



# Kinross Newsletter

Founded in 1977 by Mrs Nan Walker, MBE

Published by Kinross Newsletter Limited, Company No. SC374361

Issue No 380 November 2010

[www.kinrossnewsletter.org](http://www.kinrossnewsletter.org)

ISSN 1757-4781



## DEADLINE for the December Issue

**2.00 pm, Monday  
15 November 2010**

for publication on  
**Saturday 27 November 2010**

### Contributions for inclusion in the Newsletter

The Newsletter welcomes items from clubs, community organisations and individuals for publication. This is free of charge (we only charge for commercial advertising - see below right). All items may be subject to editing. Please also see our Letters Policy on page 2. Submit your item (except adverts) in one of the following ways:

**Email:** [editor@kinrossnewsletter.org](mailto:editor@kinrossnewsletter.org)  
(all emails will be acknowledged)

**Post:** Eileen Thomas  
Editor, Kinross Newsletter  
50 Muirs, Kinross, KY13 8AU

**Hand in:** 50 Muirs, Kinross  
**or:** 24 Victoria Avenue,  
Milnathort

#### Editor

Eileen Thomas  
50 Muirs  
Kinross, KY13 8AU ..... 863714  
[editor@kinrossnewsletter.org](mailto:editor@kinrossnewsletter.org)

#### Advertising Manager

Ann Harley  
2 Hatchbank Road,  
Kinross KY13 9JY ..... 864512  
[advertising@kinrossnewsletter.org](mailto:advertising@kinrossnewsletter.org)

#### Subscriptions

Glenn Neve  
Saltire Transport Services  
15 Marshall Place  
Ballingry, Fife KY5 8JW ..... 01592 860808  
[subscriptions@kinrossnewsletter.org](mailto:subscriptions@kinrossnewsletter.org)

#### Distribution

Glenn Neve (address & tel as above)  
[distribution@kinrossnewsletter.org](mailto:distribution@kinrossnewsletter.org)

#### Treasurer

Ross McConnell  
3 High Street  
Kinross KY13 8AW ..... 865885  
[treasurer@kinrossnewsletter.org](mailto:treasurer@kinrossnewsletter.org)

## CONTENTS

From the Editor .....	2
Letters .....	2
News and Articles .....	3
Police Box .....	13
Community Councils .....	14
Club & Community Group News .....	18
Sport .....	30
News from the Rurals .....	42
Out & About .....	43
Congratulations and Thanks .....	45
Church Information .....	46
Playgroups & Nurseries .....	48
Notices .....	49
Day Centre & Chemists .....	54
Classified Adverts, Situations Vacant .....	55
Diary .....	56

## Commercial Advertising in the Newsletter

### Display Adverts

For details on how to place a Display Advert, please go to our website [www.kinrossnewsletter.org](http://www.kinrossnewsletter.org) and click on Advertising for full details, or contact our Advertising Manager.

### Typed Adverts

A typed advert may be placed for one or more months. These adverts are text only (no graphics allowed). There are two rates:

Up to NINE lines (including blank lines)	£7.00 per insertion
TEN to FIFTEEN lines (including blank lines)	£11.00 per insertion

As a guide, eight words is the maximum that can be fitted on a line. To place a Typed Advert, contact our Advertising Manager, Ann Harley (see left for contact details). You will need to send her:

- Your name, address, telephone number and, optionally, email address.
- The wording of your advert.
- A note of the number of insertions required.
- Your remittance – cheques payable to “Kinross Newsletter Ltd”.

Send all this to the Advertising Manager by the normal monthly Newsletter deadline (see top of left-hand column for date).

The Newsletter reserves the right to vary the physical size of these adverts from issue to issue according to the space available.

If you wish to place a Typed Advert on a permanent or semi-permanent basis, contact the Advertising Manager to see if you can go on to our billing list.

**The Newsletter reserves the right to refuse or amend any advertisement or submission and accepts no liability for any omission or inaccuracy.**

**Editor** Eileen Thomas **Typesetting and Layout** Tony Dyson **Word Processing** Julia Fulton  
**Advertising** Ann Harley **Treasurer** Ross McConnell **Distribution** Glenn Neve **Subscriptions** Glenn Neve



# Letters

## Editorial

There is still one more chance locally to view the Local Development Plan Main Issues Report exhibition and talk to Council officers. That's on Saturday 6 November at the community campus (see p. 3 for more details). Your views could help shape the area's planning for the next twenty to thirty years.

Whether the Council takes the views of local elected members into account, let alone those of members of the public, has, however, been a topic of debate in the local press as this Newsletter goes to print, and this is touched upon in articles on pages 3 and page 4. Why not write to the Newsletter and let us know what you think?

**Newsletter deadlines:** Please note that the deadline in November for the December issue may seem 'early' (the deadline is **Monday 15 November**) but if we had it a week later the Newsletter would not be out before the December meeting of Kinross CC, and one of the original aims of the Newsletter was to let people know what the CC was saying and doing. (Though unfortunately only three or so members of the public actually attend CC meetings, typically.)

While on the subject of deadlines, things are always a bit different for the first issue of a new year. Regular readers will know that we don't publish an issue at the start of January, but instead publish a joint January & February issue. The deadline for that will be **Monday 10 January 2011** for publication on Saturday 22 January. So if your club is organising an event which takes place in the first three weeks of January and you want to advertise it in the Newsletter, you will need to submit the information for the December issue.

## Ladies Circle Comedy Night

9 Oct 2010

As a former member, Secretary and Chairman of Kinross-shire Round Table (now retired), I would like to thank the Kinross-shire Ladies Circle for their third, and possibly best-yet, comedy night last weekend at the Portmoak Hall.

Billy Kirkwood and his colleagues brought a taste of the professional comedy circuit to us in their own special way and neither my wife nor I can remember laughing out loud quite as much. Well, not since the last one, anyway. Some of the language got a wee bit fruity, but I've heard worse in several of the local pubs and even on the bus.

The ladies are all volunteers, working so hard to raise money for various charities and organisations throughout our local area. They deserve a lot of credit for their efforts at the comedy-nights and the other events that they organise. We'll certainly be snapping up tickets for the next event in February, and I'd urge everyone else to do the same because they sell out every time.

Iain Macpherson

18 West Crook Way, Crook of Devon,  
Kinross, KY13 0PH

## We Will Remember

11 Oct 2010

At this time of year our thoughts are with those who have lost loved ones in conflict.

As Remembrance Sunday draws close, we think not only about those who fought so bravely in the last century, but also the troops who are serving their country now, often in difficult and challenging circumstances.

More than 330 British troops have lost their lives, and hundreds more have sustained life-changing injuries in Afghanistan since 2001, and it is not just those on the frontline who are affected. Conflict can also have a devastating impact on those left at home – the mums and dads, wives, partners, children, brothers and sisters.

The Soldiers, Sailors, Airmen & Families Association (SSAFA) – Forces Help has been providing vital support to our servicemen and women and their families for 125 years. From the elderly World War II veteran with mobility problems, to the young soldier seriously wounded in Iraq, SSAFA's ability to adapt to the changing needs of our service community means we will always be there when we are needed.

The charity has two 'homes-from-home' allowing seriously injured troops to spend much-needed quality time with their families, and also runs family support groups for those coping with a sudden bereavement, or coming to terms with life-changing injury to a loved one.

Our nationwide network of 7,000 trained volunteers is on hand to provide practical, financial and emotional support whenever anyone turns to us for help. In 2009, your local Perth and Kinross Branch assisted over 100 people and families, raising over £50,000 for their needs, and 2010, SSAFA's 125th anniversary year, is already proving to be one of our busiest yet.

Anyone who has served for just one day could be eligible for SSAFA's support, including past and present members of all three Armed Forces, members of the Territorial Army, our Reserve Forces and those who have done National Service.

If you think SSAFA Forces Help can assist you, or someone you know, or if you are interested in volunteering, please contact the Perth and Kinross Branch on 01738 625346, or [perth@ssafa.org.uk](mailto:perth@ssafa.org.uk), or look at <http://www.ssafa.org.uk>.

*"They shall grow not old, as we that are left grow old,  
Age shall not weary them, nor the years condemn  
At the going down of the sun, and in the morning  
We WILL remember them."*

Thank you for reading this.

Lieutenant Colonel Andy Middlemiss  
Branch Chairman, SSAFA Forces Help  
Perth and Kinross Branch, Queens Barracks  
Dunkeld Road, PERTH PH1 5BT

## Clocks go back one hour

British Summer Time officially ends at 2am BST on  
Sunday 31 October, becoming 1am GMT.

**Letters Policy:** We reserve the right not to publish any letter. Senders must supply their name and address and be prepared to have them published. The Newsletter does not necessarily agree with any of the views expressed on these pages.

**Abbreviations:** PKC: Perth & Kinross Council CC: Community Council Cllr: Councillor CCllr: Community Councillor



# News & Articles

## Local Development Plan Main Issues Report – consultation arrangements

An opportunity to examine the Local Development Plan Main Issues Report (MIR) and speak to PKC Officers took place on Monday 18 October. There is one further opportunity locally:

**PUBLIC EXHIBITION**  
**SATURDAY 6 NOVEMBER, 10am – 4pm**  
**Loch Leven Community Campus**

The MIR has been compiled to stimulate discussion and encourage views on what policy and development options could be included in the Proposed Local Development Plan, which is due to be published in December 2011. The MIR is not a draft development plan, but provides options and general proposals for development and land use, for the purposes of the consultation. A lot of the information included in it has come from ideas already put forward by local people and developers. It outlines the Council's vision for Perth & Kinross, the objectives of the Local Development Plan and the main issues which will help shape the proposed Plan.

Among the main issues are:

- Housing - How do we provide land to meet identified local housing need?
- Economy and retailing - The need to provide and maintain an adequate supply of economic development land and improved retail provision
- Green infrastructure - The need to protect landscape and biodiversity, and mitigate climate change.

The 14-week consultation period ends on 14 January 2011. Copies of the MIR are available to view in Council offices and libraries. In addition, they can also be viewed online at [www.pkc.gov.uk/mainissuesreport](http://www.pkc.gov.uk/mainissuesreport)

**Comments** can be made in the following ways:

1. By email to: [developmentplan@pkc.gov.uk](mailto:developmentplan@pkc.gov.uk)
2. By letter to: Local Development Plan Team, Perth & Kinross Council, Pullar House, 35 Kinnoull Street, Perth, PH1 5GD.
3. By completing a Representation Form, which can be downloaded from the Council website and returned by post or by using the email button on the form.
4. By completing a MIR Questions e-form. This form contains many specific questions on the MIR.

### KINROSS GARDEN SERVICES

For domestic and commercial garden maintenance and soft landscaping

- \* *Lawns turfed and seeded*
- \* *Lawn sand supplied*
- \* *Mole trapping*

Agent for Sinclair McGill and John Watson's seeds for Agriculture and Horticulture

For contracts and orders phone  
**Jim Oswald on 01577 864020**

## Councillor Barnacle on MIR – planned level of growth too high

The publication of the Local Development Plan Main Issues Report (MIR) was approved by PKC on Wednesday 29 September at a meeting of the Full Council.

Local Independent Councillor Mike Barnacle addressed the Council with his thoughts on the MIR. He began by expressing his disappointment that the two core values he thought should be highlighted in the new Plan, namely the need for any development framework to (a) protect and enhance the amenity of existing residents and (b) protect prime agricultural land and local scenic landscape from 'inappropriate' developments, have not been incorporated. He has previously stated his opposition to the level of growth being planned for, which he regards as "neither desirable or sustainable from an environmental perspective" and is surprised that it has not been reviewed in view of the current economic difficulties.

He expressed his concern over green belt preservation, saying, "Significant development west of Perth's outer ring road begs the question 'where does it stop once outer ring roads of cities are breached?'"

The Councillor went on to say, "The Kinross-shire Strategy outlined in Paras 44-49 is broadly supported by me, although I have issues with development west of the M90; it is essential to avoid the coalescence of Balado with Kinross and the potential loss of our county's roads depot at Turfhill because of Tayside Contracts' restructuring remains an issue...."

With regard to infrastructure, Cllr Barnacle criticises Para 50 of the MIR for "its failure to mention the need for major mitigation measures on the A977, the lack of reference to the restoration of a rail link in Kinross-shire, but more significantly the deterioration of Kinross Town and the number of PKC buildings empty or likely to be in the near future ..."

The MIR outlines various options for house-building. The Cllr expressed a preference for Option 1 (Para 46) for the Kinross-shire Landward Area, saying it "... is very much in line with the work of the Fossoway Community Strategy Group since 2004." Option 2 includes a site at Crook of Devon which he says has been "strongly opposed by the community for many years..."

Members of the public can view copies of the MIR and make comments on it. These will be considered before the new Local Development Plan is drawn up – see adjacent column for details.

### Looking for gift ideas?

**Why not try  
 PAMPER WITH A HAMPER**

Beautiful gift baskets and hampers

Available for Christmas, birthdays  
 and all special occasions

**visit <http://pamperwithahamper.webs.com>  
 or call Ann on 07526427838**

## Kinross Town Hall sold to developer

### Local Councillors barred from decision

PKC has decided to sell Kinross Town Hall to Wilson Homes Ltd, rejecting a proposal from the Kinross-shire Partnership which would have kept the Hall in community ownership. The decision was made at a meeting of Full Council on 29 September. The discussion and decision on disposal were held in private due to 'contractual reasons.'

As the Town Hall is part of the common good, the decision regarding its disposal would normally have been taken by the Kinross Common Good Fund Committee (KCGFC), which consists of the four local councillors plus Ian Miller, Leader of the Council and George Hayton, Vice-Convener, but PKC moved the item of business to the Full Council.

Cllr Barnacle said, "Moving the decisions on this issue from the Common Good Fund Committee to Full Council was highly unusual and taken by the Council leaders and officers without my involvement; this effectively removed the decision from Local Members in entirety."

Removal of the item from the KCGFC agenda came after Council officers advised that, because Cllr Robertson is a director of the Kinross-shire Partnership and because Cllrs Baird and Miller had previously indicated support for the community-based proposal, they could be deemed to 'have an interest.' According to the Councillors' Code of Conduct, this barred them from taking part in a decision involving the Kinross-shire Partnership proposal. The KCGFC would not have been quorate without the three Councillors.

Cllrs Robertson, Baird and Miller were allowed to address the Full Council but were not allowed to be present for the debate.

Kinross CC had expressed support for the Kinross-shire Partnership proposal.

Cllr Robertson said after the meeting, "I am a director in the Kinross Partnership but that is a normal role for a Councillor to have – it is not profit-based but community-based."

"If we are not going to get involved in the community then what is our role? The whole thing has been very disappointing."

Cllr Barnacle, too, is disappointed but not surprised at the outcome. He told the Newsletter, "There is in Perth & Kinross a huge 'democratic deficit' where decisions are made for areas by people who were not elected there; area devolved committees would address this but will never be considered by this 'controlling' administration. I also feel that the code of conduct is being used by officialdom to limit Councillors in their supposed leadership roles and democratic accountability for their communities."

### Other property news

The proposal by Hillcrest Housing Association Ltd to convert the derelict building at the corner of Swansacre and Kinross High Street to two dwellings has been approved by PKC. The property has been an eyesore for many years and was the subject of a compulsory purchase by PKC.

A proposal by Wilson Homes Ltd to build six retirement apartments at 77 Muirs (currently the site of Ivy Cottage) was refused under delegated powers. The proposal was refused because the building "... by virtue of its scale, form, design and prominence would harmfully affect the appearance of the street scene and the amenity of the area" and was contrary to policies of the Development Plan.

## News from the Health Centre



### Patient Care Messaging

The rapidly changing computing and telecommunications world presents new ways for organisations to communicate with their customers or service users. These innovations are now being used by many GP practices and we have been investigating two such developments: on-line appointment booking and text messaging. On line appointment booking enables patients to book or cancel an appointment from their PC at any time of the day or night. Text messaging enables the practice to remind patients about appointments or to invite them to come for an appointment. This could be used for invitations to chronic disease clinics such as asthma or diabetes or for the annual flu injection.

We have seen a demonstration of appointments online, though the software is still being tested and will not be ready for release for a few months. We will look at it again when it is available. Meanwhile, we are going ahead with a trial of text messaging for one year. Other surgeries who have introduced this system have found that the number of missed appointments reduces considerably. Last month nearly 200 appointments were missed, representing over 36 hours of clinicians' time. Had they been cancelled they could have been offered to other patients, thus reducing waiting times. The text reminder should prompt those who have forgotten about an appointment to keep it, or enable them to text back to cancel the appointment, releasing it for another patient. Text messaging can also be used to invite patients for annual review appointments or flu jabs, again providing a convenient way for patients to decline the invitation if they wish.

We already have many mobile phone numbers registered on our computer system. A message will be sent to all of these numbers asking the patient if they wish to receive text messages from the Health Centre. Patients may choose to opt out and this may be done initially or at any time thereafter. Over the coming months we will be advertising the service in the Health Centre and inviting patients to take part. A form will be available from the Reception team which just requires the patient's name, date of birth, mobile number and a signature for consent. We hope that patients find this a quick and convenient method of communication and we would welcome feedback on the service as it is developed.

### The Princess Royal Trust for Carers

On **9 November** the Princess Royal Trust will be coming to the Health Centre to provide a training session for carers. The session, entitled 'You and Your Money', covers subjects such as budgeting, savings and investments, pensions and insurance. The session runs from 10.30 am to 12.30 pm, and tea and coffee are included. To book a place please contact Annette Summersgill on 01738 567076.

Another new service for carers started at the Health Centre last month. Volunteers from the Princess Royal Trust came to the Health Centre and offered Indian Head Massage and reflexology sessions to carers. These sessions provides an opportunity for some quiet time, rest and relaxation. The volunteers will be back on **3 December** and any carer who wishes to book a therapy appointment should contact Annette Summersgill on 01738 567076. A donation of £3 is requested for each therapy session attended.

## Milnathort Town Hall

A historic Milnathort landmark has been given a new lease of life thanks to a group of local volunteers.

Milnathort Town Hall committee are in final negotiations with Perth and Kinross Council to secure the future of the B-listed town hall, which stands at the heart of the village.

Now they are calling on local residents to come forward with their ideas to help them get the most out of the facility and help restore its rightful place at the heart of the community.

It has taken the committee three years to come to an arrangement with the Council but with the help of local Councillor Willie Robertson their dream looks set to become a reality within the next few weeks.

It's hoped to upgrade and renovate the hall to make it more 'user friendly' with the aim of encouraging a wide range of organisations to use it as a venue for exhibitions, meetings and functions.

Already the hall is used in the evenings for a variety of activities, including badminton, karate, dancing and even dog training. Christian Youth meetings are held there monthly and it is a popular venue for parties and ceilidhs as well as home to the Milnathort Filmhouse, set up by a small but enthusiastic band of hall committee

members.

Opened in 1855, the hall has been a central part of community life for generations and at one time even accommodated the village's police cells!

It is built over the Back Burn, which ran across the road as a ford prior to the construction of New Road, and the present ante room formed part of what was once a corn exchange.

It was around the turn of the 19th century that the imposing, 95-foot clock tower was added, using funds raised by public subscription, and around the same time the stage in the main hall was decorated in a style considered very ornate for its day.

In the early 1950s, the hall passed into the hands of the then Kinross County Council, who agreed to take responsibility for its structural maintenance and repairs while a committee looked after its internal maintenance and day-to-day running.

This has remained the arrangement ever since, but the present committee hit a stumbling-block in their efforts to secure funding for improvements as they didn't have an up-to-date lease.

Three years and a lot of talking later, it looks as if it's 'all systems go' for the hall – and the committee are determined

to make it a place of which the community of Milnathort can be proud. If you have any suggestions as to how the hall can be used, please contact a member of the committee!



*Milnathort Town Hall*

### Hall Availability

	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>Morning</b>						9.30-1.30 NMS Dance	
<b>Afternoon</b>	Badminton						
<b>Tea time</b>	4:00-6:00pm Tiger cubs (karate) Kathleen Mitchell	4 - 6:30pm Nikki Matthews School of Dance		4-6 pm NMS Dance	4-8pm NMS Dance		
<b>Evening</b>	6.30 - 9pm Dog Train- ing-Kairyn	6:30 - 7:30pm 8:00 - 9:00pm Karate Murray Mitchell	7 -9pm Country Dancing winter months	6:30 - 7:30pm Karate - Murray Mitchell		last Saturday of Month Youth Meeting - Tony	
				7-9pm WRI (3rd Thurs of Month)			

**If you would like to book the hall please call 07542 439 739**

**Chairperson: Rosemary Tolson – 01577 867 541**

**Vice Chairperson: Murray Mitchell – 01577 862805**

## A new Scottish event for amateur cyclists is born

Sportive Kinross is the new Scottish event for amateur cyclists, to be held on **23 April 2011**. Starting in Kinross, the routes will take riders through Perth and Kinross, Fife and Clackmannanshire. The event will offer riders three demanding options with climbing from circa 1,800ft on the 'entry level' 45 mile Blue route to around 5,500ft on the testing 87 mile Black route. The middle option is the Red route at 73 miles with around 2,700 feet of climbing. All three routes start from Loch Leven Community Campus, Kinross. The organisers believe it will become one of the major calendar events for amateur road cyclists from across Scotland and also attract riders from other parts of the UK and beyond.

The event is not a charity ride but Sportive Kinross have linked up with the Children's Hospice Association Scotland (CHAS) who are the charity partner and they will receive £5.00 per head from each of the paid entries. The organisers



*L to r, CHAS Fundraiser Alison Rennie, with cycling club member Ken Ogilvie and event director Paul Zarb at Rachel House  
Photo: John Jones*

are hoping to attract over 400 entries for the inaugural ride which they say is 'more challenging' than the Etape Caledonia and therefore Sportive Kinross is a great training run for potential participants planning on entering the Etape. The Event Director, Paul Zarb commented, "Sportive Kinross is designed for developing and experienced cyclists, especially for those seeking an early season challenge. We have some of the most stunning scenery and fantastic cycling roads you might find anywhere in the world. We want to share them with, and attract people to the area to cycle and enjoy Kinross-shire and the surrounding counties. We are very proud to be working with CHAS as our charity partner, and one of our key objectives in running the event is to raise some cash for this most remarkable organisation. Through the event entry fee we are going to donate £5.00 per head of paid entries to CHAS. We are not looking to riders to fund raise as it is not a charity event. Fund raising is entirely optional as is the opportunity to make a donation when a rider or team enters the event. We have built a superb website at [www.sportive-kinross.co.uk](http://www.sportive-kinross.co.uk) with loads of information on the routes, the fantastic climbs we have in the area and what it's all about. We are absolutely delighted with the very warm and positive local support we have received from local councillors, the community council and local businesses."

Jon Heggie, CHAS Regional Fundraising Manager said: "We're thrilled to be part of this exciting new event which will be a fantastic addition to the amateur cycling calendar. The money that CHAS receives from the event will be used to help children and young people with life-shortening conditions across Scotland including families visiting Rachel House Children's Hospice in Kinross."



### FW BEAUTY & SPA THERAPIES

**Contact Fiona on 01577 862615 or 07540 139831**

LAVA SHELL MASSAGE ("the new hot stones")  
HOT STONE MASSAGE  
AROMATHERAPY MASSAGE  
SPA FACIALS (hot mitts/towels)  
LUXURY HAND/FOOT TREATMENTS  
HOPI EAR CANDLES  
REIKI

**Discounts On First Visit & Monthly Offers  
Girlie Nights In & Gift Vouchers Available  
MEN AND WOMEN WELCOME!**

**Deadline for all Submissions  
2.00 pm, MONDAY 15 November  
for publication on Saturday 27 November**

### The Studio Hair Company For the Ultimate Christmas Present

We are delighted to introduce to Kinross  
'the Keratin Blow Dry'  
a treatment that eliminates frizz  
reducing daily styling to  
almost maintenance free.  
Please call the salon for more information!

**Call Vicky, Laura, Stephen or Nicola  
01577 866 911 or pop in and see us**

Grass Cutting, Rotovating  
Hedge Trimming, Tree Pruning  
Turfing, Slab Laying, Fencing  
work undertaken

**I. Robertson, Station Road, Crook of Devon  
Telephone : Fossoway 01577 840526**

# Moto Proposals for Replacement Motorway Service Area at Kinross

Following the brief notice displayed in the last edition of the Newsletter, we can add the following update regarding the plans for a new motorway service area for Kinross:

MOTO Hospitality Limited, the operators of the existing service area at Junction 6 of the M90, have released plans for a pre-application public consultation relating to the redevelopment of the existing buildings. They plan to enhance not just the comfort and convenience of motorway travellers, but to offer a more welcoming, modern and efficient gateway to Kinross-shire for tourists and business travellers. The plans include removing the current 'T-junction' arrangement and replacing it with a four arm roundabout designed to ease congestion and resolve the safety problems that vehicles currently have in the area. The existing amenity buildings and fuel filling station will be removed and replaced with the type of light and airy facilities that MOTO have recently opened elsewhere on the motorway network. Many of the brands currently associated with MOTO will be present on the site, including a new Marks and Spencer food outlet. The redevelopment

will also provide for an information point and retail facilities aimed at improving the tourist visitors' experience of Kinross and the surrounding area.

The plans are currently displayed at the existing amenity building, along with artist's impressions and more details about the improved facilities and retail offer. They are also available on the community website ([www.kinross.cc](http://www.kinross.cc)).

Comments upon the draft plans are welcome from all members of the public.

There will also be a **Public Consultation** event held at the Church Centre, High Street, Kinross on **Monday 1 November** between 1pm and 8pm, where members of the design team will be available to explain the plans, answer questions and receive comments on the proposals.



*The concourse of the new service area, to include a Marks and Spencer Simply Food outlet*



*3D aerial model of the new service area (all plans are draft)*

## Club Workshop Evening

The Kinross-shire Community Sports Partnership would like to invite sport or physical activity clubs and groups operating or based in the Kinross-shire area to a Club Workshop evening to be held at the Loch Leven Campus on **Wednesday 10 November** at 7pm.

After a short welcome and introduction, individuals will have the opportunity of attending two out of three workshops as follows:

- Funding
- Marketing
- Protecting Vulnerable Groups (PVG) scheme (due to go live on **30 November 2010**). This scheme provides the new arrangements for vetting individuals as part of child protection delivered by Disclosure Scotland.

Workshops will run for approximately 30-45 minutes and each workshop will run twice. Time will be built into the workshops to allow for questions but there will also be a further opportunity for questions at the end of the evening when everyone attending regroups.

Your club is invited to nominate members to attend two workshops each of your choice and we will endeavour to meet preferred choices for the first two club members attending but additional member requests will be dependent on numbers attending.

We hope your club and its representatives can join us for the workshops and we look forward to continuing to support all clubs in the Kinross-shire area. It would be appreciated if you could advise me if your club is able to attend or not by **Friday 5 November** along with a note of member names and preferred workshops as per below.

### Please return/reply by FRIDAY 5 NOVEMBER to:

Caroline Ness  
Sports Development Officer  
79 Dunkeld Road  
PERTH  
PH1 5DH  
Tel: 01738 472242  
Email: CMNess@pkc.gov.uk

Name of Club	
Club Contact Name	
Club Contact Telephone No.	
Club Contact email address	
Can attend workshop evening	YES / NO (delete as appropriate)
<p>Members will be able to attend 2 workshops. Please select workshops and rate in order of preference, where 1 is the most preferred and 3 the least preferred.</p> <p>Workshop 1 (WS1) – Funding Workshop 2 (WS2) – Marketing Workshop 3 (WS3) – PVG scheme</p>	<p>1st Club Member</p> <p><input type="checkbox"/> WS1    <input type="checkbox"/> WS2    <input type="checkbox"/> WS3</p> <p>2nd Club Member</p> <p><input type="checkbox"/> WS1    <input type="checkbox"/> WS2    <input type="checkbox"/> WS3</p> <p>3rd Club Member</p> <p><input type="checkbox"/> WS1    <input type="checkbox"/> WS2    <input type="checkbox"/> WS3</p> <p>4th Club Member</p> <p><input type="checkbox"/> WS1    <input type="checkbox"/> WS2    <input type="checkbox"/> WS3</p>

**YOGA & RELAXATION**  
With **BARBARA FOOTE – Dip. Hatha Yoga**  
**FOR ALL** – Young to Senior  
DESTRESS – STRENGTHEN – TONE  
STRETCH – NOT STRAIN  
RELAXATION – PEACE & HARMONY

**LOCHLEVEN LEISURE CENTRE**  
Tuesdays 9.45 – 10.45 am  
11 – 12 noon & 12.15 – 1.15 pm  
Thursdays 11.30 am – 12.30 pm

**Booking essential for all Leisure Centre Classes**  
**01577 863368**  
Further information: **BARBARA – 01259 781446**

### SAFESTORE, KINROSS

A SUBSIDIARY OF David Sands Ltd  
Alligin House, 2 Clashburn Close, Bridgend Industrial  
Estate, Kinross KY13 8GD

Telephone: 01577 865141/Fax: 01577 865104

SAFESTORE, KINROSS offers containers which are available for customers to utilise. As it is self-storage, you will be required to load and unload the container yourself thus keeping costs to you down.

The containers will accommodate the contents of an average 2-3 bed house or are suitable as storage facilities for a small business..

Min rental period one month. Long term available.

Opening hours – Monday to Friday 7am – 7.30pm  
Saturday 7am – 3pm Sunday 7am – 1.30pm

## Recycled Bike Sale in Kinross

The European Week for Waste Reduction is taking place between 20 and 28 November to help encourage people all over Europe to reduce their waste to landfill through simple actions. As part of this annual campaign, The Perth Bike Station is holding a **Children's Recycled Bike Sale** at Kinross Primary School on **Friday 26 November** from 3pm to 4pm. This is a chance to buy affordable bikes or donate an unwanted or old bike for recycling.

There will also be the chance to try out cycling on a tandem. This can be enjoyed by anyone, but especially by people who have a learning disability or are visually impaired and who have someone to cycle with them on the tandem.

The Bike Station diverts bikes from landfill – discarded bikes can be repaired and refurbished for reuse, or the salvageable parts can be reused to repair or make other bikes. They are now based at Mid Friarton in Perth (two minutes from Friarton Recycling Centre) as well as in Edinburgh, and aim to encourage people across Perthshire and Kinross-shire to take up, and continue, cycling.

Open Monday to Saturday (1030-1630), The Perth Bike Station will accept donations of unwanted bikes, offer bike repairs, sell bike parts and hire out work stations for 'Fix Your Own Bike' sessions, along with running weekly Bike Sales and volunteering opportunities.

Donated bikes can also be left at the Kinross Recycling Centre at the Bridgend, Kinross.

For further details about The Bike Station's activities, please visit:

[www.thebikestation.org.uk](http://www.thebikestation.org.uk) or [www.pkc.gov.uk/recycle](http://www.pkc.gov.uk/recycle)

## Race to Infinity

Would you like better broadband speeds in the Kinross area? You could help achieve this simply by going to the website [www.racetoinfinity.bt.com](http://www.racetoinfinity.bt.com) and registering a vote for the Kinross telephone exchange.

The Race to Infinity is a nationwide competition run by BT whereby members of the public and local businesses can vote to get superfast fibre broadband, BT Infinity, in their exchange. The five exchanges with the most votes as a percentage of the total telephone exchange size will be added to BT's fibre rollout plan. Exchanges need to get a minimum of 1,000 votes. The Kinross exchange size is 3,599.

It only takes a couple of minutes to register on the website, giving postcode, phone number, name etc. Only one vote per household is allowed. The deadline is 31 December 2010. Winning exchanges will be enabled by early 2012.

### Loch Leven Garden Services

For all your garden maintenance needs.  
Lawn mowing, scarifying, aerating, pruning,  
hedge trimming,  
turfing, weeding, jet washing, rubbish removal,  
garden clean-ups and general odd jobs.

For a free no obligation estimate please call

**Stephen Brown**

**01577 840441 / 07828 189523**

Let's make your garden look fantastic!

## Library News

The library is delighted to announce that it will be hosting a puppet show in December. CLYDEBUILT PUPPETS will be entertaining families on **Saturday 4 December** at 11am in the drama theatre. The show will be **"The Magical Tales of Jack and the Beanstalk and Billy Goats Gruff"**. Tickets are on sale now priced at £3.00 and are available in person from Loch Leven Community Library. This is sure to be a popular choice for families and we advise early booking to avoid disappointment. The age range for this show is 3 years to 103 years! All children must be accompanied by a responsible adult.

Peter Kerr visited the library on the evening of Wednesday 15 September. All those who attended had an enjoyable evening listening to tales from Peter's life and time on an orange farm in Mallorca, and had a glass of Spanish Rioja to get into the atmosphere of the event. We hope to have further author events open to the public next year.

As part of the Perth 800 event and Lightnight the Kinross Chatterbooks group, who meet in the library; will be visiting the AK Bell Library as part of the Oscars Night. The Kinross group are promoting their chosen title of "Love, Splat" by Rob Scotton in the hope that it will win the Oscar as best picture book from the short list. The seven titles on the shortlist are all previous winners of "The Word's Out" Picture Book Prize that is organised by Perth and Kinross Libraries and Lifelong Learning every year.

Library staff are currently planning further events for the New Year and hope to have a few surprises for the public!

## 100th birthday celebration

It will be a very special day at The Kinross Day Centre on 16 November when Day Centre member Julia Colville reaches her 100th birthday.

Nan Cook, Day Centre Manager, said, "Julia is amazing. She still lives independently and comes to the Day Centre every day and has done for the past 24 years."

Julia, who has lived in Kinross-shire all her life, first came to the Day Centre with her husband, Charlie, who passed away 14 years ago. Julia attends the Centre five days a week and enjoys bingo, dominoes, cards and music. She loves to crochet blankets; some she gives away and others have been raffled, raising funds for the Day Centre.

Day Centre staff are planning a special party to celebrate Julia's milestone birthday.



*Julia Colville, who will celebrate her 100th birthday on 16 November*

## Better Place To Live Fair

**Kinross-shire Community Learning and Development Group,  
Loch Leven Community Campus  
Saturday 5 March 2011**

Kinross-shire Community Learning and Development Group represent the local communities, services, groups and voluntary organisations and is organising the 2011 event. Previous fairs were a great success and the group wishes to support the future of this community event.

The purpose of the fair is to provide an opportunity for the community to see what Kinross-shire has to offer. Community groups, businesses, voluntary organisations, services and educational organisations are invited to come along to promote themselves.

Perhaps your group/organisation needs new members, can provide a service which people are unaware of or has skills, which you would like to display: perhaps your group/organisation is proud of something they have recently achieved in the area. Whatever you do or have done this is your opportunity to let everyone know about it. There is no cost involved for community groups, voluntary organisations or services but a cost may apply for local businesses.

### Booking your space is essential

**(Book early to avoid disappointment)**

Encourage all your friends and neighbours to attend, and turn up to reinforce to the whole community that Kinross-shire really is a **Better Place to Live!**

### To book your place please contact:

Tracey Ramsay tramsay@pkc.gov.uk **01577 867124**  
Senior Community Capacity Building Worker

OR

Shona Fowler sfowler@pkc.gov.uk **01577 867218**  
Community Learning Assistant



## Kirklands Hotel Strikes Gold

The Kirklands Hotel in Kinross has struck gold in the quality stakes: the local hotel and restaurant has been awarded 'Gold Star' status by VisitScotland, the national tourism organisation.

The gold star award was introduced by VisitScotland last year to highlight establishments within the Quality Assurance Scheme that strive to exceed customer expectations and take an innovative and proactive approach to customer care.

The Kirklands Hotel has been awarded three Gold stars, one of only four hotels in Perthshire & Kinross-shire to be awarded the coveted Gold Stars by VisitScotland, in recognition of their exceptional hospitality and service.

Anthony Clifford and Shona Jack, Proprietors of The Kirklands Hotel, said: "We have worked hard over the past three years to get the hotel to this standard."



*Anthony Clifford and Shona Jack of the Kirklands Hotel, delighted with their Gold Star Award*

"It is very rewarding to know that all our hard work and effort has been recognised in such a positive manner."

"We are all delighted with our Gold Stars and it is testament to the hard work and dedication of our staff that we can achieve an award for excellence in hospitality and customer care; we hope to continue providing our guests with the best service we can for as long as possible."

Richard Pinn, VisitScotland Regional Director, said: "Establishments such as the The Kirklands Hotel really are the leading lights in the region when it comes to exceptional quality and service. Small Hotels and Guest Houses play a huge part in bringing millions of visitors and billions of pounds to our economy, so it is right that they are recognised in this way."

### SOFT FURNISHINGS

Quality hand-finished Curtains and Blinds  
expertly made from your own fabric.

Specialising in hand-pleated, interlined  
curtains

Full fitting service available

Free quotations

**Contact Jeanne Sledmore on**  
**Tel 01383 724607**  
**Mob 07799 204739**



## TRIPOD LADDERS & PLATFORMS

Three Legs \* Wide Base  
No Wobble

- \* Stable Tripod Design
- \* Perfect for hedge cutting, pruning, fruit picking and so much more!
- \* Adjustable 3rd Leg for Slopes and Steps
- \* Simple & safe spring pin adjustment for quick and easy level changes
- \* Lightweight and Weatherproof

Available in Scotland at Elston Landscapes

**Tel: 01738 850742**  
and at [www.elston-landscapes.co.uk](http://www.elston-landscapes.co.uk)  
Email: [keith@elston-landscapes.co.uk](mailto:keith@elston-landscapes.co.uk)

### The Studio Hair Company

Your new Paul Mitchell Color Bar  
Our stylists offer a free consultation  
giving advice on our specialist  
Paul Mitchell colours  
and styling techniques

**Call Vicky, Laura or Stephen or Nicola**  
**01577 866 911 or pop in and see us**

## Loch Leven Heritage Trail

*By Neil Kilpatrick, Project Director*

TRACKS is delighted to say that we are now about to embark on a further extension of the Loch Leven Heritage Trail which will run from Kinross Pier to the south west side of Kinross Mill. This is a small section, at just under 1km in length, but it has strategic importance to the completion of the full project in that incorporates a new bridge over the South Queich and a new innovative bird hide at the south east corner of the Mill grounds. We are particularly grateful to Todd and Duncan Ltd. and to Jamie Montgomery for giving permission to cross their respective pieces of land. This extension is the first stage of taking the trail through to Vane Farm and completing the circle of the Loch.

Funding for this work has again been generously provided by the Arthur and Margaret Thompson Charitable Trust, the Gannochy Trust, Scottish Natural Heritage and the Heritage Lottery Fund. We are also exploring additional funding from Sustrans in order to be able to provide a linkage to the National Cycle Route 1 which emerges from the old Cleish road on to the B996 just south of the Kinross Mill. This would enable cyclists to use both the new and old sections of the trail to link up with other cycle routes north and east of Kinross.



*The Loch Leven Heritage Trail is to be further extended*

Preparatory work is well advanced at this stage. Tender documents have been issued for the South Queich bridge, the construction of the trail and the design and construction of a bird viewing feature. An application for planning consent has also been made to Perth and Kinross Council. The contract for the bird viewing feature has been awarded to ICOSIS, an Edinburgh based architectural practice that specialises in environmental timber buildings.

Another interpretation feature on the new trail will be developed around the history of the Kinross Mill and we shall be researching the cashmere story with Todd and Duncan Ltd., Kinross Museum, and other volunteers who can contribute to this interesting subject.

It is hoped to start work in December and, weather permitting, to complete by March 2011. Meanwhile, negotiations continue with RSPB and the other landowners concerned with the future extension of the Trail to Vane Farm.

## Two Concerts in November

The Parish Church in Kinross is the venue for two concerts of superb quality this month.

The first is on **Friday 12th** at 7.30pm and is a recital by Yvonne Paterson (flute) and Kate McDermott (clarinet), with Scott Mitchell (piano). The programme will consist of trios and solos by the artists. The two girls are two years into their careers as musicians, and both did their Masters degree at the RSAMD in Glasgow, where they studied their repertoire with Scott. They have not let the grass grow under their feet, and there is a summary of their awards on the Church website ([www.kinrossparishchurch.org/events](http://www.kinrossparishchurch.org/events)). Scott Mitchell introduced us to Barbara Misiewicz (cello) along with Paul Livingston (violin) last November.

On **Wednesday 24th** at 7.30pm we are going to have a visit from the Konevets Quartet, which is a quartet of Russian male singers. They have studied a rich repertoire of male-voice singing and will give a recital of the thrilling Orthodox liturgy in their first half and a selection of Russian folk songs in the second half. They are touring the country this month and will have been up at Fort Augustus before calling at Kinross on the way down to Hertfordshire! The opportunity to hear singing of this kind does not come often, and Kinross will be treated to a very special evening. Tickets for both events will be available for £5.00 each from NEWS PLUS on the High Street or from Alex Cant (862923 / [alexcant44@aol.com](mailto:alexcant44@aol.com)). School children have free entry.

## MSP meets local business people

Roseanna Cunningham, Member of the Scottish Parliament for Perth and SNP candidate for the Perthshire South & Kinross-shire constituency at the 2011 election, met with a number of Kinross-shire business people at a lunch meeting in Kinross in the first week of October. Following the meeting Ms Cunningham said:

"This was a really useful meeting, an opportunity to sit down with some of the key players in Kinross-shire's local economy. We talked about general areas of concern for businesses as well as some very local issues.

"One such was the enormous importance of the development at Loch Leven for the local economy and the tremendous opportunities that still exist for further increasing that impact.

"And while disappointment was expressed at the sale of Kinross Town Hall to a private developer, it is clear that the experience has brought the community together with a determination to work together to find uses for empty buildings and the regeneration of the town centre.

"There was a challenge too for the Council to demonstrate that they have a coherent vision for dealing with the longstanding flood problems that have afflicted Milnathort.

"These and other issues will be pursued by me on the campaign trail. It is more than a decade since I last represented Kinross-shire and I am really looking forward to the opportunity to acquaint myself with the people and communities of the area."

Perthshire South & Kinross-shire will be a new constituency arising from boundary changes for Scottish Parliament seats.

**Please mention The Newsletter when answering advertisements**

## The Minibus Driver Extra-Mile Award

by S C Driver Services

Do you know a driving hero who deserves this special award?

The Minibus Driver Extra Mile Award is a chance for you to thank your driver for going that extra mile in making you and fellow passengers feel special. The Award is organised and sponsored by SC Driver Services through the Minibus Road Safety Challenge and the Minibus Website.

Nominations will be accepted from individuals and groups who feel that their minibus driver has a polite and friendly attitude and is mindful of passengers' comfort and well-being - in short, a true professional who enjoys their work.

The award has been created to recognise and reward minibus drivers who have a positive attitude. In turn it is hoped that this will also influence other drivers to adopt a similar attitude and thus raise and maintain the standards of minibus road safety all round. The result will not only contribute towards a safer and enjoyable journey for you and your loved ones, but it will also save lives!

Whether you're a school pupil, dial-a-ride user, commuter, fellow volunteer or work colleague, help us find the minibus driver who you think most deserves your thanks and praise for their outstanding attitude which has gone beyond the normal expected levels of customer care.

We're not just looking for the safe and knowledgeable drivers, we need you to help us reward the driver who is the most cheerful and passionate about treating their passengers properly.

The winner will be presented with a special gift unique to the driver. Therefore, when making your nomination, we need you to tell us what would be the ideal gift that says a special 'thank you' to your minibus driving hero.

To nominate, just visit [www.minibuswebsite.com](http://www.minibuswebsite.com) and make it your way of saying that special thank you!

## The Geocaching phenomenon

Geocaching (pronounced geo-cashing) is an outdoor high-tech game of hide and seek. Participants, or geocachers, use Global Positioning System technology to hide containers, called 'geocaches' or simply 'caches', and then share the cache's existence and location on a listing website. Other geocachers can then try to locate the cache. A typical cache is a small waterproof container containing a logbook. Sometimes the box will also contain items for trading, usually toys or trinkets of little value. Geocachers share their experiences online.

Geocaching started in America in 2000. Now there are caches hidden on all seven continents and the activity is played in over 100 countries. Some finds will be quick and easy and others might involve a long hike in the country. Find out more from [www.geocaching.com](http://www.geocaching.com)

There must be some keen geocachers locally, as putting Kinross in the search facility reveals that there are dozens of caches in our county!

The pastime could be very good for tourism. Many geocachers, not from these parts, have made positive comments about the Kinross-shire scenery when posting comments about their finds.

Earlier this year around 1,400 people descended on Perth for the largest geocaching event ever held in Scotland, as part of the Perth 800 celebrations.



## A Winter Warmer...

*The weather is turning cold and winter will soon be upon us - the perfect time to cook up a lovely hot dish to keep the frost at bay. Katharyn Plevan has the perfect recipe to give us all some inner warmth; enjoy!*



### SHIN OF BEEF SLOW BRAISE, ASIAN STYLE

from Katharyn Plevan

#### Ingredients

1 shin of beef, off the bone (about 1.5 kg) – feeds 5-6  
Salt & pepper  
2 x 2 inch chunk of fresh ginger, peeled and sliced  
1-2 red chillies, medium-hot, sliced and deseeded  
4 cloves of garlic  
3 tablespoons of redcurrant jelly (or rowanberry jelly)  
2 tablespoons of cider vinegar  
500 ml unsweetened apple juice  
150 ml (small bottle) soy sauce

#### Method

You need a deep frying pan or saucepan in which you can fry, then add 500 ml+ liquid later – and one casserole dish.

You can either keep the beef in one large piece, or cut into large casserole sized pieces. I prefer one large piece as I think the meat remains moist and is easy to cut into portions once cooked.

1. Brown the beef, few minutes in hot oil (sunflower, not olive oil)
2. Transfer to casserole dish (Le Creuset is ideal)
3. Add ginger, chillies, garlic to frying pan and sauté
4. Stir in jelly, soy sauce, cider vinegar, apple juice. Dissolve and scrape off any browned bits of meat.
5. Pour over meat in casserole dish and add a good grind of black pepper. Top up with water enough to just cover meat.

The meat should be tightly packed in the casserole – there is a lot of liquid in this sauce and it doesn't thicken like a traditional casserole, so use a smaller dish rather than larger so as not to dilute the flavour of the sauce.

6. Bring to a boil, then gentle simmer. Cover and cook for 3-4 hours (or longer) until tender. You can either cook on top of the stove or in the oven at 120 C, gas 1-2 or bottom RH oven in 4 door AGA.
7. Serve with spicy or plain noodles, or rice (you can cheat and buy from a good local take-away!) preferably in a deep dish, with steamed beans or pak choi or plain green salad tossed in oil and lemon on the side.

**Tip:** if you buy from a good butchers like Hunters in Kinross, they will prepare the shin for you, so that you are ready to cook straightaway. Beef needs a little fat to cook and the fat that is left on the outside will simply peel away after cooking. Hard to find a full shin in the supermarket and the meat is usually much better quality and value from a local butcher. Like most casseroles, this recipe is even better if you prepare a day before.



# Police Box

## New Community Officer

Unfortunately the injury sustained by Constable Ishbel Wallace has taken longer than she would have hoped for to recover from and, to her frustration, she has had to remain on light duties. In order for Tayside Police to strive to provide an excellent level of Community Policing focus in Kinross, her post as Community Officer is being temporarily filled until her return to full fitness.

Your new Kinross Community Officer is PC Stuart Johnstone. Stuart initially joined Strathclyde Police in 2003 before transferring to Tayside in 2008 and has been based in Kinross since the middle of last year. Stuart is keen to liaise with the local residents in an effort to identify and resolve neighbourhood complaints, anti-social behaviour and other issues causing concern locally.

Stuart can be contacted at Kinross Police Station, telephone on 0300 111 2222, or by email at [stuart.johnstone@tayside.pnn.police.uk](mailto:stuart.johnstone@tayside.pnn.police.uk)

## Home Security

Tayside Police is once again appealing to members of the public to heed the home security and crime prevention advice given as part of the annual After Dark Campaign. As winter sets in, residents are being warned criminals start to capitalise on the shorter days. With the prolonged hours of darkness, comes the increased activity of opportunist thieves. After Dark is an annual operation run by Tayside Police and is aimed at promoting home security and allowing people to feel safe in their own homes during the long winter nights.

Traditionally, the numbers of break-ins go up during the darker nights and we are hoping homeowners will take every step possible to reduce their chances of becoming a victim of crime, by following the crime prevention steps promoted through Operation After Dark. Throughout October officers will carry out high profile foot and mobile patrols in all parts of Tayside, aimed at preventing the number of house break-ins, and After Dark information cards will be available with advice on simple safety measures to try and combat the criminals.

Top After Dark crime prevention tips include leaving a light on or setting timer switches to make your house look occupied and less inviting to a prospective thief. Make sure all sheds, garages and outhouses are secure and that all garden tools and ladders are locked away. Remove items of value which are situated near windows and set the blinds to make sure thieves can't window shop.

It is important to try and give the impression that your home is occupied, even when you are out. Put a light on, use a timer switch if you can, and consider leaving a radio on too. Make sure that all doors and windows are closed and locked when you go out and if you have an alarm, use it. Also, make absolutely certain your home is secure before retiring to bed for the night and we would recommend that you even

lock windows and doors when you are at home, as it only takes seconds for a thief to sneak-in or reach in and steal valuable property.

In addition to taking all of this advice on board, we would ask people to be good neighbours and to look out for others living around them, particularly the elderly and more vulnerable in the community. Ask them if they need any help to make their homes safer and keep an eye out for them and anyone coming to their door.

Anyone who sees any suspicious activity in their community, or who has information that could assist officers with any enquiries, should get in touch with Tayside Police on 0300 111 2222. Anyone who sees a crime in progress should call 999 immediately.

## Vehicle Security

Portable satellite navigation equipment and in-car entertainment equipment such as MP3 or 4 players are becoming ever more popular with motorists – but they are also becoming very popular with criminals. If you have a portable system then keep it safe by taking it, together with any cradles and suction pads with you when leaving the car. Remember to also wipe away any suction pad marks on the windscreen or dashboard – thieves will look out for these. Don't simply put your sat-nav/MP3 under the seat or in the glove box, these are the first places that a thief will look.

Owners are advised to mark their equipment using an UV pen with your postcode and house number or your vehicle registration number – anything that can help the police identify your property in the event it is stolen. Make a note of the make, model and serial number of your equipment and keep that information in a safe place at home – not in the car. These simple steps will assist officers carrying out the enquiry and also increase the chances of your property being identified and returned to you.

## Crime Stoppers – Telephone 0800 555 111

This telephone number is a free phone number, unless you are using a mobile phone, which any member of the public can contact at any time, if they have information relating to criminal activity of any sort. It is, if you wish, confidential and you cannot be contacted if you choose to remain anonymous.

## Kinross Police Office – Telephone 0300 111 2222

Community Officers (details shown below) can be contacted at Kinross Police Office on 0300 111 2222.

**Constable Stuart Johnstone** Kinross

**Constable Brian Easton** Milnathort & Portmoak areas

**Constable Nicky Ward** Cleish/Blairadam, Fossoway and Glenfarg areas

**Constable Euan Mitchell** Abernethy and Bridge of Earn areas

## 'ALTERED IMAGES'

UNISEX HAIRSTYLING  
in the comfort of your own home  
Call LINDA on 01577 863860

## Community Website

For contact details of community groups, hall bookings, job vacancies, leisure and visitor information and much more, visit [www.kinross.cc](http://www.kinross.cc)

# Community Council News



The Community Council News is produced from edited draft CC minutes. Some CCs have full minutes on their websites. Full Kinross CC minutes are lodged in the local Library and County Buildings. All Community Council meetings are open to the general public.

## Kinross Community Council

### News from the October Meeting

C Watson (Chair) welcomed Cllrs D Colliar, D Cuthbert, D Mackay, M Scott, W Freeman, J Richardson and L McKay to the meeting held on 6 October. Also in attendance were: P&K Cllrs W Robertson, S Miller, M Barnacle and K Baird; PC Stuart Johnstone; Mr George Lawrie of TRACKS and two members of the public. Apologies for absence were received from Cllrs Davies, Jack and Blyth.

**Minutes of September Meeting:** Under correction of an amendment in relation to reference to the goals at the Myre to read "the portable goals," the minutes were proposed by Cllr Colliar and seconded by Cllr D Mackay.

**Kinross sign:** This is currently being addressed by PKC. It also refers to Town Twinning. Cllr Freeman will obtain a copy of the Town Twinning design.

**Police Report:** Stuart Johnston introduced himself as the liaison officer for the police.

Fourteen incident calls were made in relation to youths. The old High School building was broken into and set alight; this is currently under investigation. An accident occurred at the Gazebo Gathering resulting in a slight injury to one of the workers. The Park and Ride will be monitored in relation to erratic driving by youths. Several vandalisms were recorded, the numbers in relation to this are slightly higher, probably due to the darker nights.

In answer to a query, it was confirmed that the police are aware of youths congregating at the campus and are monitoring this situation.

### Representation from George Lawrie and colleagues

Mr Lawrie was present to provide a presentation on brown signs and also an update on TRACKS.

*(See p. 17 for an update on the Loch Leven Heritage Trail.)*

The path from Burleigh Castle to the Trail is now open.

**Brown Signs:** TRACKS have been involved in the task of co-ordinating the brown signs along with the Council and SNH. It was agreed that these need to be reviewed, some businesses are no longer operating and the display of signs in the centre of the Town should be considered. Proposals have been put forward at recent meetings and funding is available from various sources.

Sean Robertson and Gillian Robinson were introduced. Drawings were available for perusal. This is a draft proposal and no plans for consultation had yet been taken. Any relevant signs would remain, with the removal of obsolete signs and the inclusion of others. The signs come under the branding of "Lochleven."

Answering a query from Cllr Colliar, it was commented that Kirkgate Park has not been accredited and Gillian stated she would speak to Visit Scotland in relation to this matter. Cllr Colliar stated that signs directing visitors to the park from the centre of the town would be beneficial.

Mr Lawrie and his colleagues were thanked for attending.

### Matters Arising from Previous Minutes

**Gordon Place:** Cllr Baird stated that PKC are offering a choice of bollard, planter or seat. The CC selected a bollard. This, however, does not address the problem with the tree roots which have raised the slabs in the area.

### Planning Applications Received

10/01482/FLL TRACKS: Loch Leven Heritage Trail: Extension at pier.

10/01579/FLL Site south of Middle Balado House: Erection of dwelling house with integral garage. Insufficient fee.

10/01608/FLL 8 Emslie Drive: Erection of conservatory.

10/01400/FLL 2 Cameron Avenue: Demolition of garage, erection of garage and extension to dwelling house: Application withdrawn.

There were no objections to any of the above.

### Planning Applications Determined by PKC

10/01179/FLL 8 Kellieside Park: Modification of existing consent: Change of house type – Approved.

10/00967/FLL Land south of Station Road: Change of layout and house designs (plots 6-13 and 20-26) – Approved.

10/01264/FLL 8 Springfield Road: Erection of a porch and extension – Approved.

10/00693/FLL Erection of 6 Retirement Flats at 77 Muirs – Refused.

10/00271/FLL 80 High Street / 2 Swansacre: two dwelling houses – Approved.

Signage: Muir Homes at Lathro: Advertising Sign.

08/00866/FLL Gairneybridge Caravan Site: Erection of 21 houses: Withdrawn.

10/01365/FLL Site 50 metres southwest of 2 Clashburn Close: Installation of temporary cabin – Approved.

### Local Development Plan - Main Issues Report

Cllrs Cuthbert and Richardson attended a meeting in relation to this. Public meetings are to be held locally on 18 October and 6 November. CCs have been asked to assist PKC at these. Cllrs L McKay, J Richardson, D Cuthbert and C Watson declared an interest in this. *(See p. 3 for more information.)*

Cllr Barnacle stated that he is planning to arrange a meeting at Fossoway/Portmoak in November.

### Vacant Buildings

**County Buildings/Mill Street:** The majority of Council services are to transfer to the campus. It was agreed that we should approach Kinross-shire Partnership and arrange a joint meeting to discuss possible options for the use of the County Buildings by the community. An action plan should be drawn up now and presented to the Council before they decide to declare the building as "Surplus to Requirements." A number of different bodies offer funding and both the Council and the Development Trust were mentioned. The Mill Street site will be utilised for affordable housing. The CC had suggested that this area could be utilised as a car park.

**Swansacre:** Planning consent has been granted.

**Town Hall:** In view of the imminent closing date, Cllr Watson forwarded a letter to PKC on behalf of the CC endorsing the Partnership's proposal for the Town Hall and also requested that PKC extend the deadline. However, an alternative offer has been accepted and negotiations are now underway for the sale of the Town Hall. Three of our local Cllrs were excluded from the meeting as they had shown support for the Partnership's proposal. It was commented that the Council encouraged the Partnership in pursuing this

matter, allowing them to expend money on a survey, and appeared to be in support of their proposals.

In relation to the offer accepted, it was confirmed that there should be conditions in relation to planning, possibly with set timescales for commencement of work etc. The CC's concern is that this building will lie vacant and deteriorating further for several years before any work is undertaken.

Cllr Barnacle has requested clarification on the procedures involved in such matters to avoid a similar situation arising again.

The Chair read out a letter received from the Leader of the Council. It was confirmed that the monies received from the sale of the Town Hall will be transferred to the Common Good Fund less the legal fees.

**Former High School:** Security has been increased due to the recent arson attack.

#### Reports from Perth & Kinross Councillors

**Toilets at Kirkgate Park:** the planning application has been approved.

**Local Development Plan:** Cllr Barnacle commented on the level of growth and loss of agricultural land. The Moto Service Area is to be revamped and Cllr Barnacle is opposed to the zoning of the Turfhill area as industrial. In relation to structural issues there is no mention of the A977 or railway.



*Draft drawing of the revamped Moto Service Area*

**Tayside Contracts** are considering pulling out of the local Depot; this is vital during the winter months in relation to clearance, flooding etc.

#### Correspondence

**Convention of Perth & Kinross CCs:** notification of new website ([www.cpkcc.co.uk](http://www.cpkcc.co.uk)). Also commenting on the level of grant available to CCs to cover administration and asking for suggestions on ways to assist CCs facing financial difficulties. A further question was raised in relation to the failure by the Council to enforce planning conditions in relation to major developments.

**Review of Licensing Policy Statement:** Notification that the Council are preparing a Licensing Policy Statement. Consultation between 27 September and 5 November. Information available online at [www.perthshire.com](http://www.perthshire.com).

**Tayside Community Justice Authority:** Inaugural Newsletter received.

**CC Boundaries:** Communication received asking if we wished to consider reviewing the CC boundary.

**Newsletter Grants:** Acknowledgements received from Kinross & District Town Twinning Association, Kinross Colts and KLEO.

**Kirkgate Park:** Notification of proposed works, i.e. demolition of existing toilet block and installation of a new semi-automatic toilet, a new events power point for the amphitheatre, traffic calming and environmental enhancement of the road to the watchtower and the area in front of the watchtower. Also, confirming that the grass access to the slide unit is to be upgraded to a step access. Cllr Davies mentioned that the planned toilet system was installed in Coupar Angus resulting in some major issues - maintenance, repair, vandalism etc.

#### Other Business

**George Thompson memorabilia:** Cllr Colliar enquired as to the display of this at the campus. Cllr Baird confirmed that it is planned to erect these.

**Car Park at Myre:** Cllr Richardson again questioned the Council plans for repair of the car park. It was pointed out that this requires to be resurfaced.

**Hole in motorway roundabout:** Bear Scotland are responsible for this.

**CC Code of Conduct and Model Constitution:** Cllr Colliar attended a recent meeting. The Secretary was asked to ensure that all CCllrs have access to a copy of the papers and they are asked to read over these.

**Lochleven Community Partnership Meeting:** Cllr Cuthbert reported that he attended this meeting. The next is scheduled for November.

**The Next Meeting of Kinross CC is to be held on Wednesday 3 November 2010 at 7.30pm at the Masonic Hall, Muirs, Kinross.**

#### Agenda for November Meeting

1. Apologies for Absence.
2. Minutes of the Meeting held on 6 October.
3. Police Report.
4. Matters Arising from the Minutes of 6 October.
5. Planning Matters.
6. Reports from P&K Councillors.
7. Miscellaneous Correspondence.
8. Other Competent Business.
9. Date of Next Meeting (1 December 2010).

Members of the public wishing to address Kinross CC are requested to contact the Secretary in advance and supply a copy of any relevant papers.

#### THINK-A-HEAD HAIRDRESSER

Hairdressing done in the comfort of your own home  
by an experienced stylist

CUT AND BLOW DRY  
TINT, FOIL HIGHLIGHTS  
PERMS

Special rates for OAPs and children

Call Elaine on 01577 840043

#### Need a new member of staff?

Employers – advertise for staff on  
[www.kinross.cc](http://www.kinross.cc)

## Milnathort Community Council

### News from the October Meeting

CCllr Hamilton, Chairman, welcomed CCllrs Halford, Smith, Milne-Home, Giacomazzi and Bennet to the meeting held on 14 October in Heaven Scent. Also in attendance were Minute Secretary E Rougvie, P&K Cllrs Baird and Robertson and four members of the public. Apologies were received from CCllrs Cottingham and Thomson.

#### Matters Arising

**Rural broadband:** CCllr Milne-Home reported that he had made further enquiries about the possibility of Milnathort getting funding to help achieve faster broadband speeds. The European LEADER funding scheme had now closed as it was fully subscribed but he had been in touch with PKC and was awaiting more information.

**Bus stop notice board:** this is in a poor state due to condensation and notices are becoming sodden. After discussion, it was agreed to take up an offer by the Church shop opposite to use their window as a temporary measure. In the meantime, enquiries will be made as to whether the notice board is the responsibility of the CC or PKC.

**Local Development Plan:** there was a discussion about the Local Development Plan, which replaces the Local Plan and which identifies land for future development. It is currently at the consultation stage and there are drop-in sessions at Loch Leven Community Campus on 18 October and 6 November. Posters are being displayed in the village to promote these events. CCllr Milne-Home advised that he is assisting at the 18 October event, having attended a training session. Land had been earmarked between Kinross and Milnathort and to the east of Milnathort which, if developed, would accommodate huge numbers of houses. However nothing is set in stone as yet and people are urged to take this opportunity to comment. Even though the Plan is a very weighty document it is easy to identify the relevant areas, especially if it is seen online. Areas of great landscape value will be protected as will areas already identified for building purposes. CCllr Hamilton described this as a 'once in a lifetime' opportunity to help shape the future of the community.

#### Planning Matters

Applications submitted:

- Alterations and extension to house at High Rig, Meikle Seggie. Noted.
- Renewal of consent for residential development in principle at Tannerhall Farm. Noted.
- Change of house type at Craigow. Noted.
- Alterations to farm buildings at Shuttlefauld Farm. Noted.
- Erection of house and garage at The Grange, Mawcarse. Noted.
- Demolition and erection of house at Tarhill Farm. Noted after brief discussion.

Applications determined:

- Erection of 20m temporary wind monitoring mast at Blairfield. Approved.
- Erection of house at Touchie Farm. Approved.
- Display of various signs at various locations for Muir Homes. Refused. The CC had objected to this application on the basis of the size and number of signs and had been informed by PKC that this had contributed to the decision. The CC were heartened that their views had been taken into account, although noted that one of the signs was in fact within Kinross CC area. Cllr Baird undertook to find out

what size is permissible without planning consent and will report back to the next meeting.

- Display of sign at Tillyrie for Muir Homes. Approved.
- Extension to house at 33 Old Perth Road. Approved.
- Relaxation of opening hours at Heaven Scent, from 8am to 6pm Monday to Saturday and from 10 am to 5pm on Sunday. Approved.

**New CC Constitution:** CCllr Giacomazzi, Secretary, reported on a meeting he had attended about the proposed changes in constitution for all CCs, which will go before the Council for approval in December. Some of the key points are:

- The date of the AGM will be determined by the local authority.
- Members of the public now have a right to address the CC. Previously, they had to notify the CC three days in advance of the meeting if they wished to speak, although as far as MCC was concerned there had historically been some flexibility on this.
- Notices must be posted in the area advising of forthcoming meetings.
- Money should be used only as prescribed. MCC currently gives surplus funds to Milnathort in Bloom, and it is not yet clear whether this practice can continue. CCllr Bennet, Treasurer, will check the accounts and if necessary make the donation to Milnathort in Bloom before the new constitution comes into force.
- Agendas and minutes must be produced within 14 days of the meeting.
- MPs and MSPs are automatically entitled to become ex-officio members. This is something that MCC will object strongly to.
- Elections must be held outwith local government election years and they will be administered by the local authority, who will take full responsibility for the arrangements.
- CCllrs will be disqualified from the CC if they fail to attend at least one meeting in a six-month period.

CC boundary changes are also to be made and CCllr Hamilton agreed to meet with the Secretary of Glenfarg CC to discuss his earlier proposal that Springhill and Birnie Hill should be in Ward 8 rather than in the Glenfarg ward as proposed.

There followed a discussion about the proposed constitutional changes during which CCllr Milne-Home expressed the view

#### Your Local Joiner

##### ALAN HERD JOINERY

Internal & External Doors  
Kitchens Supplied and Fitted  
Staircases & Balustrades  
Sliding Doors  
Fencing & Decking  
Laminate & Hardwood Flooring  
Renovation Work  
Loft Ladders Fitted  
No Job too Small

For Free Estimate and Advice

Call ALAN

Home 01577 865415

Mobile 07765167982

that there would be an unacceptable level of interference from PKC and too much bureaucracy, undermining the role of the CC. Cllr Baird said that the proposed changes were Scottish Government policy and were intended to help CCs by raising their profile and relieving them of the administrative burden of having to arrange elections. CCllr Hamilton commented that he too had been at the meeting and had not felt that PKC were taking a 'Big Brother' approach. He hoped that the local authority's involvement would help encourage people to become involved with the CC, particularly young people.

**Tillywhally Wood:** CCllr Hamilton advised that since the last meeting he and CCllrs Halford and Milne-Home had met at Tillywhally Wood, which is owned by the CC and forms part of the Core Path Network. They had agreed on a plan for improvements involving thinning the wood, upgrading the path and replacing the benches. He thanked the following people, who have offered their services free: Bob Halford for tree marking and felling; Stewart and Smart for chainsaw fuel; David Methven for processing trees and stump grinding; Geddes Group for material to upgrade the path; Solway Recycling for the bench slats; Alastair Cook for making the benches; John Thomson for installing the benches and PKC for providing the signs. George Lawrie of TRACKS will apply to the Council's Core Path Network and the Countryside Trust on the CC's behalf for a grant for upgrading the path to core path standards. CCllr Hamilton said that Kinross Road Runners had already pledged £300 and donations from other members of the community would be very welcome. There will also be firewood to sell to help boost funds, although advice will be taken prior to felling in order to protect wildlife.

CCllr Smith congratulated the sub-committee for having achieved so much in such a short space of time.

**Police Matters:** CCllr Giacomazzi read out an e-mailed report from PC Easton, who was unable to attend the meeting due to staff shortages.

A male has been reported to the procurator fiscal in Perth for allegedly buying alcohol for an underage person.

Householders are warned about answering their door to cold callers. They should ensure they know who it is before they do so and not be duped by people asking for water or to use their toilet facilities as they may be seeking entry in order to commit theft.

The situation regarding parked vehicles affecting visibility in Victoria Avenue is still being considered and will be addressed in January.

#### Correspondence

Copy of SEPA's 'View' magazine. Noted.

PKC minutes. Noted, with the comment that they were still being sent in paper form despite CCllr Giacomazzi having asked for them to be sent electronically.

SNH publication. Noted.

Local Development Plan Main Issues Report. Noted, with a reiteration of comments made earlier.

#### Other business

**Website:** CCllr Hamilton advised that he had updated the information about MCC on the Kinross CC website. After discussion, it was agreed to arrange for photographs of CCllrs to be uploaded and to update CC news more frequently. There is already a facility for e-mailing CCllrs but it was also agreed to explore the possibility of establishing an open forum in order to encourage younger members of the community to become involved in local issues.

**Burleigh Castle path:** The official opening scheduled for 28 September had been cancelled because of poor weather but the path is now open and the CC congratulated TRACKS on their efforts.



*Burleigh Castle path is now open*

**Heritage Trail:** Cllr Robertson advised that talks were ongoing with RSPB with regard to the completion of the Heritage Trail. He will keep the CC informed.

**Placecheck:** CCllr Hamilton reported that a Placecheck newsletter has been delivered to all households in the village. While the scheme was excellent, he was disappointed to note that Diane Cassidy of PKC had written to say that it was likely that plans for a zebra crossing in South Street would have to be scrapped, shortly after the CC had suggested that the War Memorial would be a suitable location. Nearby residents had objected strongly to the proposal, and while the CC appreciated their concerns it was considered unfortunate that the idea was being abandoned altogether and that other types of crossing could prove acceptable. After discussion, it was agreed that the Secretary will write to PKC to say that the CC feel that a crossing of some description should be installed at the War Memorial.

**Speed limits:** following a query from a member of the public, CCllr Hamilton confirmed that the speed limit in Crawford Place was 20 mph when the lights were flashing.

**New street name:** the CC had been asked for their views on the naming of a new street in a development at Tillyrie. It was either to be called Tillyrie Mains or Pheasant Drive. After discussion, it was unanimously agreed that Tillyrie Mains would be more appropriate.

**Milnathort Town Hall:** CCllr Giacomazzi advised that the Town Hall Committee had now agreed a limited liability lease with PKC and could now secure funding for maintenance and repairs. The committee was made up of young, enthusiastic members with a wide range of skills between them and they were keen to promote the hall and save it from the same fate as the hall in Kinross. The CC commended the Town Hall Committee for their efforts.

**The Next Meeting of Milnathort CC will be held at 7pm on Thursday 11 November 2010 in Milnathort Primary School.**

Milnathort CC minutes are posted on [www.kinross.cc](http://www.kinross.cc)

#### Portmoak CC

The October meeting of Portmoak CC was cancelled.



# Club & Community Group News

## Kinross Air Cadets

### Flying Start

Four Air Cadets from 1145 (Kinross) Detached Flight, based at the Drill Hall, Swansacre, Kinross, visited No 12 Air Experience Flight at RAF Leuchars on the first weekend in October to experience the thrill of flying. The cadets, Liam Todd, Daniel O'Connell, Kezia Spowart and Chris Fraser, flew in the Grob Tutor, an RAF training aircraft, for approx 30 minutes each. During the flight each had the opportunity, under the pilot's supervision, to actually fly the plane. They also tasted the exhilaration of aerobatics.

In the next few weeks, cadets will swap powered flying, and take to the sky in a glider - another activity freely available to the Air Cadets.

### Flying Colours

Corporal David Creigh, from 1145DF Kinross Air Cadets, has successfully completed an arduous week long course in the basics of leadership, at the Air Training Corps Leadership School at RAF Cranwell, Lincolnshire.

During the course, he and his fellow cadets learned about the qualities of leadership, planning and organisation, motivation and teamwork. David had to put his leadership knowledge to the test during a number of practical scenarios, where he was given the task of being the leader. Kinross Air Cadets will be taking part in a number of teambuilding activities in the next few months, starting with a teambuilding day at their HQ in the Drill Hall, Swansacre, on 31 October.



*Wing Commander McCrae presenting Cadet Ailsa Morris with her gold medal*

### Flying Fish

Wing Commander McCrae, Officer Commanding, Dundee & Central Scotland Wing, presented Cadet Ailsa Morris from 1145DF Kinross Air Cadets with a gold medal for butterfly at the Wing Swimming Championships. Ailsa went on to represent the Wing at the Scottish regional Championships and will, in November, represent the Scotland and Northern Ireland Region at the National Championships at RAF Cranwell.

Kinross Air Cadets now meet twice a week, on Monday and Wednesday, at 7.15pm in the Drill Hall, Swansacre.

## Kinross in Bloom

Well, the winter months are upon us. The baskets are down and the barrels have been emptied and replanted with pansies and crocuses.

**Green Road:** some members of KIB and approx 30 members of the public met with Brenda Clough from PKC to sort out the green areas around Green Park. This was a very worthwhile venture for the residents and PKC and Brenda will now take on the views and update the plans for the area accordingly. These will be printed in the Newsletter and circulated to the residents. The mounds of earth are also to be removed and shrubs where appropriate are to be planted.

PKC will also continue to maintain Burns Begg and Mill Street. Station Road will be planted up for the winter, but the beds outside the e-bike shop will not. KIB will talk to the Council re helping with this area.

**Gateway:** no update at the October meeting but it is still due to start in November.

**Health Centre:** with the help of the cadets, it is hoped to plant daffodil bulbs at the Health Centre in October.

**Secretary:** Clare Hill has accepted the position of secretary for the group. Thanks, Clare.

### 200 Club - September:

£20 Alison MacDonald	£10 Violet Henry
£5 Mr & Mrs Wardrope	£5 Elizabeth Stewart

### 200 Club - October:

£20 Jean Grigg	£10 Alexander Hutton
£5 Sarah Cuthbert	£5 Kate Francis

If you would like to join our committee or even just help plant the baskets/tubs or water please contact Aileen Sorbie on 01577 861477. Finally, I would like to thank everyone for the continued support this year in helping to plant and hang the baskets, plant up the tubs and help water the displays. Without your continued support we really could not continue. I hope you will all be able to help again next year.

## Kinross and District Art Club

Since our very successful exhibition in September we have welcomed five new members

to the Club. We have also sent out a questionnaire to all members seeking their views on the various activities planned for the rest of the year and we are looking forward to incorporating new ideas into our annual calendar.

During the past year we have used the campus for our monthly Group Activity sessions but with a much larger membership now, we find that we need more space for our practical sessions and the Millbridge Hall provides better accommodation. So all future sessions of the club will be held at the Millbridge Hall on Tuesday afternoons, 2pm-4pm.

Our website has been updated recently to include photographs of our exhibition and outdoor painting activities. Do check it out at [www.kadac.co.uk](http://www.kadac.co.uk) Perhaps it will inspire you to take up the brushes yourself. If you'd like a taster session at the Club, pop in any Tuesday afternoon or contact Sybil on 01577 830347.





## Scotland Remembers

The Scottish Cot Death Trust would like to sincerely thank the Kinross Community for all their support, kindness and enthusiasm in supporting our Kinross Balloon Release, which was held on 11 September.

Cot death has claimed the lives of 1510 children throughout Scotland in the last 25 years, since the Scottish Cot Death Trust was founded. The Trust held Balloon Releases throughout Scotland during the last couple of months to remember our precious children and raise awareness of cot death in Scotland.



*The Carragher family at the balloon release*

Wilma Carragher kindly stepped in to spread the word in Kinross and organise our Kinross release and has, along with your help, raised an astonishing £4607.76 (thank you also to MTKY for donating £300 from recent programme sales). This total has totally surpassed anything that we could have imagined and we are incredibly humbled by your generosity and really feel that we hold a place in the hearts of the Kinross community.

This money really will help us make a difference to the many families whose lives have been devastated by cot death and it will also help us educate professionals to best prevent and deal with cot death and fund research so we can aim to stop these tragedies happening in the first place.

The Trust relies almost totally on the generosity of the Scottish public, so your support really is appreciated and needed. We would love you to continue supporting the work of the Trust. We are currently promoting our range of Christmas cards; you can check them out at [www.scottishcotdeathtrust.org/shop/](http://www.scottishcotdeathtrust.org/shop/). If you would like to find out more about other ways you can show your support, please visit our website at [www.scottishcotdeathtrust.org](http://www.scottishcotdeathtrust.org). Alternatively, telephone 0141 3573946 or email us at [contact@scottishcotdeathtrust.org](mailto:contact@scottishcotdeathtrust.org) – we would be delighted to hear from you.

Thank you once again from the team at the Trust!!

## Kinross-shire Local Events Organisation



### Film weekends at Community Campus

Come and indulge yourself and watch three movies in one weekend! In November you can see the adventures of Luke Skywalker in Star Wars and in December you can come and watch the three Santa Clause Movies in one weekend.

Tickets (£3 for 18 and under and £5 for adults) are available at the door on the evening/day or buy a weekend saver (3 films for £7.50 (under 18s) and £12.50 for adults). We have reviewed our terms and conditions and now children aged 12 and older can come unaccompanied, depending on film classification.

### Star Wars Film Weekend

**5 Nov** 7pm (doors open 6.30pm): **Star Wars: Episode IV: A New Hope** (U). Luke Skywalker leaves his home planet, teams up with other rebels, and tries to save Princess Leia from the evil clutches of Darth Vader.

**6 Nov** 2pm (doors open 1.30pm): **Star Wars: Episode V: The Empire Strikes Back** (U). While Luke takes advanced Jedi training from Yoda, his friends are relentlessly pursued by Darth Vader as part of his plan to capture Luke.

**7 Nov** (doors open 1.30pm): **Star Wars: Episode VI: Return of the Jedi** (U). After rescuing Han Solo from the palace of Jabba the Hutt, the Rebels attempt to destroy the Second Death Star, while Luke Skywalker tries to bring his father back to the Light Side of the Force.

### Santa Clause Film Weekend

**17 Dec** 7pm (doors open 6.30pm): **The Santa Clause 1** (U). When a man inadvertently kills Santa on Christmas Eve, he finds himself magically recruited to take his place.

**18 Dec** 2pm (doors open 1.30pm): **Santa Clause 2** (U) Scott Calvin has been a humble Santa Claus for nearly ten years, but it might come to an end if he doesn't find a Mrs Claus.

**19 Dec** (doors open 1.30pm): **Santa Clause 3: The Escape Clause** (U). Santa, aka Scott Calvin, is faced with double-duty: how to keep his new family happy, and how to stop Jack Frost from taking over Christmas.

For more information about KLEO events visit [www.kleo.org.uk](http://www.kleo.org.uk)

### BODY BLISS

"Therapies to Enhance Your Life"

REFLEXOLOGY / REIKI  
SWEDISH BODY MASSAGE  
AROMATHERAPY MASSAGE  
REMEDIAL SPORTS MASSAGE  
ON-SITE MASSAGE

Contact: **Morag Abel** / Powmill

**Tel: 01577 840171**

**GIFT VOUCHER AVAILABLE**

Men & Women Welcome!

Member of the International

Council of Holistic Therapists

## Probus Club



On Thursday 30 September a group from the Kinross and District Probus Club went to see the Scottish Parliament. They were ushered to the gallery, where they could see "First Minister's Question Time." After a light lunch, the Conservative List MSP, Liz Smith, gave short resumé of the work of the Scottish Parliament, and answered questions. It was a most enjoyable afternoon.

The speaker for the meeting on Wednesday 6 October was Mr A Ingram and his subject "General Wade and his Highland Roads." General Wade was an Irish man with no connection to Scotland, but in 1724 Lord Lovat sent a report to the Government pointing out that the Highlands was a rugged area full of unruly and lawless clans, many of whom had been in revolt in 1715. Lord Lovat suggested he be put in charge of the area to pacify it. The Government liked the report but did not like Lord Lovat. So they chose General Wade instead. General Wade immediately set off for Scotland to make his own estimate of the situation, and soon reported back. As a result he was made Command-in-Chief for North Britain. Wade realised that the trouble was communication. There simply were no roads by which troops could move quickly from Edinburgh Castle to the various forts in the Highlands, so he set about building them, and for the next 13 years General Wade would spend the complete summer in the Highland, building the roads. Wade's roads were well made. The top soil was dug out for several feet or until rock was found then backfilled, first with a layer of birches which would act as a mat, then with a layer of stones, finally a hard top surface to resist the wear of wheels. During his years in charge, 500 miles were built and numerous bridges. The famous couplet:

"Had you seen these roads before they were made,  
"You would lift up your hands and bless General Wade"

is attributed to William Caulfeild, Wade's assistant during the great engineering works. Kelvin Rae gave the vote of thanks.

## Kinross & District Town Twinning Association



A very successful twinning visit during August was followed by another successful trip from the two Gacé secondary schools to Kinross High School at the end of September.

A farewell Ceilidh on the final Monday evening was enjoyed by all before the early departure on the Tuesday morning for the return journey to Gacé.

The Annual General Meeting of the association will take place in St Paul's Church Hall on **Tuesday 23 November** at 7.30pm. Old and new members welcome as we prepare for our next visit to Gacé in the summer of 2012 (plenty of time to get involved). For further details contact chairperson Jean Paterson (telephone 862159).

## Portmoak Hall 100 Club

### September Draw

1st	No. 2	Gerri Caldwell, Kinnesswood
2nd	No. 124	Bill Michie, Wester Balgedie
3rd	No. 68	Margot Lithgow, Wester Balgedie

## Ladies Circle Comedy Night

Saturday 2 October saw Portmoak Hall host the third Ladies Circle's comedy night and yet again it proved to be a huge success, with over 100 attending. Acts, including Keir Campbell and Gary Little, came from the Edinburgh and Glasgow comedy circuits and did not disappoint. Billy Kirkwood, who was back by popular demand, compered the evening and had the crowd in stitches. Billy regularly sells out comedy venues across the country and is one of Scotland's best up and coming comedians. Portmoak Hall was a fantastic venue and the Ladies Circle laid on a licensed bar and stovies to go with the comedy. The event raised money for PLUS, a mental health charity based in Perth.

Kinross Ladies Circle is the female arm of the Round Table and is a growing organisation in Kinross and the surrounding area. Members meet every second Thursday and run a number of very successful fundraising events including a food stop for the Edinburgh to St Andrews bike ride and of course the comedy night. For further details please go to our website [www.kinrossladiescircle.co.uk](http://www.kinrossladiescircle.co.uk) Our next comedy night will be at the end of February 2011 and will return to Milnathort Town Hall. This is a very popular event and tickets sell out very quickly. Further information on where to buy tickets will be posted on our website, and posters will be displayed locally so keep your eyes peeled!



*The Ladies Circle's comedy night was a huge success*

# THCL

all your building needs

- Project Management • Individual Build Stage Packages
- Restorations / Extensions / New Build Properties
- All Trades Supplied

For further information or for a free quotation  
please call Malcolm Thomson on **01383 518000**  
or email [malcolm.thomson@thcl.net](mailto:malcolm.thomson@thcl.net)

[www.thcl.net](http://www.thcl.net)

## Kinnesswood in Bloom

The Kinnesswood in Bloom group met on Thursday 7 October at the Lomond Country Inn. The group had had another successful year and done well in all the competitions involved.

The Beautiful Scotland Awards were presented in the Rothes Halls on 22 September. Kinnesswood in Bloom were pleased to receive another Silver Gilt Award, not far behind Newcastleton in the Borders which was the winner in its category. Those who attended had a lovely day. It's always interesting to see what other areas are doing, particularly some of the inner city groups which have many different issues to contend with.



*Helen Manzie, Janette Gardiner, Pat Nicol and Norma Smith at the Beautiful Scotland awards*

Fund raising had been particularly successful with the fund raising group thanked for their efforts throughout the year. The walk booklet was a great success and was still selling steadily. Alison Robertson was re-elected as Chairperson, Helen Manzie as Vice Chairperson, Rita Pritchard as Secretary and Janette Gardiner as Treasurer. Norma Smith agreed to be the press link and representative on the School Council. The fund raising group is to continue with a new planning group to collate information.

Much discussion had been generated locally regarding plans for the village square. Kinnesswood in Bloom have informed the Community Council that they will not play a lead role in the development of the bus shelter/picture garden area. KIB will however continue to maintain the area and make it a pleasant focal point for the village.

Three of the members met with the acting head teacher at Portmoak School to discuss the work done by the group at the school and plan work parties and events with the children throughout the year. This would start with bulb planting on 29 October.

As a complete change from gardening, Janette is organising a "knit-in" on 30 October when members and friends will be knitting hats for premature babies. There will also be a gardening work party for those who prefer to get their hands dirty.

Look up the very informative and colourful website [www.kinnesswoodinbloom.org](http://www.kinnesswoodinbloom.org) to see what is happening. We are always pleased to see new members, even if they can't attend the monthly meetings. You will be made most welcome.



## Lomond Antiques and Collectors Club



Members were given a foretaste of the glories of the restored Great Hall in Stirling Castle which is to be reopened in the spring.

With the intriguing title 'Stirling Heads' John Donaldson, the woodcarver, described how he reconstructed the many shattered wood carvings which were a feature of the rich renaissance decoration of the roof of the royal residence. These are now being painted in situ and from his vivid descriptions the colourful royal magnificence of the 16th century Scottish kings will be restored.

It was a multi-faceted talk, made lively by his enthusiasm, wit, scholarship and impressive knowledge of the history and customs of the period. The quality of the carved portrait heads, some historical, some mythological, was outstanding. Having restored 35 portraits, John was unable to find clues to the final two. He was given the privilege of creating them anew and now his two daughters are among the faces looking down at us. It is a fitting tribute to a modern Renaissance man.

## Kinross Camera Club



Our season continues to produce interesting speakers and activities. Following upon one of our talks, from late May to the beginning of August 2011 strange activities may be seen in the Kinross area in the early hours as members look for and try to photograph noctoluminescent clouds high in the heavens! We have also seen photography of the highest quality in more familiar fields and endeavoured to choose a selection of our own prints which may achieve glory in the various inter-club competitions in which we participate. We have just won the Perthshire Photographic Alliance annual competition and a member of the Club was author of the Best Print Overall. Next we practise our skills at fireworks photography in preparation for the real thing on 4 November at Lochend Farm Shop – open to our members only. Several people have joined us already this year, and we continue to have an entertaining and varied programme having extended our activities to include a Studio Group as well as our Digital Group.

Further information from Alison Bradley on 01592 840251 or e-mail [alisonbradley101@btinternet.com](mailto:alisonbradley101@btinternet.com)

Copies of the book "25 Years of Kinross Camera Club" containing photographs taken by Club members and commemorating the first 25 years of the Club's existence are available from Blurb.com

### Carrick Opticians

23 Main Street  
Kelty

Have you found yourself unemployed due to the recession?  
Are you finding it difficult to make ends meet? If so, why not come to Carrick Opticians in Kelty. Here we offer completely **FREE** frames and lenses for those patients on appropriate benefits.

Call **01383 830077**

to make an appointment or to register with the practice.

**Carrick Opticians – Here to help!**

## Common Grounds



Our Christmas catalogues are already on the tables at Common Grounds. Please come along and browse while having a Fairtrade tea or coffee. An interesting article in a newspaper says seemingly the way we write is the same as the way we speak, will this mean for example that my Scots will magically change into Swahili English? Put that aside as all are welcome at Common Grounds.

**Project:** The project at this time is our yearly emergency relief project and this year the Volunteers chose the International Rescue Corps, a non-governmental charity that is a first phase rescue team dealing with casualty location and extraction. They have been responding since 1981 to natural and manmade disasters, irrespective of creed, race or politics. Their patron is that well known explorer, Sir Ranulph Fiennes.



*James Henry handing over a cheque for £800 to Robin Waugh from Riders for Health*

**Project Supper:** Our Project Supper on Friday 1st October was a first class event. Riders for Health sent to us Robin Waugh, who explained at length all about the motorcycles and ambulances they use in parts of Africa and how they teach locals how to service the vehicles. Some thirty people on the night donated £200 towards our projects. Common Grounds had the pleasure of presenting Robin with a cheque for £800 for his charity.

**Book Club:** The book club is currently looking for a new venue.

**Website:** Our website is up and running and you can find us at <http://commongrounds.org.uk>

By the time you read this our Committee for the year 2010/2011 will be in place. We are pleased to advise that we have a new Volunteer on board and of course still require others and of course a Treasurer.

Our opening hours are still 10am – 1pm on Tuesday, Wednesday, Friday and Saturday at the Guide and Scout Hall, Church Street, Milnathort.

Contacts outside of opening hours are: James Henry (Convener) 01577 864452 and Linda Freeman (Secretary) 01577 865045.

## Portmoak Film Society

### US film classic on show at Portmoak

October's film night was well attended, with thirty-eight PFS members and guests enjoying the political satire "In the Loop." Twenty-four rated it "excellent" and ten gave it "good" on the marble count, our very own quirky audience-satisfaction gauge. Warnings about the bad language of Scots actor Peter Capaldi in particular didn't seem to put people off and we were pleased to welcome several new members.

The next showing, on **Saturday 13 November**, presents a classic of American cinema, the 1940 film "**The Grapes of Wrath**," adapted from John Steinbeck's powerful novel about the Joad family from Oklahoma who lose their farm in the Great Depression and go in search of work across the USA until they reach California. Directed by the great John Ford in black and white, it was selected for preservation in the US National Film Registry in 1989 on account of its "cultural, historical or aesthetic" significance.

The film starts promptly in Portmoak Hall, Scotlandwell at 7.30pm and refreshments are served afterwards, giving you the chance to get to know other film-goers and chat about the film's merits or otherwise. Membership cards at £3 per film for the rest of the season can be purchased and entry on the door costs £4 only if you would like to try it out before committing to the whole season.

For further info, check out the website at: [www.portmoakfilmsociety.org.uk](http://www.portmoakfilmsociety.org.uk)

## Kinross Labour Party

This year saw two big elections, with the Conservatives and Liberals winning enough of the vote to create a coalition government in May and Ed Miliband winning the leadership of the Labour Party. Both are highly significant outcomes.

In May 2011 the elections for the Scottish Parliament will take place and the following year we go back to the polls to vote for our local councillors. This is an interesting time in Scotland and the UK.

After a few years of simply focusing our activity on election campaigns, the local branch of the Labour Party has been re-formed and we are looking to have a much higher profile in Kinross-shire.

If you are interested in joining us or would like to find out a bit more about us and the party then please contact me at the following email address: [kinrosslabour@hotmail.co.uk](mailto:kinrosslabour@hotmail.co.uk).

David A MacKenzie  
Chairperson, Kinross Labour Party

## Swansacre Playgroup

We will be holding a **charity fundraiser Christmas Shopping Night** in aid of Swansacre

Playgroup on **Wednesday 24 November** at the Playgroup (21-23 Swansacre, Kinross). The evening starts at 7.30pm – please come in and enjoy a glass of wine whilst you browse our stalls and get an early start on your Christmas shopping! Contact Charlotte on 07740 600424 for more information.

There are spaces available just now for both our playgroup (children from the age of 2 years welcome) and Rising Fives (4 year olds; complementary to morning nursery) sessions. For more information, please see the "Playgroups & Nurseries" section of the Newsletter.

Please give us a call if you would like your child to come join in the fun! (01577 862071)



### Newsletter Deadlines

A list of future deadlines can be found on our website

**[www.kinrossnewsletter.org](http://www.kinrossnewsletter.org)**

## Kinross-shire Round Table

### Here Be Dragons.....

Kinross-shire Round Table is at it again. Saturday 25 September saw Table host its annual beer festival. Over 400 people packed into the exclusive and glamorous boat shed on the shores of Loch Leven, sampling a wide array of beers and ciders, not to mention top notch entertainment, good company and exotic food. It was all for a good cause, however and the Table raised over £6,000 over the course of the weekend.

Now it's time to put the money to good use.

Following last year's hugely successful event, the Round Table will be dusting off its tailored business suits and hosting a Dragons' Den style evening, where local charities, clubs, organisations and other good causes can come along and ask the Dragons for a donation.

You don't need to be an inventor, entrepreneur or small businessman, just have a worthy cause which needs money. Unlike the TV version, our Dragons are not basically evil capitalists. We have the milk of human kindness flowing through our veins and WANT and NEED to give this money away...

You don't need to have a big presentation to show us, you don't need to be a fabulous speaker, you don't have to have invented a new type of spatula, you don't even need to wear a tie. Just come along and tell us how we can help.

Contact your favourite tabler, write to the Round Table, c/o the Green Hotel, or email [kinross.roundtable@gmail.com](mailto:kinross.roundtable@gmail.com)

We're hoping to hold the Den on the evening of **1 December**.

We recorded last year's Den, so you can see us in action, take notes and – if you wish – vote for your favourite Table 'hottie' Check it out online: <http://bit.ly/kinrossdragons>

For all the latest news and updates from Kinross Round Table, visit: [www.kinross-shire.roundtable.co.uk/](http://www.kinross-shire.roundtable.co.uk/)

Like the black pudding industry and teenage vampire novels, Round Table is always on the lookout for new blood. We meet on the second and fourth Tuesdays of each month. We do interesting things and occasionally have interesting drinks. We raise interesting amounts of money for interesting causes. If you're a gentleman between 18-45 years of age, who's interested in interesting things, then come along. We can pretty much guarantee it will be... interesting.



## Kinross & Ochil Walking Group

Enjoy the colours of autumn! Whether you're new to walking, returning to walking or a regular walker, try out a walk or two to see if you'd like to join. Walks are led by volunteer leaders from our group members. We have two interesting weekend walks in our area this month.

**Sunday 7 November: Forteviot and the Water of May, 6½ miles.** Circular walk along the Water of May via woodland tracks, returning via very quiet country roads.

**Saturday 20 November: Moncrieffe Hill, 5 miles.** A circular woodland walk on established paths to the top, with spectacular views in clear weather.

For all walks you do need appropriate clothing (not jeans) and equipment, including boots and waterproofs. Walks can be of several hours duration and a packed lunch/warm drink/water should be brought.

For further information on walking with the group, including further details of the above walks and where to meet, call our group Secretary Edna Burnett on 01577 862977. Or check our website [koramblers.org](http://koramblers.org)

## Kinross Pipe Band

### Final key dates for 2010

No special news this month as we have already done the season round-up, however a few dates for your diaries this month:

**Sun 14th Armistice Parade**, led by the Pipe Band from the Church in Station Road round to the cenotaph at the County Buildings, 10.45am.

**Mon 15th Pipe Band AGM**, to be held at the Rugby Club at 7.30pm.

**Sat 20th RSPBA, Dundee, Perth & Angus Branch Solo Piping and Drumming competitions** will be held at the Loch Leven Community Campus; all day event.

**Tue 23rd Light Up Kinross**, where the Band will lead Santa from the Church Centre in the High Street up to the County Buildings for switch on at 7pm.

For anyone looking for more information on the band or interested in joining, please contact Nigel Kellett on 07801 182283, or visit the website at [www.kinross-pipe-band.co.uk](http://www.kinross-pipe-band.co.uk)

## Kinross-shire Historical Society



A large audience of members and visitors attended the first meeting of the winter season to hear speaker, Sandy Braid of Channel Farm. His talk covered the history of the Braid family in the County of Kinross from blacksmiths in 1800s to the present day farm of Channel of Pittendreich with Loch Leven's Larder shop and restaurant. He described the changes in farming techniques and machinery from horsedrawn implements to today's highly specialised machines. He explained the improvements to the land around the loch, as a result of the lowering of the water level on completion of the Cut in 1832. The innovation of vegetable growing and the well-known Braid's Broccoli was an important move for him and influenced other farmers.

Mr Braid answered many questions from the audience and Ronnie Muirhead gave a vote of thanks on behalf of the Society for a most interesting talk.

*See p. 87 for details of next KHS talk.*

### ADVANCED DENTURE COMPANY Ltd.

#### For DENTURES & DENTURE REPAIRS

A wide range is available; from basic quality, to high quality **COSMETIC DENTURES**.

All produced in close consultation with the skilled technical craftsman.

**NO REGISTRATION  
NO LONG WAITING LISTS**

#### A.D.C. MOUTHGUARDS Sports mouth guards

**Night protectors** for tooth grinders, can also be used to cure certain types of tension headaches.

**Ian Mackay 01577 864751**

## Scottish Endurance Riding Club

www.serctayside.com

Tayside Branch of the Scottish Endurance Riding Club held an endurance ride on Sunday 26 September.

Setting off from Newhill Farm near Glenfarg, some thirty riders rode down to Blainmathort Farm and around its many stubble fields. Then returning via Netherton, the riders made fast work of further stubble fields and wonderful grassy tracks before finishing back at Newhill, having covered a distance of 20 kms. Seven of the riders chose to ride 30 kms and three brave souls endeavoured 50 kms. The longer route included a ride up from Newhill to the wonderful tracks of the Perthshire OffRoad Driving Centre.

As ride organiser I would like to express grateful thanks, on behalf of Tayside Branch, to the generous landowners who granted permission for riding on their land: Bruce Hamilton, Newhill Farm; Alistair MacLean and Angus MacLean, Perthshire OffRoad Centre; Ralph Curl, Springhall Farm Jimmy Mair, Langside Farm; Linda and William Young, Mawcarse Farm. And special thanks also to Ian Cook who cleared pathways and moved gates to allow us entry to those wonderful grassy tracks.

We were blessed with the most wonderful weather, the views were spectacular and the going was perfect.

It was the first time since 1996 that the Endurance Club has held a ride in Glenfarg; here's hoping it won't be the last!

*Jacqui Macmillan*



## Kinross & District Rotary Club



The summer seems to be well and truly over, with a return of seasonal cooler, wetter air.

The Club has again enjoyed a plethora of interesting speakers over the past weeks.

We had a fascinating talk by David Hepworth on his company's work in transforming the lowly carrot into objects ranging from fishing rods to medical devices. The strength of the fibre material produced from carrots was demonstrated to be phenomenal with the samples David handed round for inspection.

Our next speaker was Dunfermline lass, Tracey Ramsay, who explained her job as the Senior Community Capacity Worker, based at the new Loch Leven Community Campus. Tracey is developing her job, since she started with "a blank canvas" and is still, after seven months in post, finding new duties which fit below her umbrella. She enables groups to apply for financial assistance and can organise training with form filling, minute taking, running of meetings, etc.

The following week we were addressed by John Ferguson who is Head of Strategy at Binn Farm Eco Park. From an early career in the oil industry off-shore, John studied as a mature student and then went on to work with the Scottish Environment Protection Agency before being awarded a Winston Churchill Memorial Trust fellowship to travel abroad for one year, studying various waste management and recycling plants. This experience has proved invaluable in his work at Binn Farm Eco Park.

Meanwhile, a group of eight of our members have managed to break out of the mould and visited the Burntisland & Kinghorn Club on 14 September. This was a most enjoyable outing and it is hoped that more visits will be arranged in the not too distant future, to put the Kinross Club on the map.

If the above activities are of interest to you, or you would like to be involved, please visit our web site, [www.kinrossrotary.org](http://www.kinrossrotary.org) for further information about the Rotary movement and the Kinross Club in particular.

## Kinross-shire Volunteer Group and Rural Outreach Scheme



Just a short notice this month but we must thank the CC Newsletter, Lodge St. Serf No. 327 and Rotary Club of Kinross for their generous donations to our funds and also the various donations from our grateful clients. We really appreciate all the support we get from our local community especially in the present economic circumstances. Very many thanks to you all.

Don't forget about our **Burns Supper on Monday 19 January 2011**, more details in next edition of the Newsletter.



*Local Rider, Debbie Ross, taking part in her first SERC ride.  
(Photo reproduced with kind permission of Belleleisure.com)*

### ALDERBANK LTD Hardwood Flooring Specialists

- New Floors Supplied and Fitted
- Old Floors Repaired, Sanded and Refinished

For Free Advice and Quotations  
Call **Niall Simpson on 07778 772354**  
or **01259 781394**  
or see [www.alderbank.com](http://www.alderbank.com)  
for more info and special offers

### The Studio Hair Company

Your new Paul Mitchell Tool Bar  
A varied range of Hair Dryers, Straightening  
Irons, Brushes, Combs and Clips and you can  
try Before You Buy with great  
advice from our Stylists

Call **Vicky, Laura, Stephen or Nicola**  
**01577 866 911 or pop in and see us**

## Milnathort Primary School Parent Council

News from Meeting held on Monday 20 September 2010  
Present: Mark Koziel, Christeen Williamson, Lorraine Holdsworth, Gillian Sands, Gerrold Kuijpers, Gavin Anderson, Neil Fuller and Lesley McCormick.

Apologies: Lynne Dunn, Susan Park, Deirdre Hutson and Chris Edwards.

**Headteacher Report:** Council members given copies of the school Standards & Quality Report 2009-2010, an Income & Expenditure Summary of the school and the Service Improvement Plan 2010-2011. Various points were discussed in the Improvement Plan and the school's finances for the year explained.

**Parent/Teacher evenings:** The book fair group have agreed to bring their date forward to the night of the parent/teacher meetings.

**School security/safety:** No funds available. Any incidents occurring regarding the fence, are to be logged and recorded if vandalism or other safety issues. Currently waiting for three quotes for new fence from chosen list of suppliers.

**Book exchange:** Hannah Williamson has offered to take this on as a class project. PC grateful and able to arrange parent helpers if required.

**Parent council website:** The address is:  
[www.milnathortprimary.org.uk](http://www.milnathortprimary.org.uk)

**Music groups:** The idea of using final year high school students to teach the children was mentioned at the management meeting. CW waiting for the Principal Teacher at LLCC to contact her.

**Communication:** Minutes of the meeting have been circulated to all email addresses received.

**School dinners:** Swipe cards or better option for payments. Various options have been looked at and suggested. CW waiting for latest proposals and possibility of new system at Milnathort in the future.

**School patrol crossing:** Detailed email circulated to all members. Decision taken that there is not much more the PC can do, other than hope someone applies for the post if advertised again. The Milnathort Placecheck seems to have taken a turn in our favour and is now looking again at the possibility of a crossing on South Street.

Next meeting: Monday 25 October.

A full copy of past, ratified, Minutes are available. If you wish to contact the MPSPC please contact Lesley McCormick on 01577 862060 or 07704349700 or [mccmcc@btinternet.com](mailto:mccmcc@btinternet.com)

### GARDEN STEPS & MORE

Bricks, blocks, mono blocks  
& stone work etc. –  
Steps, paths, walls, patios, paving  
Repairs/pointing

### Specialist in stone work

for advice and a free estimate call

**William Morris**  
**01592 840095**  
**07866 961685 (mobile)**  
**[william.morris18@btinternet.com](mailto:william.morris18@btinternet.com)**

## Army Cadet Force

Cadets from Kinross, Newburgh and Glenrothes Royal Regiment of Scotland, Army Cadet Force came together in silent remembrance at the re-dedication service of the Haig Memorial Garden in Ladybank, Fife.

"The Haig Memorial Garden has seen a wonderful transformation and the cadets and members of the public got the chance to walk through the garden," said Sergeant Mairi Barnes.

The cadets take an active interest in the communities around them and welcome the chance to take part in different events.

The local Detachment meets at Swansacre, Kinross on Tuesday and Thursday evenings between 7pm and 9pm.



*Local cadets were amongst those at a re-dedication of the Haig Memorial Garden in Ladybank*

## Greyhound Rescue Fife

### Big Business Helps Rescue Centre

Greyhound Rescue Fife would like to thank Douglas Stewart and his nine dog friendly members of the Capital Management & Regulatory Reporting team for all their hard work at the kennels on Thursday 9 September.

The group brought 78 large tins of dog food bought from a collection which raised £95, which they handed over after meeting all the dogs in residence at Baltree Kennels. They helped our volunteers clean out the kennels; this does take time, as does the job of walking (with poop scooping!). The hounds are walked twice round the boundaries of the GRF grounds and back to the main building – 3 laps equals one mile in distance.

The group started on preparing a bit of the pathway near the kennels, this involved clearing areas of overgrown ground, covering the ground with weed suppressant membrane and then covering this membrane with stones, 2 tonnes of stones to get started work on and then the lorry arrived with a further 10 tonnes!! After lunch for volunteers and dogs it was back to the path, lapping the boundaries and a new task of fence painting! The day ended at around 4pm, giving the group a chance to admire all the work and say a fond farewell to GRF before heading home with our thanks for a hot bath and an early night! For anyone who would like to see some of our Greyhounds our monthly walk is in Kinross on **7 November**, leaving from Kirkgate car park at 11am. All welcome.

To contact the Rescue Centre, phone 01592 890583 or email [ferniejimmyf@aol.com](mailto:ferniejimmyf@aol.com). For more information, check out the website at [www.greyhoundrescuefife.com](http://www.greyhoundrescuefife.com)



## Competition Success for Guides' Biodiversity Garden

As reported in the July newsletter, 2nd Kinross Guides this summer took part in a competition to build a Community garden, organised by Girlguiding Scotland, as part of their celebrations of the Centenary of Guiding. At the end of June, some of the girls planted a small raised bed in the garden of Swansacre playgroup with flowering plants to attract bees and butterflies. They also planted a rowan tree, and three small native trees, in a trefoil shaped bed, cut out of the grass, as a lasting symbol of their work. Funding for bark for the tree beds was kindly given by Kinross Friends of Guiding.



Kayleigh jumping for joy near the trefoil bed (photo taken by Emma)

Two of the Guides, Kayleigh Ritchie and Emma Hodgkinson, stayed with the project until the end in September, and added a nest box, and some insect homes to the garden, and made a butterfly mobile, and a lovely booklet about the lifecycle of butterflies for the Playgroup children. On 3 October we held a tea party at the garden for the girls' families and some Guiding guests to see the garden, which was still flowering well, and soon afterwards received the exciting news that we had received one of the prizes in the Centenary competition. We will look forward to choosing some items for the Guide unit from the Guide Shop in Edinburgh, with our prize vouchers.



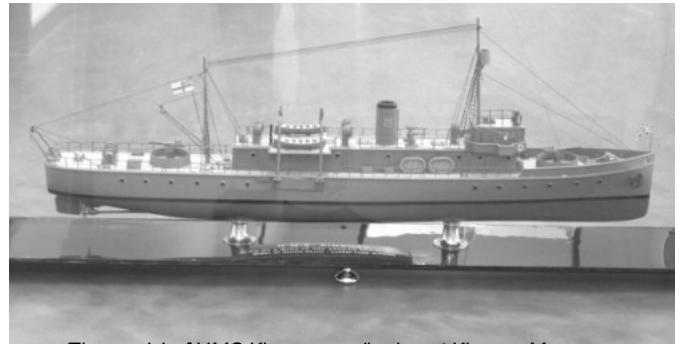
I am very grateful to the Guides for their hard work on this project, and to the Swansacre Playgroup and everyone else who helped and supported us with it. Councillor Kathleen Baird, who is a Girlguiding County Vice President, also congratulated Emma and Kayleigh, and presented them with special badges and certificates. The other Guiders pictured above with the girls are, on the right, Sharon Douglas, Kinross District Commissioner, and Elizabeth Higton, the organiser of the Centenary Competition.

Amanda James, Assistant Leader, 2nd Kinross Guides

## Kinross Museum



Officially launched on 20 October, Kinross Museum's latest exhibition combines the touring *This Happens in War* exhibition created by the Black Watch Museum in Perth with a wide variety of local Kinross-shire war time material. The majority of the items on display have been gifted or loaned to the Museum in recent weeks, a star attraction being the model of HMS *Kinross* made by Denis Wragg in Lathro Park. The focus of the exhibition is on personal memories of war time at home in Kinross-shire or on the front line. There have been many local heroes and recent reminiscence groups held in the campus have revealed lots of stories that shed new light on people, places and events associated with two world wars. On show until the end of February 2011, this is the biggest exhibition yet mounted by Kinross Museum, which is now a year old. If you have any special memories or interesting war time memorabilia, come and share them with us.



The model of HMS Kinross on display at Kinross Museum

## Kinross Boys Brigade



The new session is well underway with the Company Section members preparing for the first rounds of the BB National Competitions. Kinross has been given byes in badminton and chess and have been drawn away from home in the five-a-side football (Falkirk), Table Tennis (Stirling) and Masterteam (Coatbridge) with all ties having to be completed by the end of November.

The volleyball team commence their season in the Perth Recreational League in mid November with games being played fortnightly at Bell's Sports Centre on Sunday evenings with each team playing two matches and refereeing one.

The Company has its annual **Enrolment Service** at the Parish Church at the morning service on **31 October**. The Company will also be on parade at the annual **Remembrance Service** on **Sunday 14 November**.

## Kinross Garden Group



We started out winter meeting on 14 October with a talk from Simon Crutchley from the Horticultural Division of the Royal Botanical Garden, Edinburgh who gave us a talk on "The Queen Mother's Memorial Garden." He explained the design of the garden and the reason why the plants, hard landscaping and other materials were selected.

Our next meeting takes place in the Millbridge Hall, Kinross on **Thursday 11 November** at 2pm. The speaker will be Colin McBeath of Quercus Garden Plants who will give us a talk on "Garden Design for Shady/Sunny borders."

## Kinross High School Parent Council



% Kinross High School, Loch Leven Community Campus, Muirs, Kinross, KY13 8FQ

### Kinross High School Reports Excellent Exam Results

A report of the exam results attained in 2010 was given to the Parent Council by Headteacher Mr Keatings. Overall, the results were excellent and amongst the best achieved in Perth and Kinross and indeed Scotland.

In 4th year, 13 pupils gained 8 Standard Grades (or equivalent) at the highest level (grade 1 or A grade), nearly half the pupils achieved at least 5 Standard Grades at Credit Level and almost 80% achieved the same at General Level. In 5th year, 44 pupils (32%) gained 5 Highers with 9 of them gaining all A grades! All 6th year pupils obtained at least one Higher with 69% achieving 5 Higher passes and over half obtaining at least one Advanced Higher.

These results are a credit to the pupils and the staff at Kinross High School. Congratulations to you all!

### Parent Council Meetings

Remember that the Parent Council is here to represent the views of parents and guardians of pupils at the school to help ensure that our young people can learn and develop to their maximum potential. Our success is totally dependent on your input, so please, if you have anything to contribute, contact any of the Parent Council or if you prefer, write to the Chair care of the school address noted above. Better still, come along to any of our meetings where, I can assure you, you will be warmly welcomed. **Our next meeting is on 2 November at 7.15pm.**

### Who are the Parent Council?

The Parent Council office holders for the 2010/11 academic year are:

Chair:	Brad Wood - 01577 850 767 brad@madandbrandy.co.uk
Vice Chair:	Andy Williams - 01577 861682 a.b.williams@bopenworld.com
Treasurer:	Denis Sweeney - 01577 861651 sweeney5@tiscali.co.uk
School Uniform:	Dora Smith - 01577 863565 dorajsmith@btinternet.com

### The Events and Fundraising Team

The Events and Fundraising Team (EFT) are pleased to announce that they recently agreed to fund the purchase of new Basketball Strips for the Girls and Boys Junior and Senior Teams. The old strips were in desperate need of replacement and so now the teams can walk out on court with pride!

Our next event is a **Family Ceilidh on Friday 3 December** with a live band, half time stovies and a bar! Tickets are available from EFT members and via the school office.

By way of advanced warning, our annual **'K-Factor'** talent show will take place on Friday 11 February in the High School Hall. Pupils interested in entering will be invited to auditions over the coming months.

Finally, a plea for helpers to run these events. The Events and Fundraising Team have short (1hr) targeted meetings about once or twice a term, depending on need. We are practical, not political!! Please do come and join us. Further information is available from Niall Simpson, Chair, on 07778 772354, email niall.simpson@hotmail.co.uk, and Elaine Carruthers, Vice-Chair at the Kinross High School office.

## Kinross-shire 50 Plus Club



The November meeting will be held on **Thursday 4 November** at 2 pm in the Millbridge Hall. The speaker at the meeting will be a representative from Sainsbury's.

At the October meeting the speaker, Lieutenant Colonel Mary Lockhart, was unable to attend as she had double booked. Fortunately Mary Muirhead had prepared a Quiz and this was enjoyed by all.

**Away Days November: Thur 11 Nov:** McKinnon Mills;  
**Thur 25 Nov:** Almondvale.

**Holiday - Harrogate, February 2011:** Would all club members going on this holiday please note that the balance of the holiday money will be due at the December meeting.

### Friday Hill Walkers:

**5 Nov:** With the onset of winter and shorter days, we are heading to Piperdam near Dundee for a seven mile circular walk, including a traverse of Blacklaw Hill with an ascent of 800 feet.

**19 Nov:** We will be attempting a new circular walk from Comrie up and round Braefordie, approximately eight miles, and near enough to Glen Artney which may allow us to catch a glimpse of the Red Kite in that area.

Please note this membership list is currently fully subscribed.

**Friday Walkers:** Two old favourites this month, which had to be cancelled due to bad weather last year.

**12 Nov:** Gleneagles to Blackford and back, along paths through the golf course and ancient woodlands. This is less than 6 miles and if you wish to travel light, there will be time to stop for something to eat at Baxter's.

**26 Nov:** A circular walk going round Kinnoull Hill and Deuchney Hill in Perth, along forestry roads and paths. This is a good 6 miles, and is easier since improved paths have been laid on Kinnoull Hill.

Please note that the walker's membership list is currently closed.

**Activities:** The Club's other activities, which include the following, are open to all members of the Club:

All the Groups are back in action again and, unless stated otherwise, meet in the Millbridge Hall.

**Carpet Bowls:** take place Mondays at 2pm. All Club members are welcome.

**Craft Group:** Meetings are held each Wednesday at 2pm.

**Fly Tyers:** meet each Monday between 2 and 4pm. This group has both men and ladies within its membership.

**Kinvest Investment Club:** The Club meets once a month. New members, who need only a general knowledge of investments, will be made most welcome. The meetings are normally held the first Monday of each month at 1.30pm. Club members wishing to take part should contact John Dryburgh on 01577 862555 for details and venue.

**The Line Dancers:** The Dancers swing and sway every Tuesday and Friday at 10.30am.

**L.U.S.T.** The slimmers meet each Thursday, 9.30am to 10.30 a.m.

**Smiddy Singers:** The Singers meet every Tuesday at 2.30pm in the Smiddy House. New members will be most welcome. The Singers are also looking for a pianist to assist them.

**Contributors – please send your item  
well before the deadline if you can**

## CHILDREN 1<sup>ST</sup>

### Royal Scottish Society for Prevention of Cruelty to Children

Registered Charity No. SC016092

The Kinross Action Group for Children 1st would like to thank everyone in this area who helped with Sunshine Week this year. We raised a total of £846.66, which is a fantastic achievement and we are very grateful to all those who helped us. We would like to thank all the people who gave up their time to collect for us over the two days, all the local businesses who allowed collecting to go on outside their doors: Giacomazzi's in Milnathort, Sainsbury's, Sands and Dobbies in Kinross and Loch Leven's Larder. We are extremely grateful to them all and, of course, would like to thank most of all, the people who put money in the boxes. Children 1st helps to make a real difference to the lives of thousands of children and young people all over Scotland, by supporting those who are most vulnerable, the frightened, the abused, the neglected. With your help we can provide protection from drug and alcohol abuse, physical, sexual and emotional abuse and offer support to the whole family during times of conflict and break-up in the disadvantaged communities of Scotland. We could not achieve this without the help of our many supporters and we are truly grateful to you all.

Fiona Doig and Emma Niven  
Chairmen, Children 1st Kinross Action Group

### Kinross & District Inner Wheel



At our opening meeting in September was our District Chairman, Jennifer Sommerville. Jennifer is a Rotarian as well as being in the Inner Wheel. She said that fellowship was most important and though we raised money for good causes what we shared with one another in friendship was the aim of the Inner Wheel. Her chosen charity for her term of office is Save the Children.

Our next speaker in October was the Rotarian President, John Matthew. We were pleased that he fitted us into his diary in what will be an extremely busy year for him. We did have a bit of clout since his wife Elaine is our President. John gave us a very interesting talk on his childhood in Dundee. He spoke about the tenements, the wash houses, being free in his childhood to go out and play and to go home to have a bite to eat then go right out again to play. He spoke about Saturdays being the day for the pictures and remembering what he saw and the noise in the picture house. He also listened to Dane Dare on the radio. Sundays were taken up by Sunday School, Church and going to hear the Salvation Army. The ladies were nodding their heads as they were remembering how it used to be. He spoke of the Jute Mills and the Clydesdale horses. It was a very interesting and sometimes poignant talk. John left Dundee in 1964 and came back in 1989.

John also came bearing a gift from Rotary of a cheque for £750 for all the help the ladies did during the Kinross Show and also T in the Park. This was very gratefully received and will be put to good use.

Our next meeting is on **8 November**.

15 years of broadcast experience  
now based in Kinross  
at your service



## A-VISUALS Digital Media Services

### LIFE STORIES

Preserve the story of your life on film for ever



### VIDEO TESTIMONIALS

Capture those special occasions with Family, Friends and Colleagues



### WEB CONTENT

Bring your website to life with our 3D - Computer Graphics



### PHOTO ALBUMS

We create personalised and unique albums



### SLIDESHOWS / INTERACTIVE DVD



### PHOTOSCANNING & REPAIR



### VHS/SUPER 8 TRANSFER TO DVD

For more information call Michael on 07525 000 334 or e-mail : [info@a-visuals.eu](mailto:info@a-visuals.eu)



## The Kinross-shire Civic Trust



### New Local Development Plan

Perth and Kinross Council has issued the next stage of the New Local Development Plan. This is in the form of a Main Issues Report (MIR). All responses will have to be with the Council by Friday 14 January 2011.

The Council has held one public exhibition in Kinross attended by officials and will hold one more, on **Saturday 6 November**. (See page 3 for more details.)

**You, the Public, MUST TAKE PART.** It is your opportunity to express your opinions. Land owners and Developers have already lodged their Proposals as to where they would like development to take place.

Kinross-shire Civic Trust supports development, but it must be appropriate to the environment within which it sits. The Representations for development in the next Plan far exceed the requirements of Kinross-shire. This must be controlled and you, the Public, must help in this context if the County is not to be covered in development.

The rural setting of Kinross needs to be recognised as adding value to the attraction of the county. By ensuring that the agricultural land that surrounds Kinross is designated as such and its erosion protected, this will limit urban sprawl as well as conserve productive farmland for future generations.

Good agricultural land **MUST** be retained for the future so that as a country we are self-sufficient. That was a vital lesson we learnt from the Second World War. We must not forget that and must resist short term exploitation.

Full information is available on the Council web site [www.pkc.gov.uk/Developmentplanscheme](http://www.pkc.gov.uk/Developmentplanscheme) or at the County Buildings, Kinross or Pullar House, Perth.

### WHY NOT JOIN THE TRUST?

Are you interested in:

**History • Architecture • Conservation  
Planning • Environment**

If we had more help we could:

- Have a website to keep everyone up to date on events and issues of concern
- Publish information and guidance leaflets on architectural or planning issues
- Research environmentally friendly building methods and the new planning guidelines
- Produce an historical map of Kinross-shire
- Organise more displays of topics of interest and events

Can you help with any of these? We know that our members have many skills and a wide variety of experience. If it is to be effective, it needs your active participation to help campaign for better design in contemporary architecture, and respect for our existing architectural heritage.

Contact the Chairman, Alistair Smith on 01592 840215.

### CERAMIC TILING SERVICE

*A large range of wall and floor tiles for supply and fix  
or*

*You may require a labour only service*

Free estimates

Phone **GEORGE BIRD Kinross 862253**

### Buildings of Interest in Kinross-shire Cleish Castle

Set back off the road a mile or so west of the village of Cleish stands Cleish Castle, one of the seven castles of Kinross-shire. Originally associated with the Meldrum family and later, from 1530, with the Colvilles of Ochiltree, this imposing five-storey tower house rises to a height of 80 feet. Dating from the early 16th century, Cleish Castle is built of fine local Nivingstone Quarry ashlar, a mason-hewn sandstone that stands out from a distance when the sunlight catches it at the right angle. Its gables are crow-stepped, the south wing having a curious gable end that is set back as it rises, giving a kind of buttress effect. This wing of the castle was probably added in the 17th century to form an L-plan house within a courtyard. A relocated dormer pediment on the upper part of the stair turret of this wing bears the date 1600 and the initials of Robert Colville and his wife Beatrice.



*Cleish Castle*

Sir Harry Young, who acquired the almost ruinous castle in the early 19th century, employed the distinguished Kirkcaldy-born architect John Lessels (1809-83) to restore the building in 1846. Lessels, who had worked under William Burn and established his own practice in the same year, was a cousin of Robert Lessels, a cooper in Kinross who made barrels to hold the fish caught on Loch Leven by Campbell Marshall. Given a Scottish baronial make-over by Lessels, Cleish Castle was further restored in the 1920s and again in 1973-76 by the award-winning architect Michael Spens who commissioned a ceiling and window tapestry created by Eduardo Paolozzi. Much of the interior was altered during this restoration and a modern entrance at ground level replaced the former doorway in the angle of the west wall.

Later remodelling in a more traditional style has taken place and studies of the surrounding policies have revealed 17th-century landscaping in the form of terraces, one of which is planted with the oldest surviving yew tree avenue in Scotland. In addition to a Saltire Society award in the 1970s, Cleish Castle, which is a private residence, received a Scottish Civic Trust Architectural Heritage Year Award in 1995.

# Sports News



## Kinross Cycling Club

### Stop press

*Sunday ride start times to change from 31 October to 09.30.*

We launched Sportive Kinross for entry in October and have been greeted with a terrific response from both local cyclists and cyclists from across Scotland and parts of England. It promises to be grand day for Kinross with lots of visitors to the town, many of whom will make use of our excellent cafes, B&Bs, pubs, hotels and restaurants. If you have not seen the Sportive Kinross website, take a look at [www.sportive-kinross.co.uk](http://www.sportive-kinross.co.uk) and watch the wee movie we have made.

Elsewhere in the club we continue to attract new membership with our latest recruit travelling from St. Andrews to cycle with us. On his first outing, which took us up Gleneagles on our out bound journey, our new compatriot asked about 'beasts of climbs' in the area. One rider suffered a



*The Sportive Kinross jersey*

puncture which resulted, by the time of arrival in Dunning, in what can only be described as an ulcer on the side wall of his tyre. This required a temporary repair by sticking a patch inside the wall of the tyre. So with a failing tyre we took the shortest way back from Dunning, straight up the steepest hill out of Dunning, which is of course "a beast of a climb".

As winter approaches, we will from Sunday 31 October be moving our Sunday morning start time from 09.00 hours to 09.30 hours until probably early February 2011. The routes will be a little shorter too, to reflect the winter conditions and the need for people to get on with other things. Please feel free to join us for a tryout ride one Sunday.

## Kinross Curling School

### Parents Please Take Note

Monday After School Club has changed the time from 3.30pm to 3.45pm - 5.15pm; this will start from the next session, 25 October.

Kinross High School After School Club has changed from a Monday to a Friday starting on Friday 29 October from 4.30pm - 5.30pm.



### PLANNING PERMISSION BUILDING WARRANTS

McNeil Partnership is a locally based practice with LOCAL knowledge providing drawings and processing applications for Planning permission and Building Warrants.

We specialise in Extensions, Attic Conversions, Conservatories, Porches and Internal and External Alterations.

Contact **Eric or Fiona McNeil**

**01577 863000**

For free advice

## Kinross Adult Otters

The change of the hour makes it is harder to enjoy fitness activities outside in the darker evenings. Now is the time to consider the benefit and warmth of the swimming pool as a means to maintain all round fitness. Kinross Adult Otters is a well established club and provides a structure for a more diverse swimming session than that which can generally be achieved at a public session. Kinross Adult Otters endeavour to offer varied sessions that may include stroke improvement, stamina development, fitness routines etc but above all the club imparts fun and enjoyment combined with the satisfaction of healthy exercise.

If you can swim two strokes and accomplish ten lengths of the pool non-stop then this could be the club for you. All you have to do is take the plunge and come along. We meet every Tuesday night at 8pm for an hour's swim till 9pm at the Kinross Leisure Centre.

All sessions have a coach to give advice. Swim lanes are structured to level of ability.

Swimming is a superb activity to keep you fit and is excellent if you are coming out of injury from another sport. Swimming is an ideal way of complementing training for a wide range of other sports and if you are thinking of entering a triathlon then the training of several swim strokes will help you have a better feel for movement through the water.

We look forward to seeing some new faces. Just make yourself known by the pool side and give it a go.



## Kinross Rugby Club

### PLAYERS WANTED



Due to long term injuries and an ageing squad, **Kinross Rugby Club** is looking to attract new players in all positions of the park. The Club has invested heavily in the playing side with a new coach (ex Richmond), retained fitness coach and physiotherapist. The facilities at KGV playing fields include outdoor and all weather pitches, bespoke clubhouse and changing facilities as well as access in the winter months to the excellent Loch Leven Community Campus. The club is financially stable and is keen to translate this into playing success. Not just a rugby club, Kinross has an enviable business and social network which ensures that opportunities abound on and off the park.

The club has secured some new and retained valuable sponsorship deals. With a new website to be launched before Christmas and an electronic newsletter facility, the Rugby Club continues to be a key social and sporting hub within the Kinross and Milnathort community.

**Kinross Rugby - Try it!**

## Kinross Otters

Haddington 100s, Mercat Gait  
Prestonpans,  
Edinburgh, 12 September



The popular Haddington 100s annual meet took place at Mercat Gait pool, Prestonpans, Edinburgh on 12 September. As the name suggests it focuses heavily on the 100m event in all strokes and drew clubs from mostly the east and south of Scotland but also from as far as Carlisle and Nairn. Kinross Otters sent a young team of nine swimmers and for one of their number, this was his very first gala. The team managed no less than 15 personal best times and returned with a creditable 6 medals.

The only Otter to strike gold was **Euan Boyle** in the Boys 10 and under 100m Backstroke where he recorded a time of 1.33.82 secs, some way off his personal best (pb) but more than a match for the competition on the day. Half a second down at halfway, he recovered strongly to win by the same margin. He also won a silver medal in the 100m Freestyle in 1.24.11 secs knocking some 3.5 seconds off his pb.



*Cameron McCloskey, Rachel Brisbane, Iona Crawford and Euan Boyle*

**Cameron McCloskey** is still perfecting his 100s and but for a tactical error he should surely have won the Boys 12 yr old 100m Backstroke. Going off too slowly, he was over 1.2 secs down at the halfway point despite being lightning fast over the 50m event normally. He was closing fast in an exciting finish but had to settle for silver 0.4 secs down in a new pb time of 1.16.97 secs. He also won a bronze medal in the 100m Breaststroke in another pb 1.39.46 secs.

Breaststroke specialist **Rachel Brisbane** won a bronze medal in the Girls 12 yr old 100m Breaststroke in another pb in an excellent 1.28.50 secs knocking some 0.34 secs from her previous mark.

In a large field in the same event for 10 and under Girls, 9 yr old **Iona Crawford** was the first 9 yr old across the line when she produced a superb display to win a bronze medal in 1.44.95 secs taking almost 3 secs off her pb.

### The Studio Hair Company

Your new Paul Mitchell Salon  
207 High Street, Kinross, KY13 8DL

**Full Range of Christmas Gifts in Stock  
with free gift wrapping service**

Call Vicky, Laura, Stephen or Nicola  
01577 866 911 or pop in and see us.

## Stirling Autumn Meet The Peak, Stirling, 2 October

On Saturday 2 October a few Kinross Otters made their way to the Stirling Autumn Meet at the Peak pool in Stirling. This highly competitive graded meet certainly drew the numbers from far and wide.

Successes included the ever present and consistent **Rachel Brisbane** and **Mhairi Boyle** who both competed in the 13-14 yr old Girls categories but as they are talented at different strokes, they rarely meet and so it was again at this meet, ensuring a better spread of medals.

Breaststroke specialist **Rachel** won gold in a superb 200m Breaststroke performance where she showed mature pacing and despite being one and half seconds down with 50m to go, she did not panic and easily overhauled the leader in an exciting finish to set a new personal best of 3.09.52 secs. She also managed a bronze medal in the equivalent 50m event in 41.15 secs.

**Mhairi** took part in the 200 and 400m Freestyle events and won bronze medals in both and set significant personal bests in 2.31.32 and 5.15.75 secs respectively. Again her pacing and the maturity of her swimming belied her years as length after length was swum in exactly the splits that her coach David Haig had asked for.



*Mhairi Boyle and Rachel Brisbane at the Stirling Autumn Meet*

*(See next page for more Kinross Otters news...)*

### Lochend Farm Shop Scotlandwell

Fresh seasonal vegetables  
carrots, turnips, cabbage  
and lots more harvested daily

Maris Piper potatoes available now  
Apple Pies, scones, hot from the oven  
Menu changes daily

**Open seven days 9am-6pm**

**Tel: 01592 840 745**

**Outside catering buffets lunches  
or book the shop for private functions  
Phone for further information**

## Kinross Otters (continued...)

### Midland District Premier League 2010

On 26 September Kinross Leisure Centre was the venue for the final Premier League meet in the Midland District for 2010. Kinross Otters had performed admirably throughout the year, despite some high profile retirees and transferees and were always going to struggle to match their high bench mark second overall place in 2009.

The team performed superbly all day and came second on the day to the mighty DCA 1 team from Dundee. The final league positions were as follows:

#### League Results Gala Points

		Gala 1	Gala 2	Gala 3	Gala 4	Gala 5	Tot
1st	DCA1	5	5	5	5	5	25
2nd	Arbroath St Thomas	3	4	4	4	3	18
3rd	Kinross	4	3	3	3	4	17
4th	Menzieshill Whitchall	2	2	2	2	1	9
5th	Monifieth	1	1	1	1	2	6

#### Gala Scores

		Gala 1	Gala 2	Gala 3	Gala 4	Gala 5	Tot
1st	DCA1	194.5	178	180	186	189	927.5
2nd	Arbroath St Thomas	123	152	152	174	147.5	748.5
3rd	Kinross	156.5	147	148	130	159.5	741
4th	Menzieshill Whitchall	118	126	111	105	83	543
5th	Monifieth	98	83	91	89	99	460

### The Kinross Community Council Newsletter

is available from:

<b>David Sands</b>	High Street, Kinross
<b>Newsplus</b>	High Street, Kinross
<b>Shoppextra</b>	High Street, Kinross
<b>Kirkland's Garage</b>	High Street, Kinross
<b>Costcutter</b>	Green Road, Kinross
<b>Giacopazzi's</b>	New Road, Milnathort
<b>Milnathort Post Office</b>	New Road, Milnathort
<b>Stewart &amp; Smart</b>	Stirling Road, Milnathort
<b>Buchan's Garage</b>	Main Street, Kinnesswood
<b>Shop</b>	Main Street, Kinnesswood
<b>Fossway Store</b>	Crook of Devon
<b>Glenfarg Shop</b>	Ladeside, Glenfarg
<b>Mona's Coffee Shop</b>	Muckhart
<b>Powmill Stores</b>	Powmill

### FW BEAUTY & SPA THERAPIES

Contact Fiona on 01577 862615 or 07540 139831

### INTRODUCING THE NEW LAVA SHELL MASSAGE

**Special Offer: £21.50 (Back, Neck & Shoulder)**

"Tiger Clam Shells from the Philippines are natural self warming shells" - great for sports therapy and a good winter treatment – book now!

So, third overall, but as always the devil is in the detail. The Age Group competition within the competition over the year makes extremely interesting reading as follows:

#### 10 + Under Girls – 1st

Caitlin Steptoe, Hannah Miller, Iona Crawford, Kirstin Haig, Amy Broadhurst

#### 10 + Under Boys – 1st

Finlay Nesbitt, Elliot Hogg, Keir Menzies-Smith, Robbie Deas, Matthew Moloney

#### 11/12 Girls – 2nd

Laura Manson, Claire Moloney, Niven Lowe, Claire Mather, Fiona Thomson, Amy Baker, Lauren Miller

#### 11/12 Boys – 1st

Cameron McCloskey, Cameron Nelson, Aaron Gillon, Conor McCormick, Euan Boyle, David Elder

#### 13/14 Girls – 2nd

Mhairi Boyle, Vicki Reid, Mairi Mulhern, Alicia Mathieson, Ellis Johnston, Rachel Miller, Rachel Brisbane

#### 13/14 Boys – 3rd

Jamie Mather, Jordan Curtis, Peter Saunders, Cameron Henderson, Callum Deas, Callum Baker

#### 15 + Girls – 4th

Ruth Miller, Kayleigh Reid, Shona Young, Eilidh Gibson, Fiona Spain, Nicola Saunders

#### 15 + Boys – 4th=

Ewan Simpson, Ruairidh Haig, Rory Paterson, Simon Metcalfe, Robbie Blaikie, Ross Ballingall

As can be seen from the above, the Otters have a particularly talented bunch of younger swimmers and if they can hold onto them and develop new talent over the next 3-4 years then they will be able to challenge for the title itself! Well done to all the swimmers who took part, and a big thanks to the coaching and back room staff (all volunteers), who through their combined efforts made this possible. For more information on this friendly and vibrant club visit [kinrossotters.co.uk](http://kinrossotters.co.uk)

### DOG GROOMING BY KIRSTEN

Qualified Groomer  
19 years experience

All types of dogs  
Bathed – Trimmed – Clipped  
Nails and Ears attended to  
Cats and small animals  
Also groomed

**For an appointment or further enquiries**

**TEL: 0771 647 2733**

**or email**

**[kirstenk9@blueyonder.co.uk](mailto:kirstenk9@blueyonder.co.uk)**

### Subscriptions to the Newsletter

Useful for readers living outside the distribution area of the Newsletter, a subscription service is available.

For further details see [www.kinrossnewsletter.org](http://www.kinrossnewsletter.org) or phone Glenn Neve on 01592 860808 or email

**[subscriptions@kinrossnewsletter.org](mailto:subscriptions@kinrossnewsletter.org)**

## Kinross Golf Club

Well, that's it then, another season draws to close and time to reflect on how we did, but all is not lost, the winter greens are cut! Don't forget, the **Annual Prize-giving Dinner Dance** takes place in the Clubhouse on **Saturday 6 November**.

**Men:** Congratulations to the three man County Team (Scott Michie, Bruce Caldwell and Andrew Jackson), who finished second and to Robin Caldwell and Jason Thomson who have reached the Belhaven Final to be played over the Dukes Course in October.

**Ladies:** Our Scratch Champion Alison Houston played in the Champion of Champions over the King's Course at Gleneagles on Sunday 26 September and finished joint 4th. A wonderful setting, glorious weather and an excellent scratch score of 80.

Heather Gough represented Kinross in the Final of the SLGA Medal winners at Crieff having booked her place in the Area Medal's Final at Pitreavie in July and finished a creditable fourth overall. Well done, Heather.

**The Ladies' AGM** will be held in the Clubhouse on **Wednesday 10 November** at 7.30pm and the end of season **Dinner** will be **Friday 26 November**.

**Seniors:** The recent Seniors' Open over the Bruce Course saw Kinross members, Richard Campbell return the best Scratch score (71) and Jim Wardrope the best net (66) and winner of the Quaich.

In the inter club matches, Kinross had wins at home against Forrester Park and Leven Golfing Society and a halved match against Balbirnie.

**Juniors:** Unfortunately the juniors lost the Scratch League semi final to Blairgowrie; nonetheless it's been an excellent achievement for their first season in the League and one they can aim to go one better next season.

## Kinross Volleyball Club

John Booth's Kinross BB side were very unlucky to lose the final of the Recreational League Cup at Bell's Sports Centre on 26 September. Having defeated Tay Pearls in the semi-final, the BB side met Hitting Bricks in the final. The BB won the first set and Hitting Bricks won the second set and with only minutes remaining, Hitting Bricks went on to win the third set by 2 points to 1 at the final whistle.

Both Premier and Recreational Leagues commence on alternate Sunday evenings at Bell's Sports Centre in November with Kinross fielding two premier league teams, Scotrange and Kintronics, along with two recreational teams Kinross BB and Kinross BB (Girls Association).

New members are still welcome at your local volleyball club on Monday evenings at the Community Campus from 8 till 10 (juniors, P7 to 18, from 8 till 9).

For further details telephone Dave Munro (862126).



*Kinross BB volleyball team*

### PASCAIG GUEST HOUSE

Welcoming, superior B&B in central Kinross  
Perfect for Tourists, Families or Business stop-overs  
With secure parking for motor bikes and bicycles

**For availability and rates contact  
Alan or Pat on 01577 862251**

Pauline now grooming at  
**LOCHRAN MOSS GROOMING**  
(1/2 mile Junction 5 M90)

All dog breeds catered for sympathetically  
and to owner requirements  
Clipped, trimmed and bathed  
in a friendly environment

For appointment:  
**Call Pauline 07825 367804 or  
01383 830752**

**LOCHRAN MOSS, BLAIRADAM, KELTY  
FIFE KY4 0HZ**

**Kinross Community Council Newsletter**

Advertising | Submissions | Subscriptions | Deadlines | Latest Issue | Archive | Guest Book | Features

**Welcome...**

November Issue  
Deadline  
2.00pm  
Monday 18 October  
Publication Date  
Saturday 20 October

December Issue  
Deadline  
2.00pm  
Monday 15 November  
Publication Date  
Saturday 27 November

We hope the website will help our readers and advertisers to get even more out of the Newsletter. Please use the buttons on the green navigation bar to find out how to submit an article, advertise in the Newsletter, take out a subscription etc.

Also, please visit our sister site [www.kinross.cc](http://www.kinross.cc) which contains contact details for clubs, organisations in Kinross-shire and useful information for visitors and businesses

**Newsletter Queries?**

**When is the next deadline?**  
**How much does it cost to advertise?**  
**Can I get a subscription?**

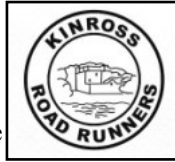
For the answers to these questions and more,  
Visit our website  
**[www.kinrossnewsletter.org](http://www.kinrossnewsletter.org)**

**KINROSS-SHIRE**  
The Friendly County

Copyright Kinross Community Council Newsletter 2009

## Kinross Road Runners

Winter is almost upon us, but there have been a fair number of races to keep the Road Runners busy over the last month. We have had some exceptional results to report on from local to international events, so here goes.



### Stirling 10K - 19 September

This is one of our club championship events, so attracted a good KRR turnout. Our coach Bill actually wondered if the course was short, as almost everyone gained a PB. I think it was down to hard work, Bill! Our top three men were Allan Kemp (37:24), Andy Johns (37:55) and Ronnie Ritchie (40:55). Our top three ladies were Maureen Hill (41:44), Trish Milne (41:48), and Judith Dobson (43:19).

### Pitlochry 10K - 26 September

A smaller KRR turnout for this event, but quality results. Our speedy postie Peter turned in another impressive time of 41:46. Isabella Carmichael was the first Female Senior Veteran with a time of 53:58. Isabel has had a really tough year due to serious injuries, so it is fantastic to see her coming back and already making an impact with great results.

### East Neuk 10K - 26 September

This event is organised by AnsterHaddies. It was a nice scenic out and back route mostly along farm tracks, and the weather was also lovely. Runners were rewarded with excellent refreshments at the end. The home bakers had certainly been busy - thank you, AnsterHaddies. Just remembered - it's not about quality of cakes, it's about the results, here they are.

Our top three men were: Allan Kemp (38:51), Ronnie Ritchie (42:12) and Graham Kemp (44:59). Our top three ladies were: Judith Dobson (44:41), Gillian Reid (52:38), and Allison Smith (53:38). Two of our newer members of the club managed to gain PBs: Struan Robertson (48:33) and Andreas Rogowski (50:47). Well done to everyone.

### Toronto Half Marathon - 26 September

While most of us were competing in local events Maureen and Gordon Hill were combining a holiday in Toronto with participating in the Half marathon. Maureen as always participated in style and incredibly won in the 45-49 age group category with a personal best time of 1:31:46, beating two local runners who came 2nd and 3rd. This is a fantastic

result for Maureen in a what has been an amazing season. Maureen's husband Gordon also competed and finished in a time of 2:05. Well done, Gordon.

### Edinburgh Kilomathon - 3 October

This was Scotland's inaugural Kilomathon event, which is 26.2 kilometers. This makes it more challenging than a half marathon, but not quite as daunting as a full marathon. The course started and finished at Ingliston and took runners out and over the Forth Road Bridge. Five KRR runners took part. Of course all of the times will be PBs as it is a new event, so well done. Results as follows:

Peter Edgerton came 53rd overall with a time of 1:55:19, and was the 2nd male over 55. An impressive result but I think Peter felt a wee bit tired at the end! Jillian Gordon was the 3rd Female Veteran with a time of 1:57:58. Trish Milne was 114th with a time of 2:21:23. Michael Cafferty (2:42:23) and Andreas Rogowski (2:42:00).

### Loch Ness Marathon - 3 October

This is an event which gets bigger and better every year. It is a beautiful, undulating route alongside the south shore of Loch Ness. Beautiful, but tough, very tough! Big achiever in this event was our Ann McIntyre who has been training throughout the summer to compete in her first full marathon. Ann has incredible stamina and was unphased by the inclines to finish in a very impressive 4:45:12. Ronnie Ritchie has a soft spot for this event and keeps coming back year after year. Another great time, 3:28:01. Ronnie is also competing in Dublin at the end of the month so was using Loch Ness as part of his training. Fiona Kemp also finished in 5:05:47.



*Kinross Road Runners always welcomes new members*

This has been another successful month for the Road Runners. Now the runners are focusing on training for Templeton 10 mile race and Glen Clova Half marathon. We also have a record number of teams participating in the Hartley relay which takes place on 31 October.

Our club goes from strength to strength, and our membership is always increasing. We welcome runners of all ages and abilities. From panthers to plodders, everyone can feel included and can participate at their own level. Throughout the winter we meet at the old health centre car park at 7pm every Wednesday for speed training and on Sundays at 9am for longer runs. Further information on our website [www.kinrossroadrunners.co.uk](http://www.kinrossroadrunners.co.uk)

### AQUARIUS HEALING

**Usui Reiki – Jikiden Reiki – Karuna Reiki**

**Traditional Indian Head Massage**

**Hopi Ear Candle Therapy**

**Paraffin Wax Treatments for Hands & Feet**

**Bio-Energiser D-Tox Spa Foot Treatments**

Try a course of Natural Therapies to reduce your stress levels and bring balance back into your life.

**Reiki classes also available at all levels**

**Sandra Caldwell** BSYA(IH)TATH-MACTA-BSYA(BIO)

Member of the Association of Energy Therapists

BCMA REGISTERED

**Holistic Therapist-Reiki Master**

**Karuna Reiki Master**

**Tel: 01577 864258 [www.aquariushealing.co.uk](http://www.aquariushealing.co.uk)**

## Orwell Bowling Club

Our Closing of The Green on 25 September was played under blue skies in the mellowness of early autumn, when four rinks of "Musical Triples" (win - you move on, lose you stay put!) raised £135 for the RNLI. The highest up team constituted Nicol Tomney, Maz Thom and Michael Reay, who received rather delicious-looking prizes from President Brian Cook (who incidentally had drawn the oldest member Donald Rose at 90, and Amy Studders at 13 years of age as his team). The remaining ties were played in the intermittent deluges we experienced during the second two weeks of September.

Remember that Orwell Bowling Club does not hibernate during the winter months, with Bingo Teas every second Wednesday of each month starting at 7.30pm at a mere £1 entry fee including refreshments - see 10 November in the Social Section. Whist is played every Tuesday evening at 7.30pm - again a cheap evening out at £1 + £1 raffle including refreshments. We also now have a Darts Group up and running every Thursday afternoon 2pm - 4pm (phone Valerie Parkin on 01592 840389) also at £1 entry + tea and biscuits at a nominal fee. Please note that you do not have to be a member to attend any of these functions, and a warm welcome awaits you at our cosy club premises.

### Personal Fitness training 121 or train together with a friend

Boxercise



Adult Circuits



Fifties Fitness



Teen Fit Circuits Conditioning



Nordic Walking

**fit&  
happy**

Personal fitness training for everyone.  
Professional and fun.

Tony Brotherton, Personal Trainer

Contact Tel: 07525399752 Email: Fitandhappy2010@aol.com

[www.fitandhappy.co.uk](http://www.fitandhappy.co.uk)



### Images of Kinross-shire

Photographs can be downloaded free  
of charge from the [www.kinross.cc](http://www.kinross.cc)

### Photo Library

Subjects include Historic Kinross-shire,  
Loch Leven, Fauna and Flora, Countryside,  
Villages, Local Projects and Events.

## Orwell Bowling Club - End of Season Results

Winner/s	Runner/s up	
Gents Singles:	A Lloyd	D Winton
Ladies Singles:	K Dougray	J Menzies
Senior Singles:	V McKechnie	J Longmuir
Presidents:	J H Taylor	T Venn
Keir Cup:	J Pleass	T Venn
Scott Trophy:	M Hamilton	D Winton
Millar Cup:	C Davidson	J Menzies
Centenary Trophy:	J H Taylor	P Studder
Hamilton Salver:	J Menzies	D Foster
J Sommerville Trophy:	J H Taylor	D Winton
	A Lloyd	G Morton
Kinloch Trophy:	D Winton	G Morton
Taylor Cup Club Pairs:	J Menzies	S Fullerton
	E Hamilton	R Howie
Cunningham Cup:	J Paterson	V McKechnie
	A Morgan	D Winton
Nan Crockett Pairs:	S Fullerton	J Menzies
	M Taylor	A McGouldrick
Meldrum Cup:	V McKechnie	S Fullerton
	B Cook	M Young
RNLI:	N Tomney, M Reay, Maz Thom	
Reekie Trophy:	V McKechnie & J Tomney	
Ray Dougray Trophy:	G Morton	
Frank Adamson Mixed	B Cook	B Smith
Triples:	I Cheney	J Reekie
	G Morton	V Parkin
Ladies Triples:	J Menzies	J Jackson
	E Hamilton	M Taylor
	I Cheney	V Parkin
Watt Trophy Triples:	B Cook	G Morton
	D Winton	D Clark
	V McKechnie	W Dewar
Haig Cup Gents:	V McKechnie	
Haig Cup Ladies:	1st = D Foster & C Davidson	
Tomney Shield Rink:	J Paterson	J H Taylor
	& A Morgan	& A Lloyd
	D Easson	T Venn
	& J Fullerton	& J Taylor
Ladies Rink:	M White	E Hamilton
	& M Allan	& J Jackson
	M Young	V Parkin
	& M Taylor	& Maz Thom
Ladies Nomination	C Davidson	J Menzies
4 Bowl Pairs:	M White	S Fullerton
Ladies Nomination	J Menzies	C Davidson
2 Bowl Pairs:	S Fullerton	M White
Maclay Trophy:	S Greenhill	B Smith
	M Young	V Parkin
Thursday Senior Points:	V McKechnie	B Smith

### J. MILLER

CARPET AND UPHOLSTERY  
CLEANING

**Domestic and Commercial**  
**Free No Obligatory Quotations**  
**Free Deodoriser**  
**Fully Insured & Qualified**  
**01577 864129 or 07961415871**

## Milnathort Golf Club

### Senior Section

On Thursday 23 September we were due to play a friendly match at home to Dundas Park Golf Club, but due to the horrendous weather on the Wednesday and the forecast for the Thursday, it was decided to cancel. It was unfortunate but as yet we have not managed to organise good weather on demand!

On Thursday 30 September, the final round of the Seniors Quaich was played and the outcome is that the Winner of the Quaich this year is Donald Brown, with Roy Stevens a very close runner-up and Charlie Macari coming third.

On Thursday 7 October, we played host to the Gents Seniors Invitational Tournament, which was attended by members from many of the local Golf Clubs at our invitation. The competition was played in lovely weather and many players had to discard jumpers and pullovers by the end of their round. The Overall winner was Peter Michie from Peterculter G.C. The Best Team prize was won by the said Peter Michie and Bill Michie (Milnathort). The runners-up in the Team Event were Willie Campbell and Ron Macdonald (Milnathort). The winner of the Plate for the Best Milnathort Player was Ron Macdonald. Among the other prize-winners were Harry Gray and Keith Oates (Lundin Links), Colin Gibson (Milnathort), Trefor Jones (Dundas Park) and John Mills (Milnathort). The winner of the 'Busiest Golfer' trophy was 'won' by Hamish Ballantyne (Milnathort). All in all, an excellent day which was much enjoyed by all participants.

Thursday 14th saw our last Seniors game of the season, in the form of a Texas Scramble, played on a lovely day. The winning team was Roy Cogbill, John Mills, Frank Gallagher and John Gough with a net score of 58.

**The Senior Section Annual General Meeting will be held in the Clubhouse at 1.30pm on Thursday 4 November, and is open to all Senior Members of the Club.** It is hoped that as many members as possible will attend. Further details of the AGM are displayed on the Seniors' Notice Board.

The Seniors Committee would thank all Senior Members for their support during this, their inaugural Season.

### The Studio Hair Company

Your new Paul Mitchell Retail Outlet  
We always have in stock a comprehensive range of Paul Mitchell Cleansers, Conditioners, Treatments, Styling & Finishing Products

Call Vicky, Laura, Stephen or Nicola  
01577 866 911 or pop in and see us.

### DRIVING TUITION

#### LOCHLEVEN DRIVING SCHOOL

Call Marie Scott  
on  
Kinross 862266

Established 23 years

## Milnathort Golf Club

### Centenary Year 1910 – 2010

October was a fairly quiet month on the competition front. The Gents KO competitions came to an end with the Autumn Cup final, played on 20 October, going to Colin Gibson from junior member Chris Ness.

October did however see the highlight of our centenary year with the Centenary Dinner held in the Thistle Hotel. A hundred and twenty members and friends joined centenary captain Tony Jones for a hugely successful evening. After an excellent meal the toast to the club, in a highly amusing and well researched speech, was given by Emil Pacholek. The reply, and toast to the guests, was made by Tony Jones, and Ethel Jack, immediate past president of the SLGA, replied.

The presentation of the centenary competition prizes to Jim Fraser (gents), Russell Malcolm (junior) and overall winner, Elspeth Caldwell, followed. Centenary trophies for annual competition were donated by Bob Wallace and centenary presidents, Jim Strathie and Maureen Given.

After a short interval for social intercourse the centenary raffle was drawn – thanks to Alan Given (of McMichaels, Alloa) for providing the main prize at cost – a 32 inch Sony TV (then handing it back when his name came out first) and other donors. Local artiste Gordon Menzies then entertained us with a mixture of patriotic song, local fable and adult humour. Allan Dearing gave a vote of thanks to all involved – particularly the Centenary Committee, not only for the evening, but for their efforts over the year – and all responded appropriately confirming a great night.

To more mundane matters November sees the Ladies end of season party on **Friday 19th** – get your names down, ladies – the club prizegiving is on **Saturday 27th** and the AGM on **Tuesday 30th**. Please come along, members.

### AUSTIN HEATING & ELECTRICAL

#### SERVICE, REPAIR & INSTALLATION OF:

- Central Heating Systems
- Boilers, Fires, Warm Air Heating
- Cookers, Ranges, Water Heaters & Showers
- GAS, LPG & OIL

Plus – Gas Safety Checks & Landlord's Certificates  
Also all Domestic Electrical Works undertaken  
No Call Out Charge in Normal Working Hours

**Tel: 01577 861188 or Mobile: 07786 705261**

### PIANOFORTE TUITION

#### ANTHONY J. FOOTE, L.R.A.M.

Member of European Piano Teachers' Association  
*Pupils entered for Associated Board Examinations and Festivals*

*Refresher Courses for Adults*

*Also Tuition in Theory, Clarinet, Recorder and Electronic Keyboard, and for school pupils taking Piano or Electronic Keyboard for all SCE exams*  
*If no transport, visiting homes would be considered*

Tel: (Muckhart) 01259 781446

## Kinross Men's Hockey Club

The League matches have started.

### Kinross 1sts

Their League campaign started against Falkirk 3rds. Bradley Harrison scored twice and man of the match Andy Marsh made some fine saves to ensure a Kinross 2-1 victory. Next was an away trip to WI Trinity 3rds. With their pitch double booked, a spare but dodgy pitch was quickly found and a dash across Edinburgh ensued. Eventually the match got underway and goals from Jamie Carragher, Mike Wilson, Gordon Balfour and two from Ross Turbet gave Kinross an easy 5-1 victory. Kinross then faced Edinburgh University 6ths who gave Kinross too much space at the start. Ali Vaughan scored twice with additional goals from Dave Goodenough, Ross Turbet and Bradley Harrison. The University played much better in the second half but Kinross' defence kept a clean sheet and a 5-0 victory. An away game against Carnegie 4ths was next. Kinross was short of a lot of regular 1st team players due to the half term break. Although Kinross took the lead with goals from David Goodenough and Ian Clark, Carnegie kept in touch and fought back to win 4-2. So far a good start: played four, won three and lost one.

### Kinross 2nds

Their first game was against Falkirk 5ths. Man of the match Andrew Getley put Kinross ahead with a superb strike but a lack of concentration for two minutes and Falkirk scored twice and then held out against a determined onslaught to win 2-1. WI Trinity 4ths conceded their match to give Kinross a walkover 5-0 win. Next game was against new league team Fidora Lions 2nds with a mixture of veterans and skilful youth. A strong defence organised by Andy MacIntyre gave Kinross the confidence to attack in numbers which they did throughout most of the game and man of the match Paul Miller put Kinross in the lead before Dougie Ogilvie scored to seal a 2-0 victory. An away game to Carnegie 6ths was next. Kinross played well and goals from Ian Clark, captain Dave Niven, and 2 from Dougie Ogilvie with a hat trick denied as team mate Graeme Malcolm got the final touch as the ball crossed the line to seal a 5-0 victory. So far played four, won three and lost one; a great start to the season.

Training is on Tuesday nights at KGV from 7.30pm to 9pm and all are welcome. We are always looking for new players to join our squads no matter what your ability. We have players of all ages (50+ to 14) and skill levels so why not come down and give it a try. Kobras (Under 14) train at KGV on a Thursday night from 6.30 to 7.30pm and all are welcome.

The next League games are:

### October

30th	1sts v Watsonians at KGV	12pm
	2nds v Inverleith Dev at HGV	1.30pm

### November

6th	1sts v Inverleith A at KGV	12pm
	2nds v Eskvale (A)	3pm
13th	No 1sts game.	
	2nds v Carnegie 7ths (A)	
20th	1sts v Reivers (A)	
	2nds v Livingston & WL 2nds at KGV	12pm
27th	1sts v Grange 6ths at KGV	12pm
	2nds v Dunfermline at KGV	1.30pm

For further information either contact Chris Benningwood on e-mail: [captain@kinrosshockey.co.uk](mailto:captain@kinrosshockey.co.uk) or Gordon Balfour: [secretary@kinrosshockey.co.uk](mailto:secretary@kinrosshockey.co.uk) or visit our website at [www.kinrosshockey.co.uk](http://www.kinrosshockey.co.uk) or come along to a home match, your support would always be welcome.

## Lochleven Diamonds

Lochleven Diamonds would like to thank the Community Newsletter for their kind award towards the running costs for the troupe; this was a real boost for them. Also thank you to the staff and customers of Sainsbury's for their help and generosity at our bag pack on 2 October; the amount raised towards our new uniforms was £426.21. The group has grown over the past few months from fourteen members to over thirty, so new outfits are urgently required. On 3 October the troupe attended a competition in Loch Leven Community Campus hosted by the Royalties from Edinburgh. They had a very successful day; their results were:

### Primary Grade

0-4 yrs Ciaran Muir 5th Basic, 5th Fancy, 2nd Solo. Indi Dennis 2nd Basic, 1st Fancy, 4th Solo. Nicole Wilson 3rd Basic, 2nd Fancy, 3rd Solo.

6 years Iona Higgins 3rd Basic, 5th Fancy.

7 years Alyssa Wilson 3rd Basic, 6th Fancy, 5th Solo.

Chloe Wallace 4th Basic, 3rd Fancy, 2nd Freestyle.

8 years Rebecca Allan 4th Basic, 3rd Fancy, 3rd Solo.

9/10yrs Dana Higgins 6th Basic, 1st Fancy. Ciara Higgins

3rd Basic, 5th Fancy, 4th Solo.

11/12yrs Jemma Lessels 6th Basic, 1st Fancy, 3rd Solo.

### Grade One

12-14yrs Anna Masson 6th Basic, 6th Solo. Shanagh

Campbell 3rd Basic, 3rd freestyle, 4th Solo.

15+ yrs Megan Robertson 4th Basic, 4th Freestyle 3rd Solo

### Grade Two

15+yrs Ciya Rutherford 5th Basic, 5th Freestyle, 5th Solo.

Lisa Masson 4th Basic, 6th Freestyle, 6th Solo. Julie

Johnston 3rd Freestyle.

### Grade 3

Jamie McGillivray 1st Basic, 1st Freestyle, 1st Solo.

### Overall Trophy

Pompom Teams: Primary Team, 2nd. Senior Team, 2nd.

Next competition is the City of Dundee Championships in **Dundee on 14 November.**

Beginners class meets 6-7pm on Wednesdays in Loch Leven Community Campus. Cost is £2.50 per class, first night free. Please come along any Wednesday night and give it a try. We are also available for displays at fêtes, galas etc, please contact us on:

[perthshiretwerking@hotmail.co.uk](mailto:perthshiretwerking@hotmail.co.uk) or telephone or text 07773 608155.

### JOE BURNS

#### Computer Repairs & Servicing

Computer slow, virused,  
needing upgraded or internet problems?

If you suffer from any of the above or just need advice,  
give me a call.

Local collection and delivery, competitive rates, call-outs  
and evening visits available.

**01577 862399 (24hr Ans Mc)**

**07850897924 Mobile**

[JBcomputing@btinternet.com](mailto:JBcomputing@btinternet.com)

### Classified Advertisements

Check the Classified Ads section on **[www.kinross.cc](http://www.kinross.cc)**

Buy or Sell Goods up to the value of £500

Items are advertised free of charge for up to six weeks

## Kinross Rugby Football Club



**Berries picked...** Things are definitely looking brighter for Kinross firsts as they now have three good wins under their belt, two in October at time of writing. The first saw a high number of regular players sidelined through injury or otherwise, and the resultant team drew on a huge amount of spirit, allied to not inconsiderable experience, to secure an away win against league strugglers Arbroath. The latest was a terrific match which saw Kinross defeat Blairgowrie in a closely contested match at KGV. Both teams committed everything to the game but it was the re-emerging spirit of the Kinross squad, allied to much improved organisation and discipline, that meant Kinross came out on top. If this squad can stay focussed, there is no reason why they can't finish the season strongly, and cause a few upsets on the way.

### Results:

Sat 25 Sep	Fife Southern	Away	24 - 0	loss
Sat 09 Oct	Arbroath	Away	13 - 17	win
Sat 16 Oct	Blairgowrie	Home	17 - 14	win

### Fixtures:

Sat 30 Oct	Crieff	Away	14:00
Sat 11 Dec	Alloa	Home	14:00

A break in fixtures for the Autumn internationals – see below for ticket deals – but friendly matches could be slotted in; look out for local advertising.

**Old but Gold...** Kinross OFAS will be returning from their last glorious outing to the World Golden Oldies Festival, to take on a more local collection of teams as Madras are having an over 40's tournament as part of St Andrew's Day celebrations. 27 November is the date of the tournament but let's get as many of the old (and new) faces down to training before that, to get into the spirit and minimise the risk of health issues on the day.

**Kinross Rugby Reunion.** Have you ever played rugby for Kinross at any level? Kinross High School Rugby in conjunction with Kinross Rugby Club are planning a Grand Rugby Reunion celebrating the success of the club and school rugby as it nears its 30th anniversary. A full weekend of rugby festivities and entertainment is planned for April 2011. If you have ever been a part of Kinross Rugby, whether at school or at the club, you'll want to be a part of this. Visit our website today for more details [www.kinross-rugby.com](http://www.kinross-rugby.com). Add your name to the contacts list so you don't miss out on your free Kinross Rugby Reunion pack. Kinross Rugby - try it!

### Kinross RFC Midis

#### Combined High School and Club Rugby Squads

**Under 18s** - The Kinross Under 18s (combined S5 and S6) team plays in the Caledonia Midlands Division 2 (Development) League. League matches take place on Saturdays with kick-off at 1pm. School matches take place as arranged. Players born 01 September 1992 and after are eligible to play. The Kinross Under 18s Squad fixtures for November are:

Sat 30 Oct	League	Glenrothes v Kinross
Sat 6 Nov	League	Kinross v Angus Colts
Sat 13 Nov	League	Strathmore v Kinross

**Under 16s** - The Kinross Under 16s (combined S3 and S4) squad plays in the Caledonia Midlands Division 2 (Development) League. League matches take place on Sundays with kick-off at 1pm. School matches take place as arranged. Players born 01 September 1994 and after are eligible to play.

The Kinross U16s Squad fixtures for November 2010 are:

Sun 31 Oct	League	Strathie Sharks v Kinross
Sat 6 Nov	School	Harris Academy v Kinross
Sun 7 Nov	League	Kinross v North Angus
Sun 21 Nov	League	Kinross v Madras
Sun 28 Nov	League	Grangemouth v Kinross

**Under 14s** - The Kinross Under 14s (combined S1 and S2) squad plays friendly games against other local sides. Club matches take place on Sundays with kick-off at 1pm. School matches take place as arranged. Players born 01 September 1996 and after are eligible to play. The Kinross U14s Squad fixtures for November 2010 are:

Sun 31 Oct	Friendly	Kinross v Hillfoots
Sat 6 Nov	School	Harris Academy v Kinross
Sun 14 Nov	Friendly	Kirkcaldy v Kinross

Training for all the youth squads takes place on Monday evenings 7pm to 8pm at the King George V playing field in Kinross. Training also takes place at Kinross High School after classes throughout the week.

**Kinross Girls Youth Rugby:** Kinross RFC is investigating the possibility of starting a girls' youth rugby team for ages 11 to 18, S1 to S6. Any youth girls interesting in playing the game, please contact Andy Williams, the KRFC Youth Convenor; contact details below.

**Kinross RFC Minis:** The KRFC junior club trains and fields mixed boys and girls Minis primary school children teams, P4 through P7, and trains children P1 through P3. The Minis teams team plays friendly games against other local sides.

There are no KRFC Minis fixtures in November 2010. Training for the Minis takes place every Saturday morning 10.30 am to 12.00 am at the KRFC clubhouse at the King George V playing field in Kinross.

Kinross RFC welcomes new players and has a policy that every player who turns up at the games will get to play. For further information about the Kinross RFC Midis and Minis rugby please visit the KRFC junior website at [www.kinross-rugby.com](http://www.kinross-rugby.com) or contact Andy Williams the KRFC Youth Convenor on 07855 807634, or email [a.b.williams@bopenworld.com](mailto:a.b.williams@bopenworld.com).

**Social Club:** The next event is our Halloween Karaoke and Disco on Saturday 30 October. Fancy dress and trick or treating is of course compulsory, and it's sure to be a great night. November will see the return of KRFC quiz night – look out for local advertising.

**Autumn Internationals:** Scotland have matches coming up against New Zealand, South Africa and Samoa in November. Kinross RFC are offering discounted ticket prices for all new members.

**Come along** to watch Kinross play and as well as the free entertainment and banter at pitch side – you get the opportunity to join a great social club, and see Scotland play the best teams in the world at low prices.

**Business opportunities:** We are keen to hear from local businesses who would be interested in supporting our club either financially or with advice or specialist services. In return we can offer physical and web based advertising opportunities, access to meeting facilities, corporate memberships and many other ways to work together.

**For more information about any aspect of Kinross RFC, playing or social, please contact the Club President Ollie Cox on 0774111219 or at [Ollie.Cox@virgin.net](mailto:Ollie.Cox@virgin.net).**

## Kinross Badminton Club



At the club's recent AGM the following office bearers were nominated:

President: Bill Macdonald. Vice President: Rory Cooper. Treasurer: Bill Macdonald. Secretary: Mark Moran. Junior Secretary: Alison Walker. High School Spokesperson: Cat Blair. Committee Members: Alison Scott, Alan Johnson and Charles Mackinnon.

Congratulations to everyone who was elected/re-elected and I wish the committee all the best for the 2010-11 season. Now that the AGM has been held, membership fees are due. The fees **must** be paid by 21 December, but the fee can be paid in instalments. The cost of these fees has risen this year due to the fact that the facilities at Loch Leven Community Campus cost a lot more than the facilities at the old high school did. As always, first nights for non-members are free and if that non-member doesn't wish to join but comes back another night then the nightly fee will be £5 instead of £3, which is what members pay. Here are the decided fees: Senior Membership £45; Intermediate Membership £25; Junior Membership £20.

After winning the Perth district league (division 2) last season, Kinross Badminton Club has been promoted to the first division and has also entered a second team who will play in division 2. The first league match is 27 October and will be played at Bell's Sports Centre in Perth. Due to the club trying to become more competitive, the committee are setting up a singles ladder system for players who wish to play more competitively and also play more singles; this will be starting shortly. Thank you to everyone who has put their name forward for this.

The last junior club night before the winter break will be on 9 December, and the last senior night will be 21 December. Before the last senior night there will be the Macdonald Quaich tournament on 16 December from 6pm onwards. The committee would like to encourage members to join in, take part and have fun before the winter break.

For more information go to:

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

or contact our president, Bill Macdonald on 01577 862592.

COME & JOIN US FOR OUR

FUN CHRISTMAS NIGHT

at

THE SHOP AT THE GREEN

Wednesday 17 November 2010

6.00pm – 8.30pm

10% OFF EVERYTHING FOR THE NIGHT

Enjoy some wine and home-made mince pies

**WILLIAMSON SUPPLIES  
KINROSS**

Hardwood Logs and Kindling

Transit Tipper Hire

Secure Stores

For Sale or Hire

**Tel: 07548 284159 or  
07775 907428**

## Kinross Tennis Club



Senior club sessions will run throughout the winter on Wednesdays from 6.30pm and Sundays from 10.30am – all members are welcome, floodlights costs are shared by those participating.

Junior club night has finished for the season, but we encourage our junior members to keep playing as spring and a full new coaching programme is just around the corner. Gents who are interested in playing competitive tennis are meeting for a trial period on Tuesdays from 6.30pm and hope to keep this running throughout the winter.

We bid farewell to our secretary Aileen Jones and welcome our new secretary Susan Malcolm onto the committee – whilst Susan is finding her feet, enquiries can be made to Gail Nelson on 07703 132105, or by emailing [kinrosstennis@gmail.com](mailto:kinrosstennis@gmail.com).

Our AGM is planned for **Monday 22 November** at 7.30pm – the venue is yet to be confirmed but will hopefully be Kinross Rugby Clubhouse – AGM information will be emailed to members in advance.

[www.kinrosstennisclub.org](http://www.kinrosstennisclub.org)

## Kinross Cavaliers Basketball Club



Kinross Cavaliers have been busy with weekly training since the new term commenced after summer, and we welcomed our new Coach, 'Spike'. We have also recruited some new players and everyone has enjoyed having Spike with us. He will, however, be leaving us for the winter season from mid-November as he will be working in Canada as a skiing instructor. We wish him a great season and look forward to seeing him again in Spring.

Coach Findlay Rush along with Aaron Lockhart look forward to welcoming you all for more training as the winter term approaches, and to the under 14 central venue development tournaments!

Remember Perth Phoenix train weekly, and would warmly welcome you any Friday evening from 6.00 – 8.00pm at Perth Academy. Perth Phoenix also has under 16 and under 18 teams playing at national league level. If you are interested, contact Russel Kesson, Head Coach on 0794 387 5824. Basketball Scotland's website provides a wealth of information on all national league teams, events and much, much more. The website is [www.basketballscotland.co.uk](http://www.basketballscotland.co.uk). If you are in Primary 7, S1 or S2 and are interested or would like to give basketball a try, just come along any Tuesday from 6.00 – 8.00pm at the Loch Leven Community Campus, Kinross. Training commences after the October break on Tuesday 26 October. The sessions cost £2.00 per week with a one-off annual payment of £10.00.

If you would like to get involved in any capacity, or would like any further information, please call Karen Nicholson on 01577 862623 or email [kinrosscavaliers@btinternet.com](mailto:kinrosscavaliers@btinternet.com).

### Visiting Kinross-shire?

For information on Eating Out, Parks and Gardens, Historic Buildings and more, visit

**[www.kinross.cc](http://www.kinross.cc)**

Click on "Visitors" then "Things to See and Do"

## Kinross Ladies Hockey Club

Only two games have been played for both teams in the league so far but with good results.

### First XI

25 September saw our 1XI head to Blairgowrie for a game on grass. At halftime Kinross was 1-0 up with a goal from Rachael Campbell. In the second half Kinross were more settled with Rachael getting herself another goal along with Michelle Best, AJ Combe and Vicky Carver. Final score was 5-0 to Kinross.

On 2 October the 1XI were at home to Perthshire 1XI. At half time the score was 3-0 to Kinross with a goal from Vicky and two from Michelle. Second half didn't see any goals although there were plenty opportunities.

### Second XI

On 25 September the 2XI were away to St Andrews Uni 2XI. St Andrews Uni got an early goal but the 2XI pulled it back with a goal from Lynn Paterson to make it 1-1 at half time. Second half saw the same thing happen with St Andrews Uni scoring but Claire Brownbridge scored making the final score 2-2.

2 October saw our 2XI at home against Dundee Uni 2XI. Plenty opportunities were had in this game but there was only one goal from Wilma Collier making the final score 1-0 Kinross.



## Kinross Squash Club



Subscriptions are now due for 2010/2011 membership of Kinross Squash Club. If you pay before the end of November the fee is discounted to the very attractive price of £12. Joining forms are located in a pocket on the Squash notice board. Please note, you may play in the Squash Leagues for one month as a guest but thereafter you are required to be a fully paid up member of Kinross Squash Club. Don't get a black mark of shame besides your name!

The Kinross Squash Leagues are now up and running and the first month's round of matches have been played, with players moving up and down the leagues depending on how well they have played. Winners of the 6 leagues will achieve fame and stardom by getting a mention in next month's Newsletter.

This is an ideal time to join the leagues before the on-set of Christmas and before you have to make those New Year's resolutions to get fitter...Start Now! To join the Squash Leagues simply add your name and phone number on the space at the bottom of the current squash league's score sheet which is located on the Squash Club notice board at the rear of the courts in the leisure centre.

At the recent AGM it was agreed to affiliate Kinross Squash Club with Scottish Squash which provides stronger support for our active junior section and gives the club public liability insurance cover.

The newly assembled 'Team Kinross Squash' will have played its first matches in the Fife Leagues and you should have an unbiased report of their endeavours and their results in the next Newsletter.

A superb Trophy has been purchased thanks to the kind support of Kinross Community Council who provided funding from monies accumulated over the years from the sale of the Newsletter. This new 'Totaliser' trophy will be awarded to the player who amasses the greatest number of points in the Squash Leagues over the winter season ie October to March.

Finally. Where are all the women squash players? In the past there used to be ladies squash leagues!! Now sadly very few ladies seem to play squash. Has it gone out of fashion with the fairer sex? How can we attract more ladies into the sport? Ideas are encouraged and welcome. Could 3 or 4 ladies get a small group together to encourage others and devise a small ladies only league or ladder either on a handicapped basis or not? What will it take to get the ladies of Kinross playing this exciting sport?

Specialising in UPVC  
Roughcasting  
Flat Roof Felting  
Dry Verge  
Pointing & Paintwork  
Roof Cleaning  
& Coating

**G. H. FLANNIGAN**  
**PROPERTY MAINTENANCE**

Tel: 01577 862548  
M: 07880 952733

Friendly Service

### DOG-GONE-WALKIN'

Dog-Walking and Pet Care

10 years veterinary nursing experience  
Insured, References available  
Claire Murison BSc (Hons)

Tel. 01577 830588 / 07983 118757

E-mail: d-g-w@tiscali.co.uk

### Driver and Van for Hire

Competitive Rates  
Painting and decorating  
and all types of property maintenance

Phone Brian Carroll  
01592 840123/07967025931

### MUSICAL STEPS

Fun-filled & educational Music & Movement Classes  
for babies and toddlers from 4 months ~ 3 years

#### NEW CLASS!

**MILLBRIDGE HALL, KINROSS**  
**Wednesdays 1.45 ~ 2.25pm**

To book a **FREE TASTER CLASS**  
or for further information or please contact Inga on:

t: 0845 224 0613

e: inga.jack@musicalsteps.co.uk  
www.musicalsteps.co.uk

## Health and Fitness

by Tony Brotherton, Personal Fitness Trainer, fit & happy.

### Getting the Best Out of the Gym

In the late 1980s there were fewer than 200 gyms in the UK. Today there are over 6,000, more than half of which are in private health clubs. The local gym is truly on your doorstep!



At its peak in 2003 gym membership hit 8.7 million. However gyms have felt a cold wind of change in the last five years and in particular in the last two as membership retention rates have fallen. This is despite a very competitive price war, particularly over lower joining fees and minimum contract lengths.

A third of all gym members are aged 15-24, but since 2000 the number of 65+ year olds using the gym has increased by almost 70%. It is no longer the sole domain of the fit athlete or body builder but a cosmopolitan mix of all ages and both sexes, although women still predominate. Of course it's not the only avenue for exercise, and it's not the environment for everyone.

Recent analysis shows that only 27% of members use their gym regularly. Many surveys have indicated that six months after joining the drop out rate amongst new gym members is about 60%!

Thanks in part to changes in lifestyle and the economy the heyday of the gym may have come and gone, with a preference for exercise now being class based (Pilates, Yoga, Zumba), or outdoor boot-camp style programmes and circuits.

Despite this pressure the gym holds many attractions and benefits, particularly when tied to other leisure facilities such as a pool, sauna, exercise classes etc.

So how can you maximise your gym membership and get the best use of the equipment and expertise on offer?

- Try before you buy! Good gyms will let you see and even use the equipment before you commit to joining.
- Look to negotiate the best deal for yourself. Do they offer a pay as you use service for less frequent users? Those wanting to go three times or more a week may benefit from monthly membership. If you are older, what deal do they do for senior members or for off-peak?
- How local is it? Travelling to and from the gym has to be considered as your time. Stick to one within 20-30 minutes.
- What do you want from the gym? What are you paying for but not using? Maximise the use of the facility. Visit it regularly, even for short periods.
- Look for well-maintained equipment and a clean facility.
- How qualified, friendly and supportive are the staff? Do they have direct access to expert personal fitness trainers to assist members?
- Maximise the classes on offer, particularly if they are "free." This adds variety and interest to your exercise regime.

So having got the most out of the membership deal, how can you utilise the facility to the greatest advantage? Some simple but effective advice to ensure that your work-out continues to be effective, invigorating and stimulating:

1. **Ask for help.** Most good gyms will have experienced and well educated personal trainers. Next time you see one ask him/her for a few pointers. Ask the gym to organise a free consultation if you need more help. PT input is a cost effective way to ensure that you are getting the best from your time in the gym and your programme. Working safely is paramount and poor technique can lead to injury, so just ask!
2. **Assess yourself.** Benchmarking your gym performance is critical to maintaining your motivation. What specific areas of improvement are you looking for; is it core strength, cardio vascular fitness, strength and conditioning? Are you doing the right exercises to meet those goals?
3. **Get a plan.** Only one in ten gym users have an organised fitness plan that allows them to maximise the effectiveness of their time in the gym. This should cover the frequency, intensity, duration and type of exercise they undertake. Investing time in membership should go hand in hand with an exercise plan to maximise that investment in both time and money. Plans should be balanced and incorporate elements that address cardio, resistance, core and flexibility. Routine gym workouts lead to boredom! Keep it short. If you can't achieve your aims in a 60-minute session, you have a problem!
4. **Keep track.** Keep a fitness journal. Have you set yourself any targets? How far have you come? It's a great motivator. Take notes of the best time of the day for you to train (we are all different), what you liked to listen to, how hard you worked. You will see the results on paper and in the mirror!
5. **Find someone to go with or meet at the gym.** Research has shown improved results when you train with a friend or partner. It's much harder to skip a session and let your friend down and you can compare notes! For that added lift, work together with the input of a personal trainer who will be able to suggest alternative ways of succeeding in those exercise goals, whilst knowing how to progress them.

The right gym, with the right equipment and supportive staff can be the perfect place to establish an exercise regime as an important part of your daily life. I would suggest that in order to make exercise a part of your life you need to use your gym membership as a cost effective means of supporting a range of other exercise options including classes, outdoor activities or team sports.

If you have a gym membership don't give up on it, you will regret it. Just maximise your investment.

**Note:** It is important that anyone considering taking up an exercise regime should consult their GP before doing so, particularly if it has been some time since you last exercised or if you are on any form of medication or suffer from a chronic illness or high blood pressure.

**Next month: CIRCUITS and BOOTCAMPS.**

### Need to check something in an old Newsletter?

Consult our electronic archive at

**[www.kinrossnewsletter.org](http://www.kinrossnewsletter.org)**

Issues from September 2006 to two months ago available

### Deadline for all Submissions

**2.00 pm, MONDAY 15 November**  
for publication on Saturday 27 November



# News from the Rurals

**BISHOPSHIRE** – Eilidh Grieve, Development Officer with the Royal Scottish Agricultural Benevolent Institute, gave an excellent presentation on the work of this little-known charity. They help people connected with the land when there is need, whether it be through illness, accidents or anything which affects their livelihood. Eilidh is in charge of organising fund-raising events, and generally aiming to get the charity known more widely, and so increase its funds.

She also showed film of her own fund-raising for charity in the form of Tractor Girls 2010, when 11 young women drove vintage tractors from John O'Groats to Lands End, a distance of 1,000 miles in 13 days.

Competitions:

- |               |               |
|---------------|---------------|
| Peg doll      | - Norma Smith |
| Favourite toy | - Norma Smith |

**CLEISH** – Mrs D Morris welcomed members and visitors to the October meeting. After business Mrs Morris introduced our speaker Mr Brian Ogilvie who gave a very interesting and amusing talk on the life and works of Dorothy L Sayers who was the author of Lord Peter Wimsey books, inspiring us to read or re-read some of her books. Mrs Marion Bisset gave the vote of thanks.

Competitions:

- |                     |                       |
|---------------------|-----------------------|
| Flower of the Month | - Mrs Betty Robb      |
| Flask of Soup       | - Mrs Margaret Nelson |
| Halloween Mask      | - Mrs Chris Pilling   |

**GLENFARG** – Glenfarg held an Open Night and Ursula Stewart, President, welcomed members, husbands and friends to a very well-attended meeting.

She introduced Mr George Lawrie, whose illustrated talk on the Loch Leven Heritage Trail and its local off-shoots made for an excellent evening with its informative insight into this most popular recreational asset.

There was a Sales Table in aid of the H&H Conference Fund, tea was served and raffle drawn at the end of the meeting.

Competitions:

- |                      |                    |
|----------------------|--------------------|
| Flower of the Month  | - Irene Bettaney   |
| Treacle Scones       | - Janette Kirkland |
| Wildlife Photography | - Sylvia Wall      |

**CROOK OF DEVON** – President Mrs Margaret Arbuckle opened the meeting with a minute's silence in remembrance of Mrs Ena McLaren, one of our longest serving members, who died on 5 October.

After business was concluded, Mrs Arbuckle introduced Mrs Claire Paton, who gave us a talk on A Day in the Life of a Jar of Honey. It was an enjoyable evening, demonstrating different recipes using honey, and then a tasting session.

The vote of thanks was given by Mrs Alice Johnson.

Competitions:

- |                     |                 |
|---------------------|-----------------|
| Old Kitchen Utensil | - Mrs I White   |
| Flower of the Month | - Mrs A Johnson |

**CARNBO** – President Eileen Thomson welcomed everyone to the meeting. Our guest speaker was Mr Brian Ogilvie, who gave a very interesting talk about the other woman in his life, the novelist Dorothy L Sayers. He gave us an insight to her life and her achievements, which was enjoyed by all.

Competitions:

- |                        |                      |
|------------------------|----------------------|
| Flower of the Month    | - Josephine Paterson |
| Favourite cup & saucer | - Chris Scholes      |

**KINROSS GROUP** – The 80th Birthday Party of Kinross Group SWRI was held in Portmoak Village Hall on 15 October 2010. This was attended by the Federation Officers together with 10 Past Presidents and approximately 100 Members. The cakes were cut by the Past Presidents and thereafter a Fashion Show was given by CHAS followed by cheese, wine and cake. A great night was had by all members attending.

## Where there's a will....

*Easily move your will off your "to do" list, just call for a meeting in your own home at a time that suits you.*

**Hazel Johnson, Solicitor** can help you with sound advice in confidence to protect you and your family.

*Hazel is a fully insured local solicitor with 20 years qualified and specialising in wills, trusts and estates. Some things can be put off, but for your family's sake making a will should not be one of them.*

**Call Hazel in Rumbling Bridge**

**on 01577 840213 or mobile 07824702229**

- WILLS
- POWER OF ATTORNEY
- GUARDIANSHIPS
- ASSET PROTECTION
- MITIGATING TAX
- ESTATE ADMINISTRATION



[www.davidjohnson.co.uk/wills](http://www.davidjohnson.co.uk/wills)

**DAVID JOHNSON & COMPANY LLP**  
**SOLICITORS · ESTATE AGENTS**  
 14 STAFFORD STREET, EDINBURGH EH3 7AU  
 email: [hazelj@davidjohnson.co.uk](mailto:hazelj@davidjohnson.co.uk)

Do you have

**Photographs of Kinross-shire**

you'd be happy to share with others?

Visit [www.kinross.cc](http://www.kinross.cc) to find out how to add your photos to the Photo Library. The aim of the library is to provide a resource for promoting Kinross-shire.

# Out & About



## Vane Farm



Well here we go again, another month past. Wintering bird numbers on the loch r startin' tae build up wi guid counts o' shoveler, pintail, teal, mallard 'n' the like. Pinkfeet numbers hiv been awfa variable wi the maximum coont at time o' writin' around the 10,000 mark, a lower figure thin we wid o' expectit in mid October. Whit seems tae hiv happen't is they hiv awe been bidin' up the east coast at Montrose cos the numbers up there hiv been about 15,000 mair thin the normal figure fur this time o' year, so thiv nicked awe wur geese, the devils! Still several thoosand gawn in 'n' oot o' the loch tho, so ye kin still get the jist o' the spectacle if ye gan oot 'n' about o' an early mornin'. Nae doot they will turn up at some stage. Whooper swans r also hingin or shid that be swimmin' aboot enaw, another soond o' winter wi thur buglin call when they flee in. Kin we beat last year's record coont o' 354 burds on the reserve? Guess wull jist hae tae wait 'n' see.

The consultation we held oan oor plans tae develop the reserve wetland wiz weel attendit 'n' folks asked loads o' questions aboot whit wid happen, hoo it micht affect them fur wur neebors roond the reserve plus loads o' ither stuff thit they micht or micht no hiv been concern't aboot. Guess they must o' been concern't or they widnae hiv asked or come in in the first place .... bawhead Shaw! Onyway think maist questions wur answer't tae folks satisfaction? If ony o' ye still hiv anything ye wid like answered further, contact Uwe oan the usual number or e-mail him at [uwe.stoneman@rspb.org.uk](mailto:uwe.stoneman@rspb.org.uk)

Wi the cauld weather comin in – it's gie nippy the day, micht be even nippier when ye read this? wha kin tell? – onyway whit wiz a gawn tae sae? Aye, it's a fine time tae feed wur feathered freends, wi the cheenge in the clock it's dark an oor earlier, so burds hiv tae cram as much grub in as they kin in a shorter length o' day so if ye kin gie them a helpin haund by pittin' oot some seeds or peanuts it maks life a bitty easier. Vane shop hiz a big selection o' birdcare products fæe seed tae feeders tae birdbaths, basically awe the stuff ye need tae look efter the gairden burds, so if ye need ony advice come in an' see the experts in the shop. A widnae include masel in that statement but av hid ma moments, mind!

### Events comin up in November

*Note from Editor: Colin has been so loquacious this month that we have had to move the information about events at Vane Farm in November to the Notices section! (p. 87)*

We r also hoddin' birthday perties fur bairns noo, so if ye wid like tae book or fund oot mair details, phone Janey Cleaver wha kin explain whit it's awe aboot. Usual number 01577 862355 as indeed it is tae book fur ony eventy type stuff

A wee bit early mibee but a bit o' advance warnin' **Saturday 4 December** is "**Christmas Crafts at Vane**" fur kids age 4+ and young at heart adults. Think that yin micht hiv, well, a christmas crafty kinda slant. Step forward "poirot" fur spottin' that yin, eh? Man, a jist amaze masel at times. **Bookin' essential** again and costs £2 fur members and £4 non-members.

Cheery by noo till next month,

Colin

## Loch Leven NNR



The winter weather has started setting in. We may fight the cold dark nights but they mean the welcome return of thousands of geese and wildfowl to the reserve.

They say never work with wildlife due to its unpredictable nature, and this year the geese are proving highly unpredictable. We had around 10,000 pink foot geese on the reserve at the start of October but when reserve staff from both RSPB and SNH counted them on the 11th we only recorded 5,500. Of course for a mobile species such as this the next day there could easily have been twice this once again. The fact you just never know with wildlife has for me to be one of its attractions.

This count was part of the national Icelandic Breeding Goose Census (IGC) carried out every year, a series of coordinated counts at all sites which hold geese. The data which we and many others provide gives a remarkable insight into the population of geese year after year. This project is now entering its 51st season and last year our data contributed to a record population estimate of 364,212 and by the time you read this around 20,000 of these are likely to be resident on the Loch.

So what else has been going on? Well the two Fungi Forays we ran last month were very popular.

Whilst some of the species only have Latin names which hardly roll off the tongue, who can forget our leader's excitement over the massive cauliflower fungus in Burleigh car



*Foraging fun on the Fungi Foray*

park? And no one needed a second guess as to why you might want to stay away from the poison pie fungus. Everyone got into rooting around in the undergrowth looking for another specimen but I won't spoil Tony's story by telling you how a fungus can ground a Boeing 747; maybe if you come next year he'll tell you.

Out and about on the reserve we've finished cutting many of the meadows and grasslands on the reserve. An important part of our management, it prevents nutrient enrichment and enhances growth of many rarer species. We'll be clearing some areas of gorse around Orwell and Carsehall soon. This species is spreading in many of the grassland areas and needs to be kept in check although we do like to keep some areas of gorse for species like Linnet and Yellowhammer.

Iain

### Events

Winter bird walk, **Thursday 30 December**, 10 am – noon. Join SNH staff for a free walk and a look at what birds are on display during the colder months of the year. Meet at Findatie car park (NT 171 992).

Please book; Tel: 01577 864439.

## Farming



### Taste of History

Farming is not always a crowd puller but many locals had made a date with Kinross Historical Society's first talk of the season on 18 October. Kinross Parish Church was bursting with members and newcomers keen to discover the changes that have taken place in agriculture over the last 200 years. I joined them!

It seems a significant event for farmers in this area was the draining of Loch Leven; this took place between 1827 and 1831. "The Cut," which was dug by hand, allowed an increased water supply to the paper mills down stream and lowered the level of the Loch by about 3-4 feet. An attractive side effect for local landowners was a net gain of 1000 acres of farmland drained and exposed mainly on the north side of Loch Leven. The farms of Channel, Grahamstone, Levenmouth and Portmoak were created from this new land. Sandy Braid, who farmed at The Channel for nearly half a century, shared his memories and experiences of farming in this area. The Channel was leased from Kinross Estates in 1934. The previous two tenants had failed to form a successful business so the farm was in poor condition and the land looked ghastly. Agreeing the rent at £1 per acre with the first year free, offered an opportunity to get started. Field work was carried out by horses and it took two Clydesdales and one or two men to plough an acre per day. Many of the audience remembered stooks; this was the only way to harvest a crop. It was cut and tied into bundles; oats and barley were stacked in bundles of eight and wheat in a bundle of ten but all had to face south to dry out, pointing to the corner of Benarty. Fertile and sandy land suitable for potato and vegetable production meant the farm became one of the first in Scotland to grow a new vegetable introduced in the early seventies – broccoli! This vegetable is a member of the Brassica family and was new to Scotland. A freezing factory had just opened in Glenrothes and local farmers had the opportunity to supply vegetables that could then be stored. As it turned out, the freezing factory never took off but Braid's Broccoli did. It's good to know that Kinross-shire was part of this vegetable revolution and the 200 acres grown on the farm saw many local people employed to cut and pack up the crop. The broccoli that was said to "build braw bodies" was distributed across Scotland and exported to all corners of England.

Technology and farming practices have changed considerably over the last fifty years but we were reminded that some things haven't changed: "Timeliness is next to Godliness in farming" – understanding the weather and working to establish and harvest crops in optimum conditions remains the challenge for today's farmers. And dirty carrots still taste best! So if you are in one of the fabulous farm shops in Kinross-shire be sure to pop a bag of dirty carrots in your basket, wash them just before you boil them or add to your soup and you'll be guaranteed an amazing taste sensation.

Fiona

### Want to sell something?

Advertise your item free of charge in the  
**Classified Advertisements** section on  
[www.kinross.cc](http://www.kinross.cc)

## Weather



### September Weather Report From Carnbo

September this year turned out to be unsettled and wet at times, especially early and late in the month.

Rainfall for month	140 mm (133% of average)
Heaviest fall	21.5 mm (27th)
Dry days	10
Highest temperature	20°C (18th)
Lowest temperature	0°C (12th)
Average temperature	10.5°C
1 night with ground frost	(12th)
Cloud cover	62%

12 days with total cloud cover

P.S. Geese seen flying South East over the village on the 15th, despite recent unfavourable winds. This is the date that first geese have been seen most often in the last forty years.

## Duncricvie Log Cabins

Kinross, Duncricvie Glenfarg PH2 9PD 4\* & 5\* Log Cabins



- ★ Romantic Settings
- ★ KS Four Poster Beds
- ★ Central Scotland
- ★ Eco-friendly environment
- ★ Wonderful Memories
- ★ Relaxing Surroundings
- ★ Outstanding Luxury
- ★ Idyllic Views
- ★ Large Private Hot Tubs
- ★ Spa Baths & Saunas



for more information visit [www.duncricvielogcabins.co.uk](http://www.duncricvielogcabins.co.uk)  
or phone: 08705 342 342 email: [mail@hoseasons.co.uk](mailto:mail@hoseasons.co.uk)  
[www.hoseasons.co.uk/cottages](http://www.hoseasons.co.uk/cottages) ASHKNOWE CODE S4590

### Subscriptions to the Newsletter

Useful for readers living outside the distribution area of the Newsletter, a subscription service is available.

For further details see [www.kinrossnewsletter.org](http://www.kinrossnewsletter.org) or  
phone Glenn Neve on 01592 860808 or email

[subscriptions@kinrossnewsletter.org](mailto:subscriptions@kinrossnewsletter.org)

## Congratulations



**ADRIAN DRYSDALE** of Powmill and **FAYE McGHIN** of Sunderland have announced their engagement.

**TRACY MULLAN** and **JOHN INGLIS** were married on 14 August 2010 in Dunfermline Abbey. Congratulations from Ursula and Mick.

**CAMERON** and **LYNSEY EWEN** (née Frew), of Burnbank Meadows, Kinross are delighted to announce the birth of their daughter, **AILS A MHAIRI** on Thursday 19 August 2010 at Forth Park Hospital, Kirkcaldy. A sister for **ANGUS**.

Congratulations to Craig and Lynsey **WALLACE** whose daughter **AILISH** was born on 24 September 2010. A baby sister for Lachlan.

David and Fiona **RODGER** are pleased to announce the safe arrival of **JAMIE THOMAS** on Sunday 3 October 2010. First grandchild for Christina and Jim Rodger, Milnathort.

**KANE** - At Ninewells Hospital, Dundee on 7 October 2010, to Elaine (née Gray, formerly Kinross) and Steve Kane, a beautiful baby daughter, **BRONWYN**. Congratulations to both and also to George and Liz Gray on the birth of their first grandchild.

**EILIDH CHILD** of Kinross won a **Silver Medal** at the **Commonwealth Games** in Delhi in the 400m hurdles race, finishing in a time of 55.62. A wonderful achievement, Eilidh – very many congratulations.

Liz & Andy Whatmore are pleased to report that **CHAS WHATMORE** has successfully attained an M.Sc. in Media Arts and Imaging at Dundee University. This time the whole family will be able to attend his graduation! Well done, Chas!

The following were successful at The Saline and District Vintage Ploughing Society Match:

**J. GARDNER**, Scotlandwell - 2nd in both Feering and Ploughing, Ten Inch section;

**J. LOUDEN**, Kinross - 2nd in Feering and 1st in Finish, Twelve Inch section.

**ELAINE CARRUTHERS** of Scotlandwell and three members of Fife Social Work Department, as team 'Hopefuls', took part in the first ever Caledonian 100 Challenge on 2-3 October – a walk of 100k (62 miles) to be completed in 36 hours. The route started in Aviemore with checkpoints at Nethybridge, Tomintoul, Loch Builg, Keiloch and finishing at Marr Lodge, Braemar. The team's support crew, Lynn Hatch and Andy Storr did a tremendous job of looking after them at all the checkpoints. The team completed the Challenge in 26 hours 40 minutes. The Hopefuls were very kindly sponsored by Rube Fernando of 'Keela', Glenrothes, who donated top quality waterproof jackets, trousers and head-torches to each member of the team. Team Hopefuls have raised almost £2,000 for the Scottish Charitable Foundation – a tremendous achievement all round!

## Thanks



**LINDA** and **FRANK RICHARDSON**, 29 Sandport, Kinross would like to thank family and friends for the lovely cards and presents given to them on the occasion of their Silver Anniversary on 23 September 2010. Special thank you to Jimmy Hatten, Kelty for the unusual flowers!

**MACMILLAN CANCER SUPPORT:** Jessie Mitchell sincerely and gratefully thanks everyone for their generous support to her coffee morning. £645 was raised.

**World's Biggest Coffee Morning** in aid of **MACMILLAN CANCER SUPPORT:** On 18 September £254 was raised at Amotlea, Kinnesswood and on 1 October a further £352 was donated at the Scout and Guide Hall Milnathort. Thank you to all who came and were so generous in their giving.

**SCOTLANDWELL IN BLOOM** is delighted to have scored a 'hat-trick' this year. The village has won the Civic Trust Best Kept Village Award, Take a Pride in Perthshire Best Kept Wee Village (Gold), plus overall Best Kept Wee Village and Silver Gilt Award and overall winner of Beautiful Scotland Best Kept Wee Village 2010; no mean achievement from this small group!

Elaine Carruthers and Karen McDonnell would like to thank the whole village for all their efforts this year at 'keeping their patch up to scratch', and especially to those who 'keep their patch up to scratch' and that little bit more besides! Greatness is but many small littles, and without all your help, our success would not have been possible.

'In-bloom' is not just about flowers and making the village look nice; residents of Scotlandwell feel very strongly about preserving their community and plans for the restoration of the Wash House (a historically significant area of the village), are already afoot.



*Catriona Upcroft and Rebecca Rough handing over a cheque for £160 to Acting Head of Milnathort Primary School, Mrs Williamson. As reported last month, the girls raised the money for the Pakistan Flood Appeal. Photo courtesy of Neil Doig.*

**The Newsletter reserves the right to refuse or amend any advertisement or submission and accepts no liability for any omission or inaccuracy**

# Kinross-shire Churches Together



## Kinross Parish Church of Scotland

Station Road, Kinross (Charity number SC012555)

Rev Alan D. Reid MA, BD Tel: (01577) 862952  
 Reader: Margaret Michie Tel: (01592) 840602  
 Session Clerk: Jaffrey Weir Tel: (01577) 865780  
 Church E-mail: kinrossparishchurch@hotmail.co.uk  
 Church website: www.kinrossparishchurch.org

Church Office open Mon-Fri 10am- 12 noon. Tel. (01577)862570.

All Sunday morning services include a crèche, Junior Church and, for secondary age, Jam Pact. All events are in the church unless indicated otherwise.

### Regular Services

**Sundays** 10.30 Morning Service (note different arrangements for Remembrance Sunday 14th, below).  
**Sundays** 19.30 Church Centre : Crossfire, for S1 age upwards  
**Tuesdays** 10.00 Pram Service  
 2.30pm Whyte Court - Service (First Tues of month)  
 2.30pm Causeway Court - Service (last Tues of month)  
**Wednesdays** 10.45 Midweek Worship: Reading Room, Church Centre, 30mins.  
 12 noon Mid-week and Mid-day: Time to Pray: 30 mins

### Other Events in November - all welcome

**Visit of Fyodor Lupanciuc from Moldova:** There are a number of opportunities to hear and meet with Fyodor when he visits Kinross 14 – 21 Nov. He works in Moldova and Central Asia.

**Mon 1** 8am Time for Prayer - Silent Meditation  
 7.30pm Alpha Invitation Supper at Kirklands Hotel (contact Alisdair Stewart 01577 862262)  
**Tue 2** 7.15pm Guild, Church Centre 'Interfaith Action in Israel and Palestine'  
**Sat 6** 8.30am Men's Breakfast, Lomond Hills Hotel, Kinnesswood: Vic Jakopson on Christian work in Ukrainian prisons (contact Kim Reid 862686)  
**Fri 12** 7.30pm Concert with Yvonne Paterson, Kate McDermott and Scott Mitchell - flute, clarinet and piano trio.  
**Sat 13** 8.30am Prayer Breakfast (names in advance to church office)  
**Sun 14** **Remembrance Sunday**  
 10am Joint Uniformed Organisation Service in Kinross Parish Church  
 10.50 Act of Remembrance at War Memorial  
 11.15 Morning Worship  
 6.30pm Mission Focus on Moldova with Fyodor Lupanciuc  
**Tue 16** 7.15pm Guild, Church Centre: Alison McGregor, Perth Presbyterial Council  
**Thu 18** 9pm Time for Prayer – evening service of Compline  
**Sat 20** 8.30am Men's Breakfast (venue to be arranged) to meet Fyodor Lupanciuc (contact Alan Reid 862952)  
 10am – noon 'Christmas, Craft and Coffee', Church Centre  
**Sun 21** 6.30pm Joint Service at Orwell Church with Fyodor Lupanciuc  
**Tue 23** 8pm Prayer Meeting  
**Wed 24** 7.30pm Concert with the Russian singers 'Konevets Quartet': Russian folk and Orthodox music  
**Sun 28** 6.30pm Joint Advent Service at St. Paul's Episcopal Church  
**Tue 30** 7.15pm Guild, Church Centre: Colour Consultant, Sarah Wagner

**Saturday break** Most Saturdays mornings at the Church Centre, there is a second hand book stall and café serving tea, coffee and fresh baking 10a.m -12 noon.

**Housegroups** meet on Wednesday and Monday evenings (contact Margaret Michie 01592 830602 for Wednesdays, Brenda Fraser 01577 862000 for Mondays).

**To Lease Church or Church Centre rooms**, contact Helena Cant 862923, helenacant@aol.com

## Orwell and Portmoak Parish Church

### Church of Scotland

Interim Moderator - Rev Alan Reid  
 Locum Minister - Rev Duncan Stenhouse  
 E-mail: orwellportmoakchurch@yahoo.co.uk

### Sunday Worship, Junior Church and crèche:

10am Portmoak Church, 11.30am Orwell Church

**Prayer Meeting** held 30mins before each service

**United Service** 6.30pm in Orwell Hall

**Service at Ashley House:** first Thursday of the month at 2.30pm

**Services at Levensen:** first Tuesday of the month at 4pm

### Men's Breakfast Saturday 6 November at Lomond

**Country Inn @ 8:30am** - Speaker is Vic Jakopson, speaking about Christian work in Prisons in the Ukraine.

### Bazaar Saturday 20 November

**10am – 2pm in Milnathort Town Hall**

Morning coffee, Soup lunch, Seasonal stalls

*Everyone Welcome*

### Sunday 21 November at Orwell at 6.30pm.

Fyodor Lupanciuc from Moldova will be speaking at the evening service.

**Advent Service.** First Sunday in Advent – 28 November.  
 10am Portmoak Church & 11.30am Orwell Church

Come and visit our shop at 29 South Street, Milnathort. Open Mon – Sat. 10amtill 4pm. We have a selection of bibles, books and gifts for sale. Printing & copying facilities available, Meeting room to let. Recycle your Stamps, Batteries, Ink/toner cartridges, Spectacles.

### New stock now available

Christmas cards & gifts, bibles, books, cards & gifts for sale.

Contact Janice in Office 01577 861200  
 orwellportmoakchurch@yahoo.co.uk

## St James's R C Church

5 High Street, Kinross, KY13 8AW

Father Colin Golden Telephone: (01577) 863329

**Mass Times** Saturday Vigil 7.00pm  
 Sunday 9.30am

Please look out for other information on other parish activities in the Sunday newsletter.

## Healing Rooms Kinross

The Healing Rooms (part of an international organisation) takes place every Thursday from 11.00 am to 1.00 pm in the Millbridge Hall. Healing Rooms is manned by a team of Christian volunteers from every denomination freely offering their time and prayers. Everyone is welcome and no appointment is necessary.  
 For further information please call 07766515950 or 07773717339 or visit [www.healingrooms-scotland.com](http://www.healingrooms-scotland.com)

## Recently bereaved? Needing some support? AMONGST FRIENDS

(Bereavement Group)

meets at the Health Centre, Kinross

on the last Friday of the month, 2.30pm to 4pm

A warm welcome awaits all

For details phone Marg 01577 863557

**Cleish Parish Church****Church of Scotland**

Rev Joanne Finlay Telephone: (01577) 850231  
 E-mail: joanne.finlay196@btinternet.com  
 Reader: Mr Brian Ogilvie Telephone: (01592) 840823

**Sunday Services** 11.15am  
**Crèche** 11.15am  
**Junior Church** 11.15am

**November**

**Sun 7** 11.15am Sacrament of Baptism  
**Sun 14** 11.15am Remembrance Sunday  
**Sun 21** 10am - 10.30am Early Birds All Age Worship  
 11.15am Traditional worship Service  
**Sun 28** 11.15am Advent Sunday

**St Paul's Scottish Episcopal Church**

Muir, Kinross, KY13 8AY

Rev Dr Marion Keston Telephone: (01577) 866834  
 Website: www.stpauls-kinross.co.uk

**November Services**

**Sun 7** Pentecost 24, 8.30am, Holy Communion.  
 11.00am, Sung Eucharist,  
 Preacher Rev Celia Matthews.  
**Sun 14** Remembrance Sunday, 8.30am, Holy Communion.  
 10.50am, Short Act of Remembrance.  
 11.15am, Holy Communion.  
**Sun 21** Christ the King, 8.30am, Holy Communion.  
 11.00am, Sung Eucharist.  
**Thu 25** 9.15am, Prayers for Healing.  
**Sun 28** Advent Sunday, 8.30am, Holy Communion.  
 11.00am, Sung Eucharist.  
 6.30pm, Kinross Churches Together Advent Carol Service.  
**Tue 30** St. Andrews Day, 7.00-7.30pm, Prayers for Scotland.

Sunday School and Crèche during the 11.00am Services.

**Thursday Morning 10.15am, group Bible Study.** Everyone welcome. For further information, please contact Sarah Oxnard, telephone (01577) 864213.

**Kinross Gospel Hall**

Montgomery Street, Kinross

Website: www.kinrossgospelhall.info

Sunday	10.30am	Breaking of Bread
	12.00pm	Sunday School
	6.00pm	Prayer Meeting
	6.30pm	Gospel Meeting
Monday	7.30pm	Prayer Meeting
	8.15pm	Bible Study
Wednesday	6.30pm	Children's Club (term time)

**Fossoway Parish Church****Church of Scotland**

Rev Joanne Finlay Telephone: (01577) 850231  
 E-mail: joanne.finlay196@btinternet.com  
 Reader: Mr Brian Ogilvie Telephone: (01592) 840823

**Sunday Services** at 9.45am  
**Junior Church, crèche,**  
**"Wrigglers Group" (0-3 year olds)** at 9.45am,  
**Tots Music:** Friday mornings in hall, 9.30am  
**Café Refresh:** Every Thursday, church hall, 2-4pm  
**Yoga classes:** Mondays 7-8.30pm  
**Teenage Group** first Sunday of month 9.45am  
 (Sunday evenings - details from Margaret Hamblin 850252)

**November**

**Sun 7** 9.45am Worship service  
**Sun 14** 9.30am Remembrance Service at Institute Hall  
 Act of Remembrance at Cenotaph  
**Sun 21** 9.45am Reader, Brian Ogilvie  
**Sun 28** 9.45am Advent Sunday worship,  
 Sacrament of Communion

**Christmas Bazaar** 27 November,

**Kirk Session** 11 November: 7.30pm

**Saturday Night Worship**

**Last Saturday of each month, 7.30 – 10pm**

Milnathort Town Hall

Heart felt praise and worship	Prayer for healing
Opportunity for testimony	Refreshments
Books and resources	Open to all

For further details contact Sarah Corsar 07795313864

**Kinross Christian Fellowship**

Further information: (01577) 863509

Jesus said, "I come among you as one who serves."

**Church and Children's Sunday Club**

Every Sunday at 10.30am

in the Millbridge Hall, Old Causeway, Kinross.

During each service there will be a time for ministry and prayer for healing.

**Kinross Christian Fellowship Evening Service**

On the second Sunday of every month, beginning in August 2010, the Fellowship will be holding an evening service beginning at 6.30pm. There is no formal format envisaged; however, it may be expected that it will include lots of praise, worship, and joy in the LORD. Everyone is welcome, irrespective of faith or denomination, and we look forward to seeing - and hearing - you. For more information please contact Peter on 01577 863509. On behalf of KCF, God bless.

**Acknowledgement**

**WOOD** – Reina and family sincerely thank relatives, friends, neighbours, Cleish Church & Guild members who offered comfort and sympathy following Sandy's death, in the form of telephone calls, personal calls, cards and flowers. All were greatly appreciated.



# Playgroups & Nurseries

## PORTMOAK UNDER 5s

Portmoak Hall – between Kinnesswood and Scotlandwell  
(only 10 mins from Milnathort and Kinross)

Babies and Toddlers (birth – 3yrs)  
Tues 10:00am - 11:30am

Playgroup (2yrs onwards)  
Mon & Fri 10:00am – 12noon

Contact Carolyn Robertson 01383 831129

## LOCHLEVEN BABIES & TODDLERS

Masonic Hall, The Muirs, Kinross

### Session times

Tuesdays 9.30 - 11.15, Fridays 9.30 - 11.15

Contact - Caroline 07507 204731

All Mothers, Fathers, and Carers with children aged birth to 3 years are welcome to attend.

## LOCHLEVEN TWOS CLUB

Masonic Hall, The Muirs, Kinross

Thursdays 9.30 to 11.15 (term time only)

Suitable for children from about 18 months to preschool with their parent/carer. Contact Sophie Irvine on 01577 863288 if you would like your child to have a place next term, or if you would like more information.

We have lots to offer including playdo, painting, craft, dressing up and a variety of toys. A snack is also provided. This is also a great place for parents and carers to have a coffee and chat whilst their children play. Younger siblings welcome.

Contact Sophie Irvine on 01577 863288  
for further details.

## FOSSOWAY TODDLERS

The Institute, Crook of Devon

Wednesday 9.30 a.m. - 11.15 am

All Mums to-be and Mothers, Fathers and Carers with children aged birth to 3 years are welcome to attend.

Contact - Fiona Eastop 01577 864194

## FOSSOWAY PRE-SCHOOL GROUP

Glenbank Cottage, Powmill

Partner-provider for P&K Education

Places available for 3-5-year-olds and Rising Fives  
Sessions daily 9.30 – 12 noon

Contact Pat Irvine 07703 177766 or  
[www.childcarelink.gov.uk/perthandkinross](http://www.childcarelink.gov.uk/perthandkinross)



## SWANSACRE PLAYGROUP

21-23 Swansacre

Kinross-shire Playgroup Association  
Aka Swansacre Playgroup  
Registered Scottish Charity Number SCO17748

TEL: 01577 862071



Swansacre Playgroup provides a warm, friendly, and stimulating environment in which children can learn and develop through play.

### Playgroup sessions

Mon to Fri 9.15-11.45am and Fri 12.45-3.15pm

Children from the age of 2 yrs welcome.

### Rising Fives sessions

Mon & Wed 1.00-3.15pm, with Lunch Club beforehand.

This is complementary to morning Nursery.

Spaces available for both Playgroup and Rising Fives.

For more information, please contact

Julia Slater 07810 742046 or Playgroup 01577 862071

Baby and Toddler Group – Thurs 1-3pm

Ante-natal to pre-school.

Fun for children; coffee and chat for the parent/carer.

For more information, please contact Diana 07514 999192.

The premises are available to hire for Private Functions.

For more information, please contact Denise 07780 612201.



## MILNATHORT BABIES & TODDLERS

Orwell Church Hall, Milnathort

Milnathort Babies and Toddlers offer a relaxed, friendly environment.

Tea/coffee for mums, dads and carers, healthy snack and fun for the children.

Children aged birth to 3 years (5 years if attending with younger sibling) are welcome.

Thursday & Friday, 10am – 11.30am.

For more information please contact Susan Britton on  
01577 863385, 07737 461 293  
or e-mail [susanjbritton@yahoo.co.uk](mailto:susanjbritton@yahoo.co.uk).

## GLENFARG BABY AND TODDLER GROUP

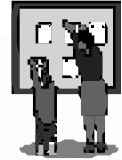
Village Hall, Greenbank Road, Glenfarg

9.30am to 11.30am during term time

A healthy snack is provided for children and tea/coffee and biscuits for carers. We also provide a craft activity each week.

First session free and £2 thereafter  
(£1 for second child). All welcome.

Contact Jenny Holt-Brook on 01577 830577,  
email [jennyholtbrook@yahoo.co.uk](mailto:jennyholtbrook@yahoo.co.uk)  
or just come along.



# Notices

The Combined Choir of  
Cleish and Fossoway Churches and Friends

## ANNUAL CONCERT

to be held in Cleish Church  
**Sunday 31 October**  
at 7.30pm

Admission: £5.00  
(tickets available from choir members or at the door)

## Hobby Crafts & Crafts for Christmas

SECC GLASGOW

**Sunday 31 October**

Entrance Seniors £4.40, Adults £5.40

Bus Fare Approx £7.50

For more details contact

Mrs Rodger 01577 863785

## Public Display

of proposed redevelopment of

**The MOTO Service Area, Turfhill, Kinross**

including new buildings and changes to the A977 junction.

Information and images regarding the above  
will be on public display on

**Monday 1 November**

from 1pm to 8pm

at the Church Centre, High Street, Kinross.

Representatives of the applicant will be available to  
answer questions and comments are welcome.

For further information and artist's impressions see article on  
p. 11 and also [www.kinross.cc](http://www.kinross.cc)

## COFFEE MORNING

Cambo Hall

**Saturday 6 November**

10am – 12 noon

Admission £3 per adult, children free.

Cake & Candy and Bottle Stall.

All proceeds will be donated to Scottish Breast Cancer.



Tel: 01592 890583  
Mob: 07826 244765  
email: [grf.morag@ntlworld.com](mailto:grf.morag@ntlworld.com)  
[www.greyhoundrescuefife.com](http://www.greyhoundrescuefife.com)

**Volunteers needed**

Greyhound Rescue Fife

Baltree Country Centre,

Gairneybank,

Kinross, KY13 0LF

Clean the kennels

walk and feed the Greyhounds

**Can you Help ?**

## REMEMBRANCE SUNDAY

**14 November**

A Remembrance Service will be held in Kinross Parish Church at 10am on Sunday 14 November, followed, at around 10.50am, by a parade to the cenotaph, where a short ecumenical service will be held.

We should be grateful if those assembling at the cenotaph would leave the entrance clear to allow the parade to enter.

**Note:** The following streets will be **closed to traffic** for periods of time to allow the parade and ecumenical service to take place: Station Road between the Parish Church and the High Street; the High Street south of Green Road.

## Milnathort FILMHOUSE

The 'Big Screen' has returned to Milnathort!

'The Filmhouse for the whole family'

Come and enjoy our Saturday Night Cinema and Family Sunday Matinee at Milnathort Town Hall.

**Oct** (Halloween Weekend Special)

Sat 30th 8pm Beetlejuice (15) **byob**

Sun 31st 3pm Casper (PG)

**Dec**

Sat 4th 8pm The Shawshank Redemption (15) **byob**

Fri 24th 5pm The Polar Express (U)

**byob** - bring your own bottle

Doors open 45 mins before screening. Tuck Shop. Tickets available from Heaven Scent and Milnathort Post Office (2 weeks before the film).

**Ticket prices** (\* indicates on the door Price)

Adult £4 (\*£5); Child/Concession/Student £2 (\*£3);

Family £12 (\*£15)

[milnathortcinema@btinternet.com](mailto:milnathortcinema@btinternet.com) or

Kathleen on 01577 862805/07849 766243.

*All proceeds to Milnathort Town Hall Refurbishment  
Supporting your Town Hall*

## THE ALPHA COURSE

meaning of life

Search

Fill in the blanks at [alpha.org](http://alpha.org)



## INVITATION

You are cordially invited to join us at an

**Alpha Invitation Supper**

**Monday 1 November**

7:30pm, Kirklands Hotel

Kinross

Buffet £10

RSVP Tel: 01577 862262

e-mail: [alisdairstewart@yahoo.com](mailto:alisdairstewart@yahoo.com)

## Orwell Bowling Club

### BINGO TEA

Wednesday 10 November at 7.30pm

Entry £1.00, including refreshments.

### WHIST NIGHTS

Every Tuesday Night in the Club

Entry £1 + £1 raffle, including refreshments.

### DARTS GROUP

Every Thursday Afternoon, 2pm - 4pm

Entry £1 - Tea and Biscuits at a nominal fee.

Please telephone Valerie on 01592 840389

to ensure places available.

## Loch Leven Community Campus Partnership

Next Meeting **Thursday 11 November**

If you wish any further details or have any comments,  
please contact the partnership on

campuspartnership@kinrosshigh.pkc.sch.uk

## Kinross Parish Church Craft Group

### CHRISTMAS, CRAFT and COFFEE

WHERE? Kinross Church Centre

WHEN? **Saturday 20 November**

TIME? 10am until 12 noon

Kinross Parish Church of Scotland Scottish Charity No. SC012555

## Children's Recycled Bike Sale

Kinross Primary School

**Friday 26 November**

3pm - 4pm

Buy or Donate

(See News and Articles p. 13 for more details)



### Basic Computer Tuition

*The Community Learning Assistant for ICT at Loch Leven Community Campus is offering basic computer tuition - in small groups at a pace to suit the individual, no prior knowledge of computing is necessary.*

- Get to know the computer
- Using Word for basic documents
- Introduction to the Internet
- Using E-mail

*Interested?*



For further information, please contact

Shona Fowler  
Community Learning & Development  
Loch Leven Community Campus

**01577 867218 or 867177**

## LIGHT UP KINROSS Christmas Light Switch On

**Tuesday 23 November**

The procession will leave from the Church Centre at 6.45pm and will parade up the High Street to the County Buildings with the switch on at 7pm. Mrs Kathleen Baird, one of our four local Councillors, has been invited to switch on the lights. There will also be a short fireworks display. A collection for Light Up Kinross will be held on the evening. Please give generously; all contributions help towards providing a better display for the town.

We are grateful to the businesses/traders in the town for their continued support, without which we would be unable to cover the costs of erecting the lights each year. As mentioned above, collection boxes will be circulated on the evening and throughout the year are displayed in a number of shops in the town; any contributions are appreciated.

Our fund-raising members and Kinross Guides are also organising a **COFFEE MORNING/SALE** to be held in the Church Centre on **Saturday 11 December**, from 10am to 1pm. Please come along and support both Light Up Kinross and Kinross Guides.

## Lodge St Serf No. 327



Regular Meeting **Tuesday 2 November** at 7.15pm. Nomination & Election of Office Bearers for the ensuing twelve months.

Regular Meeting **Tuesday 16 November** at 7.15pm. Degree to be announced.

## Thursday Group

This is a Women's Group which meets the first Thursday of each month in the Lower Hall, Church Centre. Meetings are usually talks on various subjects, ending with refreshments and a chance to talk to friends. New members would be made very welcome. If interested, contact 01577 863625.

### Forthcoming meetings:

2010: 4 Nov, 9 Dec

2011: 6 Jan, 3 Feb, 3 Mar, 7 April, 5 May, 2 June

## ADULT LITERATURE

### Free local and friendly support

**With reading • writing • spelling • numbers**

"I can enjoy books now"

"I feel more confident"

"Filling in forms is less scary!"

"I passed my driving test"

**If you would like further information please contact:**



Roseanne Gray  
Adult Literacy Worker  
Loch Leven Community Campus  
Email: rgray@pkc.gov.uk  
Tel: 01577 867216





## Events at Vane Farm in November

Telephone 01577 862355



Oan **Saturday 6th** we give you “**Petals ‘n’ Potions**” fur age 5+ fae 2pm – 4pm. Lots o’ games and activities fur the smaller variety o’ person. Bookin is essential costs £3 WEX members and £4 non members.

**Saturday 20th** sees anither wan o’ the very popular “**Digital Photography fur Beginners**” coorses. Startin at 10am – 4.15pm, it’s a full day o’ awe things camera tae help ye tak better picturs. Ye even get plied wi teas n caofee and yer lunch enaw. Dave Taylor, yin o’ oor techers wha is a camera whiz, will tak the course. **Bookin essential** as only eight places ur available. Costs £32.50 fur RSPB members, and £40 non- members.

The same weekend **20th and 21st** we will be runnin an “**Optics Weekend**” ower baith the twa days fae 10am – 5pm. Optical experts will help ye decide which optics will best suit yer needs. Nae charge – well unless ye buy sumthin, then there is strangely enough!

**Sunday 21st** it’s the “**Intermediate Digital Photography Coorse**” same kind o’ thing as the beginners led by Dave Taylor again. Teas, coafees, denner, bit the tuition is a bit mair advanced tae tak ye up tae the next level. **Bookin is essential** cos it’s limited tae eight folk again same cost as above.

## Concerts in Kinross Parish Church

- Fri 12 Nov Concert by young clarinetist and flautist from RSAMD in Glasgow. Accompanist Scott Mitchell Tickets £5.
- Wed 24 Nov Kolevets Quartet: Russian Orthodox Singers come to Kinross Parish Church to sing Russian music. Tickets £5.

(See p.17 for more details)

## Kinross-shire Historical Society



Meetings are held in Kinross Parish Church, Station Road, Kinross at 7.30pm, usually the third Monday of the month. Membership £6 (Seniors £5); Visitors £2; eighteen and under free.

### Programme for 2010 – 2011

- 15 Nov The Fife Coastal Path 2:** From Largo Bay to the Tay Bridge. Dr Hamish Brown MBE.
- 13 Dec They Came By Train:** The Railways of Kinross-shire 1850-1970. Professor David Munro MBE.
- 10 Jan The Loch Leven Heritage Trail:** The story of creating the Trail and the importance of the Natural, Built and Standing Heritage involved. Neil Kilpatrick.
- 21 Feb Through the Great Glen:** A photographic journey from the North Sea to the Atlantic through the Great Glen. Willie Shand.
- 21 Mar The Work of Historic Scotland Conservation Group:** An Overview of Research and Practical Projects currently undertaken by this Group. Ali Davey BA(Hons INTL), MUBC.
- Annual General Meeting**

## Funding Alert!

P&KC produces a huge list summarising funding opportunities for the voluntary sector. There are dozens of Trusts and Foundations giving away grants.

The list will be posted on [www.kinross.cc](http://www.kinross.cc) or go to [www.pk.gov.uk](http://www.pk.gov.uk) and look for the voluntary sector page.

### Contacts:

The P&K Grants Direct Team 0845 605 2000  
Steve MacDonald, P&KC External  
Funding Officer 01738 477963

(Contact Steve MacDonald if you would like to subscribe to P&KC’s regular e-funding bulletin.)

## English as a Second Language

Free  
Local  
Friendly  
Support

With  
English for  
Speakers of  
Other Languages

Would you like to improve your ability to:

- ✚ Talk to friends and neighbours
- ✚ Understand what people say to you
- ✚ Give information
- ✚ Talk on the phone
- ✚ Fill in a form
- ✚ Apply for a job

For further information please contact:



Roseanne Gray  
Adult Literacy Worker  
Loch Leven Community Campus  
Email: [rgray@pkc.gov.uk](mailto:rgray@pkc.gov.uk)  
Tel: 01577 867216



? Are you aged between 16 and 25?

Need help searching for jobs?

Want to write a C.V.?

Staff from various agencies will be available to help on

**Friday mornings**

**10.30am – 12noon**

Loch Leven Community Library ICT Rooms  
No need to book – just drop-in.

Support with anything job related -  
internet searches, newspaper adverts, form-filling, CV writing



**youth  
services**

If you need any further information please contact

Rhona Thom (Youth Worker) – 01577 867106

Shona Fowler (IT Tutor) – 01577 867218



## Kinross-shire Local Events Organisation



### Star Wars Film Weekend at Community Campus

- Fri 5 Nov 7pm (doors open 6.30pm): Star Wars: Episode IV: A New Hope (U)  
 Sat 6 Nov 2pm (doors open 1.30pm): Star Wars: Episode V: The Empire Strikes Back (U)  
 Sun 7 Nov 2pm (doors open 1.30pm): Star Wars: Episode VI: Return of the Jedi (U)

Tickets (£3 for 18 and under and £5 for adults) are available on the evening at the door or buy a weekend saver (3 films for £7.50 (under 18s) and £12.50 for adults).



## CHAS Craft Sale at Kingsgate, Dunfermline



The Children's Hospice Association Scotland (CHAS) is hosting a one-day event for sewing and craft enthusiasts on **Thursday 4 November** at the CHAS Shop at 61 Kingsgate, Dunfermline, from 10am until 3pm.

To support the sale, CHAS are keen to receive donations of craft products which can be handed in to Kingsgate or to CHAS retail at 3 High Street, Kinross. In addition, general donations are always welcome of clean clothing, toys, bric-a-brac, unwanted gifts, household items, books, jewellery, CDs and DVDs.

The CHAS Kingsgate charity shop is open every Thursday and Friday from 10am until 3pm and the CHAS Kinross charity shops are open Monday to Saturday from 9.30am until 5pm.

If you would like to support CHAS please contact the Kinross fundraising office 01577 865222 or go to [www.chas.org.uk](http://www.chas.org.uk)

## PSYCHIC EVENING

in aid of Orwell Old Folks Association

**Wednesday 24 November**

at 7.30pm in Orwell Bowling Club, Milnathort

Tickets £10 each available from:

Mary Allan (863588), Betty McLaren (861636), Lesley McLaughlin (864227) and Iris Smith (862536)

## Newsletter 'Yellow Pages' (Register of Local Organisations) CHANGES:

### Kinross Bridge Club:

Secretary/Contact is now **Catriona Marshall**. Telephone 01577 864482. Email [catriona59@btinternet.com](mailto:catriona59@btinternet.com)

### Kinross in Bloom:

Secretary is now **Clare Hill**. Telephone 01577 865631. 18 Montgomery Way, Kinross, KY13 8FD. Email: [clareshill@yahoo.co.uk](mailto:clareshill@yahoo.co.uk)

## Kinross Boys Brigade

### St Andrews Day Coffee Morning

on **Saturday 4 December**  
 between 10am and 12 noon  
 in the Church Centre

Bottle stall Raffle Lucky Dip Live Music  
 CHAS stall selling Christmas cards and other gifts  
 Entry £1.00

## VOLUNTEER WANTED

### to undertake an exciting local history project at RSPB Vane Farm

We are looking for an organised, computer literate and trustworthy person with an inquisitive mind, initiative and an interest in local history to help us piece together the story of Vane Farm since around 1830, when Loch Leven was lowered to its current water level. We want to know what the reserve looked like before the change to the loch and how and by whom it was farmed thereafter. We also want to pull together a detailed account of the RSPB's involvement since 1967. The project will probably involve research on the internet, in local archives and in the RSPB's historic and local files, as well as sorting through photos, maps and reports. We hope to find someone with local knowledge who could complete the project by July next year. We can provide a workspace and internet access here at Vane Farm but the volunteer could also work from home if this is more convenient.

Anyone interested in this project can contact Debbie Hardie on 01577 862355 or by emailing [Debbie.Hardie@rspb.org.uk](mailto:Debbie.Hardie@rspb.org.uk)



## Portmoak Primary School

### Christmas Fayre

on **Friday 12 November**  
 from 6.30pm until 9.00pm

at Portmoak Primary School

Cost: £2 per adult, children free  
 (includes first drink)

Come along and enjoy a fun evening for all the family. Great for a bit of Christmas shopping with lots of stalls including candles, soaps, bath salts, glass gifts, ceramics, books, chocolates, sweets, jewellery, cards, baking and lots more. Refreshments and raffle also. There will be a Santa's Grotto, games and crafts for children.

## Kinross Floral Art Club

### Coffee Evening

in Upper Hall, Kinross Church Centre

on **Thursday 25 November** at 7.15pm prompt

Demonstrator – Moyra Turnbull

Title – "Twas the night before Christmas"

Tickets £5.00 inc. supper, payable at the door  
 Parcel stall and raffle

On **24 March 2011** the Club will celebrate its 40th Anniversary AGM with a Supper and Demonstration. Any past members and friends who would like to join us please telephone Mrs C Rodger on 01577 863785.

## Ochil Liberal Democrats St Andrew's Dinner

at The Green Hotel on

**Saturday 27 November**  
 7 for 7.30pm

Guest Speaker: Tavish Scott MSP,  
 Leader of the Scottish Liberal Democrats.

Tickets £25, available from Kelvin Reay 01577 864147

## Community Councils

**Kinross:** Secy: Mrs M Scott (01577) 862945  
KinrossCommunityCouncil@pkc.gov.uk  
**Cleish & Blairadam:** Secy: Mrs M Traylor (01383) 830059,  
CleishCommunityCouncil@pkc.gov.uk  
**Milnathort:** Secy: Mr J Giacomazzi (01577) 864025  
MilnathortCommunityCouncil@pkc.gov.uk  
**Fossoway & District:** Secy: Trudy Duffy-Wigman (01577) 840669,  
FossowayCommunityCouncil@pkc.gov.uk  
**Portmoak:** Secy: Mr J Bird (01592) 840368,  
PortmoakCommunityCouncil@pkc.gov.uk

### Kinross Community Councillors

Margaret Blyth	6 Muir Grove	
David Colliar	10 Rannoch Place	864037
Dave Cuthbert	Highfield Circle	861001
Barry M Davies (Vice Chair)	60 Lathro Park	865004
Ian Jack (Treasurer)	Burnbrae Grange	863980
Laura Mackay	Brunthill Farm	07872 499145
Dot Mackay	29 Green Park	864635
Joe Richardson	47/49 High Street	863152
Margaret Scott (Secy)	21 Ross Street	862945
Campbell Watson (Chair)	7 Gallowhill Gardens	861544
Bill Freeman	64 Muirs	865045

### Perth and Kinross Councillors

**Kathleen Baird**, Easter Clunie, Newburgh, Fife, KY14 6EJ  
Tel (home): 01337 840218.  
Email: kbaird@pkc.gov.uk  
**Michael Barnacle**, Moorend, Waulkmill Road, Crook of Devon,  
Kinross, KY13 0UZ. Tel/Fax (home): 01577 840516.  
Email: Michael@mabarnacle.freeserve.co.uk  
**Sandy Miller**, c/o Perth & Kinross Council, 2 High Street, Perth,  
PH1 5PH. Tel (business): 01577 840462.  
Email: SMiller@pkc.gov.uk  
**William Robertson**, 85 South Street, Milnathort, Kinross,  
KY13 9XA. Tel (home): 01577 865178.  
Email: wrobertson@pkc.gov.uk

### Kinross Recycling Centre, Bridgend

Opening Times: **Mondays to Fridays 9am to 7pm**  
**Saturdays and Sundays 9am to 5pm**

Aluminium & Steel Cans, Car Batteries, Cardboard, Engine Oil,  
Fluorescent Tubes, Electricals (inc Fridges, Freezers, Televisions &  
Monitors), Garden Waste, Glass Bottles & Jars, Inert Waste, Metal,  
Paper, Phone Directories, Plastic Bottles, Textiles, Wood, Bicycles.

### Fossoway and Cleish Community Office

A service for the Community, open:

Thursdays 2 pm - 4 pm  
Saturdays 10am - 12 noon

Out of hours there is an answering machine

Tel: 01577 840185 Email: fcoffice@btinternet.com

### Regular Library Sessions for Young Children

At Loch Leven Community Library.

No need to book, just come along.

#### Story Telling

every Monday morning 10.15 - 10.45 am  
and every Thursday afternoon 2.15 - 2.45 pm

#### Bookbug Rhymetimes

every Saturday 10.30 - 11 am  
and every second Wednesday 2.00 - 2.30 pm  
(next Wed session: 3 November)

**Bookbug Library Challenge:** For children aged 0 to 4: On  
each visit to the library, children are given a sticker. After  
collecting four stickers, they are awarded a certificate.

## Member of Parliament for Ochil & South Perthshire Constituency Gordon Banks MP

www.gordonbanksmp.co.uk

Email: constituency@gordonbanksmp.co.uk

For dates and locations of regular advice surgeries, or to raise any  
concerns you may have, please contact the constituency office:  
telephone 01259 721536, fax 01259 216761 or write to 49-51 High  
Street, Alloa, FK10 1JF.

### MSP for Ochil Constituency Keith Brown MSP

will be holding regular

**surgeries throughout his constituency area.**

For information on dates, locations and to book an appointment  
time, please contact his assistant on **01259 219333**.

Keith can also be contacted by email at

**keith.brown.msp@scottish.parliament.uk**

or by writing to **80 Mill Street, Alloa, FK10 1DY**

### Members of the Scottish Parliament

All MSPs can be contacted at the following address:

The Scottish Parliament, Edinburgh, EH99 1SP

#### MSPs for Mid Scotland and Fife Region

**Claire Baker MSP** (Scot Labour) Tel: 0131 348 6759

Email: Claire.Baker.msp@scottish.parliament.uk

**Ted Brocklebank MSP** (Scot Cons) Tel: 0131 348 5610

Email: Ted.Brocklebank.msp@scottish.parliament.uk

**Murdo Fraser MSP** (Scot Cons) Tel: 0131 348 5293

Email: Murdo.Fraser.msp@scottish.parliament.uk

**Christopher Harvie MSP** (SNP) Tel: 0131 348 6765

Email: Christopher.Harvie.msp@scottish.parliament.uk

**John Park MSP** (Scot Lab) Tel: 0131 348 6753

Email: John.Park.msp@scottish.parliament.uk

**Dr Richard Simpson MSP** (Scot Lab) Tel: 0131 348 6756

Email: Richard.Simpson.msp@scottish.parliament.uk

**Elizabeth Smith MSP** (Scot Cons) Tel: 0131 348 6762

Email: Elizabeth.Smith.msp@scottish.parliament.uk

### Mobile Library – Blairingone and Milnathort

Every Second Wednesday

Next visits: **3 and 17 November**

Blairingone 9.30am - 9.45am  
Westerloan, Milnathort 2.10pm - 3pm  
Bridgefauld Road, Milnathort 3.05pm - 4pm  
Any queries telephone AK Bell Library 01738 444949

### Loch Leven Community Library

Loch Leven Community Campus, Muirs, Kinross, KY13 8FQ

Telephone: 01577 867205

Email: kinrosslibrary@pkc.gov.uk

#### Opening Times

Monday 10am - 6pm  
Tuesday, Wednesday, Thursday 10am - 8pm  
Friday 10am - 6pm  
Saturday 10am - 3pm

### Kinross District Counselling Services

Kinross District Counselling Services offers a new, fully  
supervised, confidential counselling service brought to you in  
association with The Web Project.

It is open to all-comers.

To make an appointment call Hilary 07930 682902 or Wendy  
07762 892252 (donations welcome to cover costs).

You can see us at "The Web", 28 New Road,  
Milnathort, KY13 9XA.

# Kinross-shire *Day Centre*

**Table Tennis • Videos • Cards • Dominoes  
Daily Papers • Chiropody • Trips • Exercises**

## Weekly Programme

<b>Monday</b>	Elderberries	1.30 pm	
<b>Tuesday</b>	Bingo	1.30 pm	
<b>Wednesday</b>	Morning Service	10.45 am,	Quiz Afternoon 1.30 pm
	Dominoes	1.30 pm	Scrabble 1.30 pm
<b>Thursday</b>	Art Class	1.30 pm,	Film Afternoon 1.30 pm
	Dominoes	1.30 pm	
<b>Friday</b>	Scrabble	1.30 pm	



**Coffee Bar open 9 am - 4 pm, Senior Citizens Lunches Daily  
Telephone: 01577 863869**

## LOCAL CHEMIST INFORMATION



### Rowlands Pharmacy, Kinross (opposite David Sands)

Mon - Fri: 9.00 am - 6.00 pm  
Saturday: 9.00 am - 5.00 pm  
Sunday: 12.00 - 1.00 pm  
Tel: 862422

### Davidson's Chemist, Milnathort

Mon to Fri: 9.00 am - 1.00 pm &  
2.00 pm - 6.00 pm  
Saturday: 9.00 am - 12.30 pm  
Tel: 862219



## Kinross-shire Volunteer Group and Rural Outreach Scheme

Registered Charity No. SC015642

Charges to service users (as at 1/10/10)

<b>Perth, Dunfermline, Kirkcaldy</b>	<b>£10</b>
<b>Stirling</b>	<b>£12</b>
<b>Dundee, Edinburgh</b>	<b>£18</b>
<b>Stracathro</b>	<b>£25</b>
<b>Loch Leven Health Centre, Kinross/Milnathort</b>	<b>£3</b>
<b>Loch Leven Health Centre, outreach area</b>	<b>£5</b>

Co-ordinator: Ann Munro 01577 840196.



## School Holidays, Academic Year 2010 - 2011

<b>Academic year</b>	<b>Wed 18 Aug 2010</b>	<b>-</b>	<b>Fri 1 Jul 2011</b>
Autumn Holiday	Mon 11 Oct 2010	-	Fri 22 Oct 2010
In Service Days	Thu 18 Nov 2010	-	Fri 19 Nov 2010
Christmas Holiday	Thu 23 Dec 2010	-	Wed 5 Jan 2011
In Service Day	Wed 16 Feb 2011		
Occasional Holiday	Thu 17 Feb 2011	-	Fri 18 Feb 2011
Spring Holiday	Mon 4 Apr 2011	-	Fri 15 Apr 2011
Easter Break	Fri 22 Apr 2011	-	Mon 25 Apr 2011
In Service Day	Tue 26 Apr 2011		
May Day	Mon 2 May 2011	(tbc)	

## Dyslexia Drop-in Session

Last Tuesday of the month, 6.30pm  
Loch Leven Community Library  
A local branch of Dyslexia Scotland



## Kinross-shire Fund Grants available for local community projects

e.g. Events, Information, Transport, Welfare,  
Physical Amenities, Recreational Facilities, Support for  
Care of the Elderly, Voluntary Organisations

For more information and to download an application form,  
see [www.kinross-shirefund.org](http://www.kinross-shirefund.org) or contact Annabel Bath  
on 0131 524 0300  
or email [Annabel@scottishcf.org](mailto:Annabel@scottishcf.org)



## Mindspace

Mindspace is the counselling service for Perth Association for Mental Health ([www.pamh.co.uk](http://www.pamh.co.uk)). We have Young People's Counsellors working in Kinross one day a week. Clients can self-refer via email to [info@mindspacepk.com](mailto:info@mindspacepk.com), by telephone on 01738 631639, or by visiting our website at [www.mindspacepk.com](http://www.mindspacepk.com) and filling in a referral form. Clients can also be referred by their GP. Mindspace also offers counselling to adults (18+) at their offices in Perth.



## Perth Citizens Advice Bureau

The Kinross Outreach Advice Surgery is held on the **second and fourth Tuesday of the month** from 1.30pm to 3.30pm at St Paul's Church Hall, The Muirs, Kinross.

No appointment is necessary as the surgery is a drop-in service. For complex issues a further appointment may be necessary. Perth CAB can help you – our advice is free, confidential, impartial and independent. Contact us: Advice line 01738 450580; Appointment line 01738 450581.

## Situations Vacant

In conjunction with [www.kinross.cc](http://www.kinross.cc), the Newsletter is pleased to publish local situations vacant. Please go to the [kinross.cc](http://www.kinross.cc) website before applying to **check whether a position is still available**. (Go to [www.kinross.cc](http://www.kinross.cc) then click on 'Local Adverts' and choose 'Situations Vacant').

### Handyman (woman) / Gardener (part time), East Brackley Livery Stables

Required for Kinross area. Flexible/seasonal hours. Approx 1 to 2 days per week. Phone 01577 862252

### Para legal/legal secretary (part time), J&G Wilson, 18 High Street, Kinross

An opportunity has arisen in our office for an experienced para legal/legal secretary for a job share position.

Apply in writing to above address or email to Mr Eric Williamson at [e.williamson@jgwilson.co.uk](mailto:e.williamson@jgwilson.co.uk)

### Cook, wrap and pack assistant (part time), Laura's Chocolates, 52 High Street, Kinross

Based in Kinross the assistant will be expected to assist with the manufacture of a variety of chocolates and other items, hours will vary week to week according to demand. Training will be provided. Hours flexible by agreement. Qualifications: Foundation certificate in Food Hygiene would be positive but not essential.

Send cvs to [laura@lauraschocolates.com](mailto:laura@lauraschocolates.com) for any other questions contact Laura on 01577 861001 or 07793546381

## Pre-school activities at Loch Leven Leisure Centre

Wee Springers is a fun gymnastics based activity run on the following days and times:

Monday	10.45 - 11.15am	18 months – 3 years
Monday	11.30 – 12 noon	18 months – 3 years
Monday	1.00 – 1.45pm	3 – 5 years
Monday	2.00 – 2.45pm	3 – 5 years
Wednesday	10.00 – 10.45am	3 – 5 years
Wednesday	11.00 – 11.30am	18 months – 3 years

Kiddie Kickers is a football based class:

Friday	12.30 – 1.15pm	3 – 5 years
Friday	1.30 – 2.15pm	3 – 5 years
Friday	2.15 – 2.45pm	18 months – 3 years

Please contact 01577 863368 for further details and to book

### Perth & Kinross Council

[www.pkc.gov.uk](http://www.pkc.gov.uk)

#### Kinross Area Office

Tel: 01577 862351

21 High St, Kinross

#### Customer Service Centre

Tel: 01738 475000

(Mon to Fri, 8am-6pm)

#### Out of Hours Emergencies

Tel: 01738 625411

(Roads, flooding, environmental health and dangerous buildings)

#### Clarence (for non-emergency road and lighting defects)

Tel: 0800 232323

## Blythswood Care

Sainsbury's Car Park

(if car park is full, van will park nearby, e.g. Park & Ride or Ochil View)

**Tuesday 16 November between 10.30 am and 11 am**

Further details from 862258

## Classified Adverts

The Newsletter publishes items for sale listed on the [kinross.cc](http://www.kinross.cc) website. If interested in purchasing an item, we suggest **checking the website for current availability** ([www.kinross.cc](http://www.kinross.cc) then 'Local Adverts' then 'Classified Adverts'). If interested in selling an item, please list it on [www.kinross.cc](http://www.kinross.cc) and it will automatically be published in the next available Newsletter.

### Items for Sale

#### Electric Cooker **£75.00**

Tricity Bendix slip in white Model CSIE501 twin oven, one with grill, one with fan, clock with timer, very good condition, ovens hardly used, operating & instruction booklet.

#### Ercol Suite **£190.00**

Two seater sofa and three chairs. Evergreen model, golden dawn finish. Peach floral cushions all renewed recently.

For above items contact : Carol McIntyre 01577 861659  
[dugaldmci@aol.com](mailto:dugaldmci@aol.com)

#### Workstation **£10.00**

Ikea, ash finish. Slide out keyboard shelf Ideal for child's bedroom.

#### Double bed frame & two matching bedside tables **£90.00**

Verdignis and brass frame finish, slatted base. Two matching glass topped bedside tables. Excellent condition.

For above items contact: Ann Barlow 01577 861931  
[bandb@burnbank-kinross.co.uk](mailto:bandb@burnbank-kinross.co.uk)

#### Lego Technic Crane 8421 **£385.00**

This fantastic large Lego technic crane is no longer built in the UK so this is an excellent opportunity to buy a collector's item and a toy that will give you hours of fun building a crane and an access platform (cherry picker). The Lego set is complete and sorted into zip lock bags. It is in its original box which is slightly damaged.

Seller details: Ann Wilson 01259 781328  
[annkWilson@tiscali.co.uk](mailto:annkWilson@tiscali.co.uk)

## Recycle your waste and help the Friends of Wumenu Community Farm (Charity No SC037724) [www.friendsofwumenufarm.org.uk](http://www.friendsofwumenufarm.org.uk)

The charity will take: old agricultural tools, bikes, clothes, fabrics, old sewing machines, art materials, duvets, curtains, blankets and bedding, kitchenware, toys, clothes, play equipment, power tools, garden tools and unwanted electrical goods in any condition. All goods can be collected.

Telephone Amu-Logotse on 07985 623870 or Barbara Willey on 01577 863063.

## Milnathort Community Council

The composition of Milnathort Community Council as of the election of 24 June 2010 is as follows:

<b>Bruce Hamilton</b> (Chairman)	Newhill Farm, Glenfarg
<b>David Cottingham</b> (Vice Chair)	Middleton House, Milnathort
<b>Joseph Giacomazzi</b> (Secretary)	1 Greenburn Field, Milnathort
<b>Lynne Bennet</b> (Treasurer)	1 Reid Crescent, Milnathort
<b>Patrick Milne-Home</b>	Craigow, Milnathort
<b>Sandy Smith</b>	21 Church Street, Milnathort
<b>Robert Halford</b>	Nether Tillyrie Cottage, Nether Tillyrie, Milnathort
<b>Dorothy Thomson</b>	Tillyrie House, Milnathort

# Diary

*A more extensive and regularly updated  
Diary of Events can be found on [www.kinross.cc](http://www.kinross.cc)*

<b>October</b>			<b>Page</b>
Sat	30	Potager Garden Work Day (tel 840809 for details)	
Sat	30	Milnathort Filmhouse presents: Beetlejuice	83
Sat	30	Turn clocks back one hour (BST ends on Sun 31st at 2am BST)	2
Sun	31	Milnathort Filmhouse presents: Casper	83
Sun	31	Annual Concert of Cleish and Fossoway Churches and friends	83
<b>November</b>			<b>Page</b>
Mon	1	Cleish & Blairadam CC meets	
Mon	1	Alpha Invitation Supper	83
Mon	1	Public display and consultation - MOTO plans	11
Tue	2	Lodge St Serf meets regularly	84
Tue	2	KHS Parent Council meets	47
Wed	3	Mobile library visits Kinross-shire fortnightly	91
Wed	3	Kinross CC meets	25
Thu	4	Kinross-shire Fifty Plus Club meets	47
Thu	4	Milnathort Golf Club senior section AGM	62
Thu	4	Thursday Group meets	84
Fri-Sun	5-7	Star Wars film weekend	33, 88
Sat	6	Charity Coffee Morning at Cambo Hall	83
Sat	6	Kinross Golf Club Prizegiving and Dinner Dance	59
Sat	6	<b>Development Plan MIR Consultation &amp; Exhibition</b>	3
Sat	6	Petals and Potions at Vane Farm (book)	87
Sat	6	Crafts 4U Christmas Craft Fair, Green Hotel	
Mon	8	Kinross & District Inner Wheel meets	48
Tue	9	Training session for carers at the Health Centre	4
Tue	9	Citizens Advice Bureau visits twice monthly	92
Wed	10	Sports Club Workshop Evening	12
Wed	10	Orwell Bowling Club Bingo Tea	84
Thu	11	Kinross Garden Group meets	44
Thu	11	Milnathort CC meets	29
Thu	11	Loch Leven Community Campus Partnership	84
Fri	12	Christmas Fayre, Portmoak Primary School	88
Fri	12	Concert in Kinross Parish Church (flute, clarinet, piano)	17
Sat	13	Portmoak Film Society presents: The Grapes of Wrath	36
Sun	14	<b>Remembrance Sunday</b>	83
Mon	15	NEWSLETTER DEADLINE	1
Mon	15	Historical Society: The Fife Coastal Path 2	87
Mon	15	Kinross & District Pipe Band AGM	39
Tue	16	Blythswood Care collection	95
Wed	17	Fun Christmas Night at the Shop at the Green	69
Sat	20	Digital Photography for Beginners at Vane Farm (book)	87
Sat, Sun	20, 21	Optics weekend at Vane Farm	87
Sat	20	Solo piping and drumming competition	39
Sat	20	Christmas, Craft and Coffee at Church Centre	84
Sun	21	Intermediate Digital Photography at Vane Farm (book)	87
Tue	23	<b>LIGHT UP KINROSS Christmas Light Switch On</b>	84
Tue	23	Town Twinning Association AGM	34
Wed	24	Psychic Evening	88
Wed	24	Christmas Shopping Night at Swansacre Playgroup	36
Wed	24	Kolevets Quartet, Russian Orthodox Singers	17
Thu	25	Kinross Floral Art Club coffee evening and demonstration	88
Fri	26	Children's Recycled Bike Sale	13
Sat	27	Scottish Liberal Democrats St Andrews Dinner	88
Sat	27	Fossoway Parish Church Christmas Bazaar	81
Sat	27	Milnathort Golf Club prizegiving	62
Tue	30	Milnathort Golf Club AGM	62
Tue	30	Dyslexia drop-in session	92