensured that timber supplies were kept in steady supply, felling trees, loading lorries and sawmilling timber.

After the war, the WTC was disbanded in August 1946, and each member handed back her uniform and received a letter from HRH, Queen Elizabeth. The sculpture is an official recognition of their hard work and efforts during the war. Environment Minister, Michael Russell said: "I am delighted to help commemorate the hard working women of the Women's Timber Corps whose valiant, behind the scenes effort helped Britain in the war effort. The women became affectionately known as 'Lumberjills', replacing men who had answered the call to war.

Stories from Strathard

David Wilkie

The work the women did was hard, physical labour that helped keep the industry afloat, and it helped shape the forests we see around us today. I am pleased that the Commission has taken steps to help remember the group and instigate the creation of the statue, which represents an unnamed heroine of the Women's Timber Corps. The women were also taken on a tour of a modern day harvesting site to see how forestry techniques have changed over the years. Rosalind Elder, who worked in the Women's Timber Corps and who now lives in Canada said: "It is commendable that Forestry Commission Scotland has co-funded and commissioned this excellent statue to be dedicated to the members of the Women's Timber Corps. The memorial has been funded through donations from Forestry Commission Scotland, the Scottish Forestry Trust and the Royal Scottish Forestry Society. For more information visit:

www.forestry.gov.uk/womenstimmercorps

This will be a lasting tribute to these brave women." The memorial is located at Forestry Commission Scotland's David Marshall Lodge, Aberfoyle. Fife-based artist, Malcolm Robertson was commissioned to create the memorial. The surviving members of the corps attending the unveiling were welcomed with music from the 1940s.

The Womens Timber Corps

The long-awaited unveiling of Malcolm Robertson's bronze statue of the 'Lumberjill' finally came to pass on Wednesday October 11th. On a glorious, sun-kissed day, over a hundred ex-patriots flocked to attend this monumental occasion.

Lunches were provided on the day and there was also an opportunity to enjoy a mini-bus tour to a harvesting area in the forest. It is hard to imagine what was going through the minds of these wonderful old ladies as they witnessed the modern day methods of giant machines cutting through the timber like butter. Previously, they would have dealt with similar situations, forced upon them through circumstance, with only a basic selection of hand tools. Cast into such unfamiliar territory, with little training, the WTC more than held their own, achieving their objectives with overwhelming spirit and determination.

On the day, I was struck by two things. Firstly, the ladies, most of whom had congregated in their finery, were clearly enjoying the attention given them by the assembled press. Secondly, there was an irresistible feeling of calm to the gathering. Although this may have, in part, been down to the fine weather, I am more inclined the reason was due to a collective sense of satisfaction, and relief, that a line was finally drawn under their magnificent contribution to the war effort, finally recognised through this marvellous statue. Perhaps I'll leave the last word to Hilton Wood, Lumberjill.

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The Other Way

There is a land, or so I'm told
Where timber girls ne'er feel the cold
Where trees come down all sned and peeled
And there's no need an axe to wield
The transport's never broken down
And Jills go every night to town
How different here in snow and sleet
Shivering with wet and frozen feet
But wait, the sun's come out at last
And summer's here and winter's past
The limberjills work all day- Who'd have it round
that other way ?

Hilton Wood, Lumberjill



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On a recent visit to The Lodge, ex-Lumberjill, Agnes Smith of Ediburgh, recognised herself in one of the display banners in the foyer! (she's the one on the right of the picture)

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