



Kinross Newsletters



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DEADLINE for the April Issue

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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:

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Front Cover: Milnathort by Dugald McIntyre, kinross.cc photo library

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- Your remittance – cheques payable to “Kinross Newsletter”.

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Letters

Editorial

Campus comments

Now that the community campus has been up and running for a few months, Kinross CC would like to hear from any members of the public who have used the facilities. In particular the CC is interested in people's experiences of the booking procedures. Please see pages 25 or 82 for further details.

CC Election

It is the duty of community councils to ascertain the views of the community and feed these back to the relevant authorities. If you think you might like to become involved in the work of the Community Council, why not stand for election? There is not much time left to think about it though – nominations have to be in by 10 March. You can find a nomination form on page 18.

Price of Newsletter

Next month (the April issue) the price of the Newsletter will rise to 90 pence.

Letters Policy

We reserve the right not to publish any letter. Letters will not be published unless the sender's name and address are supplied and they are prepared to have them published along with their letter. Please note that the Newsletter does not necessarily agree with any of the views expressed on these pages.

Abbreviations Used

P&KC = Perth & Kinross Council

CC = Community Council

Cllr = Councillor

CCllr = Community Councillor

Inconsiderate Parking

8 Feb 2010

As a resident of Montgomery Way I am disgusted by the lack of consideration for the residents of Montgomery Street/Montgomery Way!

Day after day and night after night, vehicles are parked on the **hatched area outside the Indian restaurant**, which means any driver coming along Montgomery Street cannot see to come out on to the High Street – and this is a bad accident waiting to happen. Likewise any motorist wishing to turn into Montgomery Street has to come round on the wrong side – another accident waiting to happen. Are these motorists not aware what a hatched area means! If not, it's time they found out and it's time the police were booking them for the offence.

It would also appear that some drivers think it's OK to park on the pavement on the opposite side of Montgomery Street to visit either the chip shop or the Indian restaurant!

There is a car park about 20 yards along Montgomery Street which is surely not too far to walk and another just opposite the Indian restaurant at the back.

Show some consideration before someone gets badly injured or killed.

Sheila M Rennie
17 Montgomery Way, Kinross

"A Smile Costs Nothing"

25 Jan 2010

I was saddened to read last month's letter in relation to Milnathort being one of the most unfriendly places the author has known. I fully appreciate when someone lives alone, widowed and health not at its best, life is indeed difficult and I'm sure lonely at times too. Milnathort, however, is a wonderful village where the majority of people are willing to help one another, particularly in times of need. I would like to suggest that maybe the lady or others who are perhaps at this time feeling the same way, should pop into Common Grounds for a cuppa; there is always a smile, listening ear and a blether if you have time. Equally, The Newsletter alone advertises many clubs and groups, not to mention the support of local churches, one sure way of meeting people and I bet one phone call would secure a lift.

Yes, God has indeed given us beautiful scenery and we should all follow the motto of Clackmannanshire, 'Look about ye', and maybe, just maybe, knock on your neighbour's door and invite them in for a cuppa too – it'll be easier than you think.

Good Luck and Keep Smiling!

Margaret Caldwell
Balfour Crescent, Milnathort

Zebra crossing, Springfield Road

1 Feb 2010

I would like to express my concerns over the safety of users of the Zebra crossing, Springfield Road, Kinross, in particular children.

Living within eye-shot of the crossing, I often watch my ten-year-old daughter cross to go to a friend's house and on too many occasions I witness cars failing to stop as my child is standing, waiting to cross.

Due to an incident at 16:27 on 1st February, I have been prompted to write this letter in the interests of safety and to raise awareness of the situation.

As I was waiting on my daughter to return from a friend's house, keeping an eye out at the crossing, three cars failed to stop as my daughter was waiting at the pavement edge with intentions to cross. Had she put her trust in the crossing and stepped out regardless, it may have been a different story.

I would like to add that the cars involved in this particular incident were not so-called boy racers, but more along the lines of executive saloons, family people carriers and estate cars.

I would be much appreciative if you would be able to publish the above statement on what is a worrying situation in the hope that the offenders or other road users may read this.

Patrick Byrne
7 Leven Place, Kinross, KY13 8BE

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 or phone Glenn Neve on 01592 860808 or email

subscriptions@kinrossnewsletter.org

Dog Fouling

26 Jan 2010

Further to correspondence, I feel that I must contact The Newsletter on a subject that raises its ugly head time and time again in this column, and that is the subject of dog fouling, a subject people must be tired of hearing about, however must be addressed. Over the period of inclement weather I have noticed a large increase of this public menace occurring around the village, on the pavements down towards the Community Campus and beyond and quite frankly I am disgusted by this. It is not as if it is just in one place either, at an isolated spot, where it may be one selfish culprit, but it seems to be all over the place.

In particular the footpath leading from Bowling Green Avenue into Wester Loan has been very bad and along Stirling Road, right out towards the school has just been horrendous. I have spoken to friends and other villagers who have had exactly the same problem. Previous letters from dog owners to The Newsletter have stated that it is the minority of owners who do not lift up after their pets, but recently this simply cannot be the case. If so, then there has been one heck of an ill pet roaming around the village!

It is very difficult to catch these people in order to report the offence as the majority of the time it seems to be done in darkness. I have spoken many times to Cllr Willie Robertson and more recently to CCllr Giacopazzi about this situation. Both have been extremely co-operative in helping to eradicate this public menace and have on several occasions called in the Dog Warden to come and clean our streets up, but by then of course the mess has already been created.

I hope that this situation does not continue as it is making the village look decidedly dirty and unpleasant. Not to mention the fact that it is very much a health hazard to everyone. We are not even near to winter's end and could yet see more snow and ice. Do we want to go through another period of finding dog mess everywhere? And then come spring/summer when dog owners have been used to allowing their pet to foul on the street and are now too complacent to start doing what is right.

Please, members of the public, if you see anyone allowing their dog to foul and then walking away, report it and allow these filth offenders to take the consequences.

Ruth Cunningham
Bowling Green Avenue, Milnathort

Looking for My Mother

15 Feb 2010

My name is Ryan Ali Al Ajmi. I'm looking for my mother. She left me when I was three years old and now I'm 30 years old. I have tried several times to find her through web sites with no hope. Please note her full name: Elizabeth Anderson, last known living in Kirkcaldy, Scotland.
Thank you.

Ali Hussain Al Ajmi
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Balado's Flying Birds

4 Feb 2010

Although Norma Crawford has a very valid point that seeing the countryside from above ground level is a fantastic experience, it does not make the experience for those left on the ground as enjoyable.

The micro-lights from Balado seem to have our house directly below one of their favoured flight lines. We have an equestrian establishment, with an outside arena, and the noise that the micro-lights make, which is very akin to a lawn mower or a power saw, makes it virtually impossible to continue with instruction when they are in the vicinity.

I was one of the objectors, not to prevent development of the facility, which will almost certainly bring revenue to the owner if not necessarily to the rest of Kinross, but over concerns as to the extra numbers of micro-lights that will be taking to the skies resulting in an increase in noise pollution.

I wave to everyone be they in cars, amazing how few wave back, or in the sky. Unfortunately I cannot see if the pilots wave back and they possibly think that I am shaking my fist at them; I probably am if that is the umpteenth time they have buzzzzzzzzzzed overhead.

Patrick Milne Home
Craigow, Milnathort, Kinross-shire, KY13 0RP

"No issues of concern over Gordon Banks' expenses"

13 Feb 2010

It is excellent news for our MP that, unlike three of his Labour colleagues who are under Police investigation and face possible prison sentences, his expense claims have given no cause for concern. He has acted within the rules.

In 2007-08, our MP claimed £23,083 Additional Cost Allowance. The maximum permissible is £24,000, so his claim was within the rules. I did, however, note with interest that not all MPs claimed a sum close to the maximum. Michael Meacher MP claimed £8,944, while Vince Cable MP claimed £0.

After his election in 2005, Gordon Banks claimed over £10,000 for legal fees and stamp duty incurred in buying a London property. This was within the rules.

Yet it rankles to think that the taxpayer has to pick up the tab for our politicians buying and selling property, generally for a fat profit. The departing MP Geoff Hoon has reportedly built up property assets of £1.7 million by buying and selling property. It seems he has paid not a penny piece in Capital Gains Tax while, doubtlessly, charging the Stamp Duty and legal fees to the Taxpayer: all within the rules.

Do you know what your MP earned in the year in question? £64,766, over and above his expenses, a sum described by many MPs as 'inadequate'.

I shall bear all this in mind when I cast my vote in the coming months.

Joe Giacopazzi, Taxpayer
New Road, Milnathort

Road safety north of community campus

In the December 2009 issue of the Newsletter, we printed a letter from Sheila Herron of Milnathort, in which she expressed her concerns regarding road safety for schoolchildren walking to the community campus from Milnathort ('Campus road safety failure'). Sheila has provided an update on progress, which you can read in News and Articles, p. 15.



News & Articles

Walking for the rainforest

Pupils from Kinross Primary School braved the elements in fancy dress on Tuesday 2 February to raise funds for a rainforest campaign.

On a cold, snowy day the P7A class walked five kilometres from the school, down to Loch Leven, along the Heritage Trail to Burleigh Sands then back to school via Sunny Park and the Muirs.

The walk was sponsored, and Sky, working in conjunction with the World Wide Fund for Nature (WWF), has promised to match any money raised by the school. The money will be used by WWF in their efforts to prevent deforestation.

The class is also busy creating a play about the rainforest, the 'Lost Tribe', which will be performed to parents who will also be able to see a fashion show of the outfits worn on the walk.



Pupils from Kinross Primary School on their fancy dress sponsored walk to raise funds for the rainforest

Planning meetings for Fossoway

Cllr Mike Barnacle has written to all residents in Fossoway, encouraging them to attend public meetings to make their views known on future development for Fossoway. The meetings will take place in March.

P&KC has received significant proposals for development in Fossoway from builders. The Council's Planning Service will have to appraise these for the Main Issues Report for the new single Development Plan. (This Plan covers the whole of Perth & Kinross and will replace the old Local Plans.) When taken together, the development proposals for Fossoway add up to six residential sites at Blairingone, four at Carnbo, 13 at Crook of Devon/Drum and five at Powmill. At the public meetings Cllr Barnacle will report on the findings of questionnaires which he has previously circulated to the community and update residents on recent house completions and populations changes. He would also like to outline the proposals put forward by the development sector and let residents know about the timescales for comment on the new single Development Plan and TAYPlan, a strategic plan drawn up by Perth & Kinross, Dundee, Angus and Fife Councils.

The Public Meetings are as follows (all in **March**):

- Thu 4th** To discuss Long-term Development Strategy for **CROOK OF DEVON AND DRUM**. Fossoway Primary School at 7.30pm.
- Thu 11th** To discuss Long-term Development Strategy for **POWMILL** and **RUMBLING BRIDGE**. Moubray Hall, Powmill at 7.30pm.
- Wed 24th** To discuss Long-term Development Strategy for **BLAIRINGONE**. Blairingone School at 7.30pm
- Mon 29th** To discuss Long-term Development Strategy for **CARNBO**. Carnbo Hall at 7.30pm.

Maintenance work on Heritage Trail

Maintenance works on the Loch Leven Heritage Trail began on Monday 15 February, requiring temporary path closures during the five weeks of the works.

The following sections of path will be repaired and resurfaced:

- Kinross Pier to Kirkgate Park
- Kirkgate Park to Mary's Gate
- Mary's Gate to Burleigh Sands Car Park
- Carsehall and Blackwoods from Loch Leven's Larder and Grahamstone Farm
- Levenmouth Woods from Grahamstone Farm and Findatie Car Park
- Findatie Car Park to RSPB Vane Farm Visitor Centre

In the interests of public safety, these sections will be closed during the works. Alternative routes will be signposted and the Trail will be open as normal at weekends.

Updated information will be available from Monday 15 February by calling 01738 475393 or by visiting the P&KC website at www.pkc.gov.uk/countryside

Local Councillor and Chairman of TRACKS, Cllr Willie Robertson said: "The Trail attracts an estimated 150,000 visitors each year, and to ensure the continued popularity of the path, the Council aims to maintain it to a high standard through regular maintenance. These works have been timed so the repairs and resurfacing are done at a quiet time of the year."

Any inconvenience caused as a result of the closures is regretted.



Cold weather payment progress

Many residents in the Ochil and South Perthshire constituency who are entitled to cold weather payments have been treated more fairly this winter after the introduction of an additional monitoring station.

In winter 2008-09, Gordon Banks, MP for the area, put pressure on the Dept of Work & Pensions, pointing out the unfairness of hilly, rural parts of his constituency having to rely on the weather station at Leuchars in Fife registering a sustained period of freezing temperatures before cold weather payments were triggered.

In October 2009 the Dept of Work & Pensions agreed to a new monitoring station at Strathallan. Most of the postcode areas affected by the change are in Perthshire and parts of Stirling. The Kinross area continues to be monitored by the Leuchars station.

Cold weather payments are made to people on Pension Credit, Income Support and some other benefits. The first payments triggered by the new station were made in late December 2009.

Mr Banks said: "The introduction of a new station at Strathallan gives more accurate data for those residents now covered by this station, and this means that people can benefit more appropriately from local temperature measurement."

Policy needed on single wind turbines

Cllr Mike Barnacle and Fossoway & District CC have called on Perth & Kinross Council to issue guidance on the building of single and small cluster wind turbines.

Both the Councillor and the CC made their comments in letters of objection to the Council on a planning application for the erection of three 15kw wind turbines at Barnhill, Powmill.

Cllr Barnacle writes: "I have noted a recent spate of single and small cluster wind turbine applications, usually recommended for approval by the planning service despite the fact that I understand we have, as a Council, no current policy to assess same, although I am assured by Nick Brian it is being worked on. I suggest strongly that until such a policy for assessing single/small turbine proposals is in place, we should not as a Council be approving same. These applications appear to be examined in isolation with no account of possible cumulative impact of a number of applications in a community area. I would rather see a cluster development to serve a community in an appropriate location than a proliferation of individual proposals."

The Councillor is also critical of P&KC's decisions to allow housing development at Barnhill and nearby Pitfar and Tethyknowe, saying: "all within a distance of 1.5km there will be three significant groups of new houses served by inadequate narrow rural roads and visually very prominent on hill sites. This is wholly unsustainable and there remains a complete lack of overview of the cumulative effect of planning decisions on the Kinross-shire landward area of Fossoway and a clear determination to sanction creeping settlement development throughout my ward area, contrary to the local plan and representation."

New workers at the Web Project

The Web Project, which offers young people advice and support, has welcomed two new workers to its base in Milnathort.

The project encourages community involvement of young people and provides support around risk behaviours, such as alcohol and drug misuse and sexual health.

The WEB is funded by the NHS, The Gannochy Trust, Lottery Fund and Perth and Kinross Alcohol and Drug Partnership.

The services The WEB provides include pregnancy testing, Chlamydia testing and the C Card scheme.

Workers can meet young people in the local base or somewhere else where they feel safe. The service is completely free and confidential.

On Monday and Friday there are sexual health drop-ins, which run from 3.45pm until 5pm. Young people can pop in and access the WEB services.

On Thursdays there is a more general health drop-in from 7pm until 9pm. These are informal sessions where topics chosen by the young people are discussed. Young people can also get involved in volunteering.

Marielle of the Web Project says: "We are having an **Open Day on Saturday 27 February** between 11am and 2pm at our base on a drop-in basis. Come along for a chat and find out more about our work with young people in the Kinross-shire area. We are undertaking a needs analysis of the area and your opinions would be most welcome. Our friendly workers look forward to meeting you!"

Web Project workers can be contacted by telephone on 01577 861 608 or call into the office at 28 New Road, Milnathort, KY13 9XT.

Sports clubs invited to forum event

Representatives from Kinross-shire's sports clubs have been invited to a special Club Forum event on **Wednesday 3 March** from 7pm to 9pm at Loch Leven Community Campus, organised by the Kinross-shire Community Sports Partnership (KCSP).

Launched in October 2009, KCSP's aim is to provide 'Community Driven, Professionally Supported' sports development in the area. The partnership has had initial success in helping the KGV Management Committee to get the synthetic pitch rejuvenated, and in enabling the use of the new facilities at the campus. The next step is now to develop links and engage even more with local sports people to develop the potential that exists in Kinross-shire.

The Club Forum will highlight the work that has already taken place within a number of local sports clubs and give people present the opportunity to discuss their own needs with those organisations. Representatives from the Council's Sports Development and Active Schools teams, Perth & Kinross Leisure, Perth and Kinross Sports Council and national body sportsScotland will also be present to offer advice to anyone planning their own club's development.

Letters of invitation have already been sent to sports clubs in Kinross-shire, however the forum is an open event and anyone wishing to attend will be made very welcome.

For more information please contact the Council's Sports Development Manager on 01738 477846 or email ABClark@pkc.gov.uk



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

Milnathort Folk Festival 2010

This year's Milnathort Folk festival will take place on **12,13 and 14 March**. Special guest at the 2010 crackin' ceilidh weekend is **Steve Tilston** - an outstanding guitarist and singer/songwriter. As always, the ever popular duo 'Gaberlunzie' will be doing the Saturday night concert to the delight of their many fans. Also appearing this year are **Tich Frier, Iain Anderson, Colin Ramage, Cairdeas, John Watt, Wildfire, Neil Paterson** and the **Lomond Ceilidh Band**.

The Youth Concert on Sunday afternoon is back by popular demand and will, again, be an opportunity for youngsters to perform in front of an appreciative audience. Please call Neil (01828 686073) if you would like to take part.

Tickets for all concerts and ceilidh available from **Milnathort Post office** and **Stewart and Smart's Garage**.



The Lomond Ceilidh Band - just one of the attractions at the 2010 crackin' ceilidh weekend

Programme of events

Friday 12 March

Ceilidh In the *Town Hall* (8pm)

Dance to the music of the world renowned **Lomond Ceilidh Band** with contributions from the festival artistes.

Saturday 13 March

Sessions in the local hosteleries (2pm - 5pm)

Concert in the *Thistle Hotel* featuring **Gaberlunzie** (and festival artistes) (8pm)

Concert in the *Bowling Club* with **Tich Frier** (and festival artistes) (8pm)

Sunday 14 March

Sessions in the local hosteleries (2pm - 5pm)

Childrens Concert in the *Bowling Club* (1pm-3pm)

Guitar Workshop in the *Bowling Club* with **Steve Tilston** (3.30pm)

Concert in the *Thistle Hotel* featuring **Steve Tilston** and **Cairdeas** (7.30pm)

Further information can be found at www.milnathort.info

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Second walks guide published

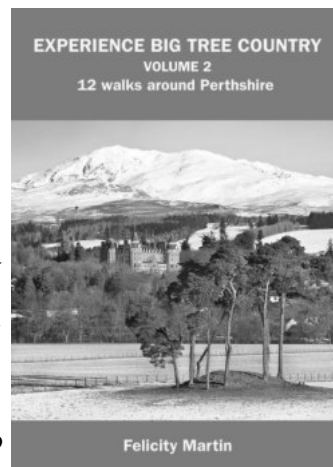
Perthshire based Catkin Press has published the second volume of *Experience Big Tree Country – 12 walks around Perthshire* by Felicity Martin. This colourful title complements the first volume with a further selection of carefully researched walks in Perth & Kinross.

The guide includes walks from Perth, Portmouk, Aberfeldy, Auchterarder, Blair Atholl, Blairgowrie, Bridge of Earn, Comrie, Crieff, Dunkeld, Kenmore and Pitlochry.

The cover of volume 2 shows a view over Pitlochry to a snowy Ben Vrackie, which is the most demanding walk in the book. The easiest walk is a 2-mile route through Quarrymill Woodland Park in Perth to the memorial to the great plant hunter David Douglas in Scone.

Outdoor writer and photographer Felicity Martin provides clear descriptions of the walks, each of which is presented on a double page spread with numbered route points and a map. Additional information and photographs highlight the special aspects of Perthshire's natural heritage that make it 'Big Tree Country'.

Both volumes of *Experience Big Tree Country – 12 walks around Perthshire* cost £3.95 and are available at bookshops and visitor centres throughout Perthshire, and other outlets frequented by walkers such as outdoor shops, garden centres and farm shops. More information is available at www.catkinpress.com.



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Clare and Sue trek Peru

Two Kinross-shire women are taking up a very special challenge this year, to raise money for the charity Breast Cancer Care.

Clare Abbott and Sue Smith of Scotlandwell will undertake a sponsored trek in Peru in September. Trek Peru 2010 involves trekking for five days for up to eight hours a day in the mountains and valleys of the Lares region, reaching a height of 5682 metres. Clare and Sue have committed to raise £7,000 in sponsorship, and have paid £500 towards the cost of the trip. The women said: "Breast cancer has come into our lives through both family and close friends. Doing this may go some way to helping those who need it now and in the future."



Sue Smith (left) and Clare Abbott in training at the top of Bishop Hill

Clare and Sue, both nurses in their forties, are currently following a comprehensive training plan to improve their fitness levels.

Of the charity they are raising the funds for, Sue said: "Breast Cancer Care is here for anyone affected by breast cancer. They bring people together, provide information and support, and campaign for improved standards of care."

If you would like to make a donation to the women's fundraising efforts, please go to:

www.justgiving.co.uk/clareandsuetrekperu

Or you can help by taking part in a **Quiz Night** in Portmoak Hall on **Saturday 27 March** (see Notices p.86 for details). Clare and Sue are also collecting old clothes, bedlinen, curtains etc for recycling to raise funds. For further details telephone 01592 840318.

If you would like to find out more about Breast Cancer Care, visit the website www.breastcancercare.org.uk or call their free helpline 0808 800 6000.

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Library events

Family History Day

A Family History Day will take place in Loch Leven Community Library on **Saturday 13 March** from 10am until 3pm. Demonstrations will be given in the use of the Ancestry and Scotland's People data bases. Local Studies staff from the AK Bell Library in Perth and the Registrars will be in attendance and talks will be given by Steve Connelly, the AK Bell archivist, David Munro, lecturer, author and local historian, and Derek Flory, local author of *Torn Apart*. Entry is free. Further details can be obtained by calling in to the library or phoning 01577 867205.

Talk by local author

Local crime author Gillian Galbraith will give a talk and answer questions about her novels at the Loch Leven Community Campus on **Thursday 25 March**.

Gillian has written several successful novels featuring Edinburgh detective, Alice Rice.

Gillian grew up near Haddington and attended the Universities of Edinburgh and Dundee. For 17 years, she was an advocate specialising in medical negligence and agricultural law cases. She contributed to and wrote law reports for The Times, and was a legal correspondent for the Scottish Farmer. Before qualifying in law she worked as an agony aunt in magazines for teenagers.

After her first novel *Blood in the Water* was published in 2007, she decided to abandon her legal practice and concentrate on writing. Gillian has since written three more novels featuring Alice Rice: *Where the Shadow Falls*, *Dying of the Light*, and *No Sorrow to Die* which will be published in 2010.

Gillian lives in the country near Kinross with her husband and daughter, plus assorted cats, dogs, hens and bees.

Tickets for the event, which will take place between 7.30pm–9pm, are priced £5 and are available from Loch Leven Community Library on 01577 867205 or AK Bell Library, Perth on 01738 477019.

Kinross Books on Wheels service

Would you like books/multimedia delivered to your home?

Do you have difficulty getting to the Community Library in Kinross? If so, why not register with our **Books on Wheels** service? Books and/or multimedia are delivered by two WRVS volunteers once a month. You may request specific titles, or you can let us know the type of book/ multimedia you like, perhaps your favourite author or artist, and we will choose some appropriate titles for you. You can also choose CDs, DVDs and talking books. This service is completely free – there is no loan charge (even for DVDs) and no delivery charge.

One of our regular Books on Wheels users describes it as 'a Godsend'.

To register, or to find out more about the service please contact us by phone on 01577 867205 or by email at kinrosslibrary@pkc.gov.uk

We'll be happy to answer any questions you may have.

Loch Leven Community Library Staff

Newsletter Deadlines

A list of future deadlines can be found on our website

www.kinrossnewsletter.org

5,000 extra campers at T in the Park

The organisers of T in the Park have been granted permission to have 5,000 extra campers at the festival campsite this year. Permission was granted at a Special Meeting of the P&KC Licensing Committee on 5 February.

The organisers say that this is a further measure to spread the arrival of festival-goers and would build on the success of strategies taken over the last two years to avoid the traffic congestion of 2007.

The overall capacity of the arena on the Saturday and Sunday remains the same as last year, but there will be 25% fewer daytime arrivals on the Saturday and Sunday as more of the attendees will already be on site as campers.

The figures are as follows:

Maximum capacity of campsite

	July 2010	July 2009
Thursday	25,000	20,000
Friday	70,000	65,000
Saturday	70,000	65,000
Sunday	70,000	65,000

Maximum capacity of arena (excluding staff, bands etc)

	July 2010	July 2009
Friday	75,000	70,000
Saturday	85,000	85,000
Sunday	85,000	85,000

The campsite will be open from 2pm on Thursday 8 July to 4pm on Monday 12 July 2010.

The Licensing Committee also renewed DF Concerts' public entertainment licence for Balado for three years, allowing the festival to take place on similar dates in 2011 and 2012.

Further details of the licence conditions for this year will be decided at another Special Meeting of the Licensing Committee, following recommendations by a multi-agency working group.

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Kinross-shire Visitor Information Points

Loch Leven Fishing Pier; Robertson's of Milnathort;

Kinnesswood Village Store;

Fossway Stores, Crook of Devon

Local B&B supports Cittaslow

Local B&B owners Ann Barlow and Trevor Wootton were recently invited to become part of the growing band of Cittaslow Supporters in the Perth and Kinross area, in recognition of their support for the six principles of 'Cittaslow', which are:

- Encouraging diversity rather than standardisation
- Supporting and encouraging local culture and traditions
- Working for a more sustainable environment
- Supporting and encouraging local produce and local products
- Encouraging healthy living especially through children and young people
- Working with the local community to build these values

Perth was the first city in Scotland to become a Cittaslow city and Perth and Kinross is the first region in the UK to be recognised as an official Cittaslow Supporter.

Cittaslow grew out of the Slow Food Movement which started in Italy. Slow Food is a non-profit, member-supported organisation. Today there are over 100,000 members in 132 countries. It was founded in 1989 to counteract the trend for fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how food choices affect the rest of the world.



Ann Barlow and Trevor Wootton of Burnbank B&B receiving their Cittaslow certificate from Cllr Jack Coburn (centre)

At Burnbank, Ann and Trevor try to use locally sourced, free range and organic products as often as possible, and last year they achieved the Green Business Silver standard for sustainable tourism. Ann says, 'We believe that by using the finest of local ingredients we give our guests the best experience of Scotland's wonderful larder which will encourage them to return, not just to Burnbank, but potentially other parts of the country where similar values are shared.'

Trevor, formerly a Head Chef, shares Ann's views. "It's all too easy to opt for convenience food without understanding any of its provenance, and without getting any real enjoyment from the meal. Here at Burnbank we take pleasure in devising interesting menus using foods from local suppliers, and then providing tasty, home cooked meals to our guests."

Burnbank B&B is situated on the outskirts of Kinross and with its 4 star Scottish Tourist Board rating, strives to give its guests a warm welcome coupled with the highest of standards. More details on the locally sourced menu and the green values can be found at www.burnbank-kinross.co.uk. Further information about Cittaslow can be found on their website: www.perthcittaslow.org.uk

Community Campus North Access safety issues

by Sheila Herron

There was a Travel Group Steering Committee Meeting on 27 January 2010 held in Loch Leven Community Campus. I outlined our basic issues: pupils on a narrow pavement and having to cross, unassisted, in a 40mph.

The following is not the official minutes; it is my understanding of what was presented to the meeting from various people.

Daryl McKeown from the Roads Department said (with a lot of explanations going on in between, I hasten to add):

In the short term:

- He was due to meet with contractors the following day (28 January) to put up barriers between all exits and roadways (Cllr Willie Robertson had put forward a case to P&KC Roads a while ago). This was carried out in early February.
- Erecting "School" warning signs on both approaches to the North Access – more to make road traffic aware of entrance/exit. This was also carried out early February, though I have queried the fact that the northern sign is in tree cover and will be obscured by leaves during spring/summer months and have requested that this is looked at.
- Dropping the kerb at the North Access to allow cyclists ease of access.
- The current hatching in the middle of the road will be burnt off and the hatching will move next to the east side pavement. (Either as hatching or as a cycle pathway – at least road traffic will be moved further away from the pavement, whilst still reminding pedestrian traffic that something may come down that bit!)
- There will be a new "Milnathort" sign and a new "Kinross" sign as a way of reminding drivers that they are in a 30mph zone – see long term below. (The reason the 40mph was introduced was to make a definition between the two villages and was then able to be used as a reminder of the 30mph limit. The old signs are not reflective and do not have any "Please drive carefully" messages – the new ones will be and will have).



Loch Leven Community Campus: issues remain with pedestrian access from the north (Milnathort) side

In the long term:

- He will be proposing to Council to reduce the speed limit to 30mph – this has to go through a legislative process. Given the nature of where and why, he's hoping to be able to hasten the process a bit. It may still take anything up to about five months (normally the Council do follow Roads Dept recommendations – not always, but most times).
- Continual monitoring of the campus area, which means surveys once a term, taken on different days, different times and different sites – more if situations change, which would then allow community/school/police requests for more surveys.
- Proposal to widen the footway – at least in the immediate area of the North entranceway – but just as importantly all the way back through on the East side of South Street through Milnathort.
- A crossing of some kind *may* be introduced in the future (whether this be a School Crossing Patroller or something else will be decided at some later date) at the Fairways/Bridgefield Road area. This then captures primary school pupils going one way and high school going the other.

I did say that all of these would provide at least some interim increase in safety for our pupils and community. However, until all these were in place (and given the fact that, obviously, safety is our first concern and it has been established that issues need to be addressed), then the North Access should be closed. Police and others disagreed – they think education of the pupils, in terms of self-safety, is the way forward. I did say I had reservations about this; however, I did take on board the continuous long-term usage of the North Access and pupil awareness.

Daryl McKeown also went on to say that as members of the LARSOA (now Road Safety GB), the road traffic was not quite enough to request a School Crossing Patroller (SCP) at the site. There needs to be 240 cars (per hour? per day?), and though we are quite near this, resources would not justify a SCP here just yet. Part of the survey did include the gaps between traffic; this, coupled with the road width, is an indication of whether people have enough time to cross in between cars. There was a huge variety of gap sizes, however enough bigger gaps to cross safely.

A SCP is used at the Gallowhill Road Puffin crossing due to the volume of pupils: there are times when the pupil pedestrian traffic overwhelms the green man sign and the SCP is effective at those times to stop the build up of pupils on one side of the road, eventually overspilling.

Mr McKeown reiterated that pupils seem to be extremely good with their road sense; this was also supported by the police.

All in all, I did feel it was quite positive and moving in the right direction and I'm sure that some of these issues would eventually have been looked at as a matter of course. Whether parent and community intervention have hastened this outcome, who knows! Such a shame, though, that someone didn't do their job properly in the first place to have looked at the bigger pedestrian access picture as the campus was being designed.

There were some other issues also covered at the meeting, such as moving the 20mph signage as it was felt that there are too many things happening in the same place (crossing, bus stop and signs) and there were some internal traffic issues that were going to be addressed outside of the meeting. The next meeting will be on 22 March. I have been invited and hope to be able to advise even more positive news.

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Upgrade your IT skills at Kinross Learning Centre

Kinross Learning Centre is a hive of activity at the moment, with its lively programme of winter leisure classes well underway. Almost 200 local people are attending the centre's largest ever range of taught courses.

But the centre's not just about languages, art and digital photography – we also offer a wide range of computing courses which can be started at any time of the year. And with Individual Learning Account (ILA) funding available to anyone earning less than £22,000 per year, this could be the ideal time to sign up!

If you can already use a PC, why not upgrade your skills on Office 2007? Our range of courses offer you the chance to become familiar with the new versions of Word, Excel, Access and Powerpoint. Whether you're learning from scratch or looking to upgrade your existing skills, there will be a course that is right for you.

If you're a complete beginner, Welcome to Computing will be starting again in April. This course is always very popular, so get your name down now to avoid disappointment.

Those with a little more confidence can choose from:

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A beginners' course with elements of word processing, spreadsheets and databases as well as an introduction to the basics of using a computer system. This course provides you with an SQA certificate at Intermediate 1 level – ideal for your CV!

Information Technology 2

Develop a good working knowledge of word-processing, spreadsheet, database and presentation packages for home or office use. Ideal preparation for the full ECDL! This course provides you with an SQA certificate at Intermediate 2 level.

European Computer Driving Licence - a must for your CV!

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"I needed to update my IT skills to help get back into work after a long period at home, but thought I couldn't afford to. I was amazed to find that being on Income Support I qualified to have some courses paid for. I've now successfully completed several, increasing my confidence to look for work. The Learning Centre is a great facility to have on your doorstep and I don't think I would have achieved so much with out it."

"Kinross Learning Centre provides a unique opportunity for all ages to further their education. One year ago I started with 'Welcome to Computing' and now I'm doing European Computer Driving Licence, which I paid for with an ILA."

"Studying for ECDL at Kinross Learning Centre has been an entirely positive experience. I have been gently cajoled into keeping going if I get a bit behind but without any pressure being put on me. And it's so flexible! I have a busy life with work and children, but I can study at home too and come into centre when I need to for assessments."

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A gap year in Guyana

Michael Hall, a final year student at Kinross High School, has been selected by Project Trust to work in Guyana teaching maths and science to under-privileged children. This will be a gap year for Michael before going on to university to study mechanical engineering.

Project Trust (registered charity no SC025668) specialises in sending students to a variety of projects in over 20 underdeveloped countries worldwide.

After a rigorous selection process at the Project Trust headquarters on the Isle of Coll, Michael was selected to go to a rainforest village in Guyana. As well as teaching maths and science, he will introduce extra-curricular skills of his own into the community, such as starting a small football team or helping with social clubs.

Michael said: "I have always had an interest in other cultures and different ways of life and feel this experience will benefit me in later life, both personally and in understanding the needs of others."

The first part of Michael's Guyana experience is to raise £4850 towards costs, which The Project Trust will use for his transport, insurance, training, food and accommodation. Once there, he will receive a small allowance for personal needs.

Michael said: "I am personally responsible for the fundraising process and have already begun with a prize raffle at a recent school social occasion. I also have plans for future events to help me reach my target, such as a charity gig, a raffle, a sponsored teach for an entire day, bag-packing at Sainsbury's, and writing to other charitable trusts for donations."

Michael is currently studying advanced higher maths and graphic communication, as well as higher in psychology and religious, moral & philosophical studies. He also works part-time at Sainsbury's supermarket.

Michael would be grateful for any donation to his gap year project funds and would be happy to give a talk to explain his plans further.

You can donate and/or find out more at:

www.justgiving.com/michaelhall23

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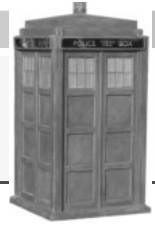
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Constable Ishbel Wallace – Kinross.

Constable Brian Easton - Milnathort, Kinnesswood and Scotlandwell.

Constable Euan Mitchell - Cleish & Blairadam, Crook of Devon, Powmill, Blairingone, Cambo and Glenfarg areas.

Nothing in Council budget for A977

Cllr Mike Barnacle has criticised Perth & Kinross Council for failing to make any provision in its recent budget for mitigation measures on the A977.

Following the completion of the second Kincardine Bridge, there is increased traffic volume, including more heavy goods vehicles, on the A977 and traffic-calming measures are required at villages along the road to improve the safety of residents.

In a memo to all Councillors, Cllr Barnacle reminds his colleagues that at the time of the Kincardine Bridge Public Inquiry in 2004, P&KC identified a package of measures for the A977 costing in excess of £1m. With Cllr Barnacle having secured a sum of £250,000 for mitigation measures from the former Transport Minister, a P&KC Committee Report in October 2006 instructed council officers to pursue the funding shortfall, but 'nothing has happened.'

The Scottish Government will not provide any further funding for mitigation measures: the parliament's petitions committee dismissed the matter as "a council responsibility", despite a strong community petition from west Kinross-shire.

A public meeting is due to take place in Fossoway on 22 February to discuss a reduced list of priorities for the road, but the estimated cost of even these smaller measures is expected to be £313,000. Cllr Barnacle said: "... there is no indication that the shortfall of £63,000 can be met from council budgets. As far as the Council is concerned, it would appear that the A977 is 'a forgotten road' when it comes to funding."

In his memo, Cllr Barnacle also observes "that the involvement of local members in preparing and setting our Council budgets has been reduced considerably since I was elected in 1999. It appears to me that the budget is set by the Corporate Management Team of the Council and the Administration Leaders, with very little recourse to local members' views, who are simply requested to rubber-stamp the reports."

Kinross Community Council - Notice of Election

1. Notice is hereby given that the Election of membership to Kinross Community Council, consisting of ELEVEN members, falls to take place on **THURSDAY 22 APRIL 2010**.
2. Nomination forms, duly completed and signed in accordance with the provisions of the Scheme for the Establishment of Community Councils, must be lodged with Margaret Scott, 21 Ross Street, Kinross, KY13 8EF, on any day after the publication of this Notice but no later than **WEDNESDAY 10 MARCH 2010**.
3. A Form of Nomination is printed below. Spare forms of nomination may be obtained from Margaret Scott, 21 Ross Street, Kinross, KY13 8EF (Telephone: 01577 862945) or downloaded from the www.kinross.cc website.

KINROSS COMMUNITY COUNCIL

FORM OF NOMINATION

The undemoted candidate is hereby proposed and seconded for the election to Kinross Community Council.
Signature by the candidate is confirmation that the candidate accepts the nomination.

	FULL NAME (BLOCK CAPS)	ADDRESS (BLOCK CAPS)	SIGNATURE
CANDIDATE			
PROPOSER			
SECONDER			

NOTES:

- Candidates** for election must appear or be eligible to appear on the Electoral Register for the **Kinross Community Council** area. A Candidate's **Proposer** and **Secunder** must appear on the Electoral Roll for the same area. For precise provisions applicable, reference should be made to the Scheme for the Establishment of Community Councils.
- Candidates are also invited to submit a **Personal Statement** with the nomination form. In the event that there are more than eleven valid nominations, a candidate's personal statement will be published along with his or her name and address in the April Newsletter. Personal statements should be limited to 80 words (in addition to name and address). Any statements received which are longer than 80 words may be truncated. Any candidate who does not submit a Personal Statement will simply have their name and address printed.
- Please ensure that Names and Addresses of the Candidate, Proposer and Secunder are shown clearly.

COMPLETED FORMS, and Personal Statements if being submitted, should be lodged with Margaret Scott, 21 Ross Street, Kinross, KY13 8EF **no later than WEDNESDAY 10 MARCH 2010**.

Copies of the Scheme and further information may be obtained on application to the Community Council Liaison Officer, Perth and Kinross Council, 2 High Street, Perth. (Telephone: 01738 475000)

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 February Meeting

D Cuthbert (Chair) welcomed CCllrs D Colliar, D Mackay, M Blyth, M Scott (Secy), J Richardson, L MacKay and B Davies to the meeting held on 3 February. Also in attendance were: PC Ishbel Wallace, P&K Cllrs K Baird and S Miller and seven members of the public. Apologies from absence were received from CCllrs C Watson, I Jack and S Bathgate and from P&K Cllr W Robertson.

Police Report: PC Wallace stated that there was little to report this month, apart from telephone and door-to-door scams targeting the elderly and vulnerable. In some cases, thousands of pounds have been lost through money being sent abroad to Jamaica, Canada and America. A national campaign is planned in March with a meeting to be held at the AK Bell Library, Perth, on the 26th, which is open to everyone. If interested in attending, please contact PC Wallace. Again, if you have any suspicions in relation to callers at the door or to telephone calls received, please contact the local police. The Police offer advice on security and safety and welcome any enquiries.

The only other matter to report, in relation to youths, was a snowball being thrown.

Officers will be out locally and extra speed checks are planned in March that will include the whole of the Muirs and Loch Leven Campus in an effort to improve the safety of the children and other users.



Extra speed checks are planned in March in an effort to improve safety on the Muirs and around Loch Leven Campus.

Finally, PC Wallace advised of a **Charity Dance** organised by the local Emergency Services and to be held on **6 March** at the Windlestrae Hotel with the funds raised being allocated to the local communities. Raffle tickets are to be sold at £1.00 a ticket. Books are available from PC Wallace if interested.

PC Wallace was thanked for attending and presenting this report.

Matters Arising from Previous Minutes

Town Hall Investigation: The sum of £2,000 was allocated from the Newsletter Fund towards the expense of the survey.

World Café: Cllr Baird advised that the paper has not yet been presented to the Committee and that she only received a

copy of the draft herself this evening. She explained that a meeting was held in November at which the draft was available for perusal but the members were not allowed to remove the papers. CCllrs also have this draft paper after requesting it from P&KC through Freedom of Information. The approved paper will highlight some of the points learned from the exercise held in Kinross. The CC would like to be included in any consultation following on the World Café. It was agreed that we invite Maria Walker to the March meeting. Cllr Baird will approach her on our behalf.

CCllr Richardson commented on the reference to the link road in the draft paper and Cllr Baird answered that although this states that the link road will be in place by 2011, the paper has not yet been approved.

The Chairman mentioned that a meeting was planned for this Friday [5 Feb] at the Campus, organised by Tracey Ramsay, Senior Capacity Building Worker. The theme of the meeting is networking and getting to know your community. The Secretary advised that she did receive a few emails in relation to this meeting, however did not connect them to the CC as her e-mail had been grouped with many others and the communication was non specific in relation to the addressee. It was agreed that CCllrs L MacKay and J Richardson would attend this meeting, if possible. The Secretary will contact Tracey Ramsay in this connection.

The Chairman had also circulated a summary on the Community Campus meeting held on 11 December.

Planning

09/01996/CON 3 Brewery Lane: Demolition of Office/Shed.

09/02199/FLL 3 Muirfield Grove: Extension to dwelling house.

10/00043/FLL Careshare Nursery, 30 Station Road: Change of use from children's nursery to residential house.

10/00038/FLL Land to east of Baltree Farm Plot 4: Erection of dwelling house.

There were no objections to any of the above.

10/00059/IPL Former Balado Mushroom Farm: House, garage and farm store (in principle). This application is for the demolition of the old mushroom factory and the erection of a single house with associated buildings. Some concern was raised as to the surface water drainage which will run to the burn at the rear of this site and which may cause flooding at the bottom of the town. It was agreed that we write to the Council expressing our concerns in this matter.

09/01995/IPL 3 Brewery Lane: Erection of four dwelling houses (in principle). These are to be built in the rear garden of 3 Brewery Lane. The CC is concerned as to overdevelopment on such a compacted part of the old town. A new vehicle access was planned on to Brewery Lane, which is narrow and congested as it is. It was noted that objections have been raised by neighbours who add that the building of double storey houses will obstruct the sunlight to their properties. It was agreed that we write to P&KC raising our objections to this application, in that the site is not suitable for a development of this type and also the inadequate access.

Planning Applications Determined by P&KC

09/01936/FULL 44 Gallowhill Road, erection of a

Conservatory: Approved.

09/01329/FLL Millers Bar, Alt/change of use and subdivision of existing public house to form betting office and first floor flat: Refused. CCllr Colliar advised that the only report on the website in relation to this application was from the Education Department who objected grounds that the Primary School is full to capacity and will need to be replaced shortly.

09/01849/ADV Lochleven Health Centre, display of a sign: Approved.

09/01869/FLL Tillyochie Farm, Balado, Alterations and extension to house: Approved.

09/01992/LBC and 09/02005/FLL 8 School Wynd, Alt/extension to dwelling house: Approved.

09/02092/FLL Gellybank Farm, erection of wind turbine and formation of road entrance and driveway: Withdrawn.

Other Planning Matters

09/02060/FLL Wind Cluster. A letter was received from P&KC advising that our letter of objection was received after the deadline date and would not be referred to the Council's Development Control Committee or referred to in the "Report of Handling" for this application. However, our letter will be passed to the case officer, provided that the officer has not already prepared the report on this application. The officer will assess whether our comments raise any new issues not previously considered and whether these issues require further investigation.

A member of the public commented that this application was not handled appropriately by the Council and that they did not follow the correct procedure. As this application affects our town, consultation should have been offered and the plans and reports should have been made available.

It was answered that it is not possible to have the plans for every application available for the meeting and that we rely on our Planning Officer, CCllr Colliar, to advise us of any application that is controversial. After discussion, it was agreed that we leave matters as they stand.

Planning Training: CCllr Richardson reported that a training meeting is planned for 6 March at the Loch Leven Campus. He will email the information to the Secretary and she will book places.

Retirement Flats at Green Hotel: A member of the public questioned the CC policy on this application. She explained that P&KC have requested the builders to amend their plans following some inconsistencies. The CC will write to P&KC intimating an interest in this application and requesting sight of the revised plans before any determination is reached. Cllr Miller will also approach the Council on this matter. It was mentioned that the proposed building would be 12 metres high and three storeys.

Report from Perth & Kinross Councillors

Speed limit: Cllr Baird reported that the 20mph [section] at the campus has been extended.

School project: Cllr Baird reported on her attendance at the Primary School in relation to "Growing Up With Loch Leven". This project is to be launched nationwide.

Winter maintenance: A recent press report from Kinross residents praised the service. Cllr Baird stated that only one school in the County was closed at New Year and that ice was the greatest problem.

Cllr Miller stated that Kinross roads and paths were cleared quicker than Perth's during the bad weather. He also mentioned that if the temperature falls below -10 the salt proves ineffective and creates more problems.

Refuse disruptions: It was proposed to inform the public by Newsletter or other means of changes in collection, especially those people who were worst affected.

Campus: CCllr Colliar enquired if the roads signs could be replaced. These were taken down to allow the erection of a temporary fence. Cllr Baird will approach the Council on this matter.

Correspondence

Masonic Hall: The charge for the use of the hall for our CC meetings is £20.00 and this has been paid up to date.

Premises Licence, Sands Supermarket: This is in relation to the alterations to the shop. No objections were raised on this matter.

Montague Evans: Hoping to attend our March meeting.

Conference: Voluntary Sector Annual Conference, Crieff Hydro Hotel on 5 March.

Convention survey: Reported that 14 out of 28 CCs completed the survey. The information is available now.

Campus: Council notification that the 20mph speed limit at the campus has been extended.

Gritting and snow clearing: Acknowledgement received from the Council to our recent letter.

CC Election: The nomination form has been inserted in the Newsletter with the deadline being 10 March to meet the publication date for the April issue. The election is to be held on 22 April at Millbridge Hall. Cllr Kathleen Baird has offered to be the Returning Officer. It was agreed that the nomination forms would be forwarded unopened to Cllr Baird. As the information will not be available for publication in the Newsletter we will leave it to the Council to publicise the candidates, if required.

Campus booking: A complaint was received from a local resident who had difficulty booking the facilities at the campus to play football. The group was not affiliated to a



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Wendy Turnbull
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Stephen Gray
Mobile: 07894 523 894

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Email: sunnysidechildcare@mail.com www.sunnysidechildcare.co.uk

club, did not have public liability insurance or qualified coaches. They just wanted to book a regular slot to play football for exercise. The criterion required was not recorded on the website and various clubs from outside Kinross have been allocated places. The Chairman reported that KLEO also experienced difficulty in booking the campus and had been negotiating since October. CCllr Richardson further mentioned that recently due to a problem at KGV, a football group visited the campus to play basketball and were refused admission as they did not have written authority from the Council. He also stated that during his own let the gate remains locked despite assurances that it would be open. MITIE refused to unlock this. Cllr Baird stated that she requires written evidence from the complainers to follow this up with the Council.

Microlight Flying: A letter was received from a member of the public and was read out this evening. The member of the public in his communication summarised the points raised at earlier meetings regarding CCllr Jack's allegation that a microlight was flying at "100 feet and did a loop". An example of microlight "Permit to Fly" was attached to the letter.

Other Business

Scottish Motor Auctions: CCllr Colliar mentioned that difficulty was being experienced in renewing their licence for Saturday and Sunday markets. The CC was not consulted. Cllr Baird stated that objections were received in relation to noise levels from vehicles. It was agreed that we write to the Council enquiring as to why the CC is not consulted on matters such as this.

Gordon Place/Springfield Road: CCllr Colliar reported that cars are driving over the pavement at the end of Gordon Place onto Springfield Road, towards Argyll Road. Two trees were sited at this locus, however one died and was removed and not replaced. It was suggested that we write to P&KC requesting either replacement of the tree or the erection of a barrier.



Cars are reportedly being driven over the pavement from Gordon Place onto Springfield Road. Photo taken from Gordon Place looking over Springfield Road towards Argyll Road.

Kirkgate Park: CCllr Blyth raised the issue of whether it would be possible to construct platform steps at the rear of the slide. There has been erosion in this area. It was agreed that we write to P&KC asking them to implement a solution.

Perth 800: The Secretary had written to the Provost, however an address was required for Dr David Munro. The Chairman will pass this on.

T in the Park: The Chairman advised that he attended a meeting recently in relation to T in the Park along with

CCllrs Blyth and Colliar. The numbers expected for the weekend are much the same as last year, however the campsite is to be increased by 5,000 and will be nearer to the A977. In the past complaints have been received regarding the noise levels at certain times. CCllr Colliar again remarked that this was another case where the CC has no consultation in relation to the Licence. Cllr Baird answered that she addressed the Sunday night at the licence meeting.

The next meeting of Kinross CC is to be held at the Masonic Hall on Wednesday 3 March at 7.30pm.

Feedback on Campus

Have you used the campus for sport or group meetings?

Now that the Loch Leven Community Campus has been open for a few months, Kinross CC would like to hear from members of the public who have used the campus.

Were you able to book the facility you wanted at a suitable time? Did you find the booking procedure straight forward? Please let the CC know about your experience, good or bad. All comments and suggestions welcome.

Feedback is requested **as soon as possible**, as the CC would like to discuss this matter at its meeting on **Wednesday 3 March**.

Contact the CC in any of these ways:

Phone: Dave Cuthbert, 01577 861001

Email: KinrossCommunityCouncil@pkc.gov.uk

Writing: c/o M Scott, 21 Ross St, Kinross, KY13 8EF

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.

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Milnathort Community Council

News from the February Meeting

CCllr Giacopazzi, Chairman, welcomed CCllrs Bennet, Porter, Cottingham and Smith to the meeting held on Thursday 11 February. Also in attendance were P&K Cllrs Baird and Robertson, Minute Secretary E Rougvie, PC Ishbel Wallace from Tayside Police and seven members of the public. Apologies were received from CCllrs Thomson and Lamont.

Co-option: CCllr Giacopazzi introduced Bruce Hamilton, and it was agreed that he should be co-opted to MCC.

The minutes of the December meeting were proposed by CCllr Smith and seconded by CCllr Porter.

Correspondence:

- Letter from P&KC advising that the civil engineers Atkins have appointed a company to carry out inspections of manholes and drainage systems in Milnathort for two to three weeks beginning on 15 February. Atkins representatives will also be speaking to local residents. After discussion, it was agreed that CCllr Bennet will put up a notice on the new notice board in the South Street bus shelter.
- Letter from Planning Aid for Scotland about a training session for CCs to be held on 6 March at Loch Leven Community Campus as part of the Community Engagement Planning Process. CCllr Hamilton will attend and CCllr Giacopazzi will make the necessary arrangements.
- Document regarding the strategic development plan TAYplan. CCllr Cottingham will study this. An official consultation will be held next May and further information can be found at www.tayplan-sdpa.gov.uk or via the P&KC website.
- P&KC notification confirming that the school had been booked for MCC meetings until October, although it will not be available in June. CCllr Bennet, Treasurer, advised that the CC had had its funding increased by £100, which would cover the increased hire costs.
- E-mail from Victor Clements, of Aberfeldy CC, listing the consultation documents that he had received. It was felt that too much information was being circulated round CCs. Some documents extended to 80 pages and were very complex.
- P&KC Minutes. The CC was pleased to note that these are now being circulated electronically. CCllr Cottingham will study them.

Police matters: A vehicle had been stolen from Back Loan and had not been traced as yet. Some diesel had been stolen from a local farm and businesses and farmers are urged to be vigilant. Since the last CC meeting PC Easton had checked the park in Back Loan for broken glass, but none had been found.

There had been a complaint about a collie in the Victoria Road area which had frightened some children, although it didn't bite. The public are asked to contact the police if they have any concerns about dogs and action will be taken.

The police were currently targeting areas around schools to catch drivers speeding, using mobile phones or not wearing seatbelts. There had also been discussions about improving road safety at the entrance to the high school at the Milnathort end, as a result of which barriers had been erected and other steps were to be taken to improve the safety of pupils and other users of the campus. In addition the speed limits and signage were being reviewed.

CCllr Giacopazzi expressed concerns about traffic speeding on the Cupar road, heading eastwards out of the village. PC Wallace said the police were aware of the problem and the area was being targeted.

There had been a runaway horse in the village the previous Wednesday which had become distressed and injured itself as a result of which it died.

Planning matters: The following item was noted: erection of a house and garage at 30 Linden Park Road. CCllr Cottingham also advised that he had earlier circulated details of an application to erect four wind turbines at Ledlation Farm, but had received no comments.

Other business

Compost: CCllr Bennet said that free compost was no longer available in Kinross and people had to go to Perth to get it. Cllr Robertson will investigate.

Abandoned cars: Four cars were parked on an area of land between Fleming Court and Hays Court and appeared to be abandoned. There were concerns about the safety of children who were playing on them. It was agreed that CCllr Bennet will note the registration numbers and contact P&KC's environmental service.

New notice board: There is a new notice board in a bus shelter in South Road and after discussion it was agreed that it should be available for community use. Cllr Bennet will take responsibility for it.

Dog fouling: It was agreed that this problem had become much worse since the snow and Cllr Robertson has written to the appropriate council official, who is to increase patrols. Anyone caught allowing their dog to foul the pavement or park faces prosecution, which it's hoped will serve as a deterrent for other irresponsible owners. Cllr Robertson will also speak to the head teacher of the school to arrange a suitable time for dog wardens to visit, as there is evidence of dog fouling outside the school gates.

Milnathort in Bloom: CCllr Bennet said there was a vacant plot in South Street that would be suitable for an orchard. After discussion, it was agreed that she should pursue funding opportunities.

Marshall Place: CCllr Robertson will again contact P&KC regarding a problem with flooding around a lamp standard that was raised by CCllr Porter at the last CC meeting. He will also meet CCllr Porter to discuss accessibility for bin lorries.

Snow clearing: CCllr Smith said that in his capacity as registrar he had had a complaint from someone who had been unable to register a death because they had not been able to access Church Street during the snow. Cllr Robertson advised that he had compiled a list of people such as doctors, carers and registrars whose premises he felt should have been treated as a priority during snow-clearing operations. He felt that people should also be encouraged to clear the pavement outside their homes as was standard practice throughout Europe, as it was a misconception that they would be held liable should someone fall.

The next meeting of Milnathort CC will be held on Thursday 11 March in Milnathort Primary School.

Milnathort CC minutes are posted on www.kinross.cc

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

Portmoak Community Council

News from the February Meeting

In attendance at the meeting held on 9 February were: CCllrs I McGrattan, J Bird, S Garvie and R Cairncross; P&K Cllr Baird and 18 residents. Apologies were received from C Weedon, J Shepherd, Cllrs Robertson and Miller.

The Chairman informed the meeting that Mike Hally had resigned from the CC. Mike had been responsible for looking at the planning requests within Portmoak and through his diligence, hard work and attention to detail the CC had always been properly prepared for any planning matters. CCllr Robin Cairncross will now take on the planning responsibilities on behalf of the CC.

Police Report (given at the end of the meeting): PC Brian Easton reported there had been two recent incidents within Portmoak. The first was a break-in to a shed at Scotlandwell and the second was a juvenile becoming unconscious following a party at Kinnesswood when the emergency services had to be called.

Following previous discussion re speeding on the Balgedie Toll to Mawcarse road, the Police would take an active interest.

Treasurer's report: £305.86 in the bank account. £450.00 in MBW Account. The Chairman noted that no expenses were being claimed by the Cllrs and whilst the amount might be small, the lack of expenses gave the wrong impression of how the CC was managed.

Matter arising from previous minutes

Post box at Kinnesswood shop: Letter received from Postal Review Panel, 2 February, explaining that Royal Mail did not consider it necessary to renew the box and that there are adequate posting facilities within Kinnesswood. It was agreed that this was not considered satisfactory and the council would reconsider the alternatives.

Maintenance issues:

Cleaning of roads: The B9097 between B996 and B920 and the A911 between Easter Balgedie and Burleigh Sands were reported to 'Clarence' on 23 July 2009. Last contact with the Roads Dept was at the beginning of December 2009 when they reported it was on the list of work to do. No cleaning has taken place. Parts of the road on the Vane Farm road now look as though repairs are warranted. Vane Farm attracts a large number of visitors and it was felt that the state of the road was not a welcoming sight.

Hedge alongside playing field, Bishop Terrace, Kinnesswood: Reported to Clarence 26 October 2009. Hedge has been cut but no response to safety aspect of crossing the road. Contacted P&KC and requested update.

Payment of school lets: P&KC agreed to increase the administrative allowance for this year and also to increase the allowance in future years by the RPI as at 1st April.

Subcommittee reports

Paths Group: Following the MBW sponsorship there was sufficient money to have the grass cut for this year. The sponsors would be receiving their certificates shortly.

There had been progress on the path between the Golf Club and Church. Missives have been exchanged and Deeds of Disposition had now been sent out. It should not be very long before the land in question is Council owned.

Signage for the MBW is complete; the cost of the work is covered by a grant.

Planning Group: The following applications were applicable to the area and were up to date at time of meeting:

10/00145/FLL, Post Office House, Main Street,

Kinnesswood. Erection of conservatory.

10/00044/FLL, Portmoak Airfield, Erection of glider storage shed.

10/00042/FLL, 8 Bishop Terrace, Formation of Balcony and access stair.

09/02185/IPL, Land at Newlands Farm, Erection of dwellinghouse.

No comments would be made on the above.

A resident informed the meeting that the winch at Portmoak Airfield will be changed and will now be fuelled by LPG. Storage facilities will require planning approval.

Management Group: Traffic calming; no further news.

Reports from P&K Councillors

Cllr Baird reported that the severe weather had tested the P&KC resources but overall it had been a satisfactory outcome.

Other business

1. A resident raised a question on whether the current development at Scotlandwell contained **affordable housing**. Plans available showed that there were four affordable housing units agreed for the site. *Post meeting note:* Details of P&KC affordable housing policy can be found on www.pkc.gov.uk

2. The condition of the road between Balgedie Toll and Mawcarse was raised again but this time under the safety aspect of **horses** using the road. The surface of the road was not considered appropriate for use by horses and provided very little cohesion for the animals. This together with the icy conditions of late and the speeding traffic produced an unsafe set of circumstances. Cllr Baird agreed to look into all the matters raised.

3. A resident raised the issue of **dog fouling** especially in the

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vicinity of the school. It was suggested that parents were bringing their dogs with them when collecting their children from school and allowing their dogs to defecate in this area. This problem seemed to be more of an issue when the snow was lying. Cllr Baird suggested that irresponsible dog owners should be named and shamed, however, short term it was agreed to discuss the subject with the Head Teacher. *Post meeting note:* This was discussed with the Head Teacher after the meeting and she agreed to promote a responsible response with dog owners.

4. The meeting was informed that it was planned to remove **gorse and bracken** on Bishop Hill sometime this summer. The gorse would be manually cut and burnt in specified areas and the bracken would be sprayed by helicopter. It was known that bracken was carcinogenic when in full frond.

Mention was also made of similar problems which would have to be addressed by the Management Group of Stephen's field area when this was given over to the community with a particular concern on the ragwort growing in the field.

It was accepted that it was unlikely that the field would be given to the community until planning formalities had been completed on the rest of the Whitecraigs planned building area but contact will be made with regard to interim maintenance of the field.



Gorse and bracken is to be manually cut and burned on areas of Bishop Hill during the summer

5. A resident requested that at the next CC meeting, **Policy 49** of the new Development Plan could be discussed, with particular inference on the extension requested by the Scottish Gliding Union and how this affects local landowners.

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Communications

2.2.10 Letter from P&KC Planning re alteration to Draft Structure Plans.

2.2.10 Letter from the Postal Review Panel.

1.2.10 Letter from T in the Park following meeting with local organisations.

4.2.10 Email from resident requesting link to our website for his holiday home.

4.2.10 Community Learning and Development Partnership training day.

27.1.09 Voluntary Sector Annual Conference, 5 March.

24.1.10 Letter with money for MBW from resident.

14.1.10 Advert from company offering training courses.

8.1.10 Draft local housing strategy consultation.

16.1.10 Letter from the Convention of P&K CCs re proposals for negotiation with P&KC.

14.1.10 Senior Community Capacity Building Worker: initiate and co-ordinate a Community Learning and development Partnership.

13.1.10 Meeting of the Convention of P&K CCs.

8.1.09 Information from P&KC re 'Be better at funding'.

14.12.09 Tayplan: Engaging with the Strategic Development Plan.

Please note, minutes are Draft until confirmed at next CC meeting.

The next meeting of Portmoak CC will be held in the Primary School on Tuesday 9 March 2010 at 7pm.

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Fossoway and District CC

News from the January Meeting

In attendance at the meeting held on 12 January were: CCllrs A Morrison, Alistair Lavery, Hugh Wallace, Sheila Anderson, Roderick Paterson, Marion Anness and Trudy Duffy-Wigman; P&K Cllr Barnacle and three members of the public. There were no declarations of interest.

Minutes of the last meeting: One amendment was made to a web site address before signing off.

Community Policing: The community policeman was unable to be at the meeting, but it was noted that a Police Bus would be outside the Inn at Crook of Devon on the third Tuesday of each month to answer any questions from the public.

Matters Arising

Mitigation measures for the A977: Sandy Morrison reported that a very positive meeting had been held on 9 December where council officials listened to the community groups and noted their views. Several bodies were represented, including: Fossoway CC, FORK, KCC, Local Cllrs. and P&KC officials. A number of measures were discussed and various priorities set out. These include flashing warning signs, possibly combined with cameras, a Puffin-style crossing at the Crook of Devon Institute, a footpath on the south side of A977 from Powmill Milk Bar to village crossing, extending 30mph east of Blairingone, and other measures to improve traffic problems at the school at Crook of Devon. P&KC officials will report back to the community and elected members around the end of January on what is feasible.

War Memorial, Blairingone: A meeting was held recently to discuss the council's approach to the proposed removal of the memorial to a new location within the churchyard. After

much discussion it was felt that moving it would detract from both the church and the memorial. Considerable works would be required at the new location and as severe budgetary pressures are now in place this project may be unrealistic. It was decided that Trudy would write to the War Graves Commission to find out who is responsible for Memorials and what involvement they have. The Church is now for sale as a private house and it is felt that a permanent decision should be made as to its final position sooner rather than later.

Seamab: The Bursar was unable to attend the meeting so any discussion will be held over to the next meeting.

CC Business

Model code: Sandy Morrison reported that P&KC had adopted the Model Code but there was still no official confirmation of this.

AGM: The next meeting will be the AGM. A notice concerning elections of CC members will be up by 21 January, nominations will be closed 11 February and elections held by 4 March. Cllr Barnacle has agreed to act as Returning Officer and thanks were recorded to him. Nominations were thought to be particularly welcomed from people in Powmill as a possible development is planned for the area. Existing members were willing to be nominated again. Eight members are allowed on the CC.

Ken Thomson sent his apologies and will be available at the next meeting to answer questions on education and transport arrangements for the proposed development at Powmill.

Wind farm: A copy letter had been received from Sheila Travers of SCATT to FCC. She had been in touch with FCC expressing concern about the length of time it was taking in considering the wind farm development in Saline. Although the development is not in the Fossoway area, it was felt that a letter should be sent in support of this concern, as many PK residents live very close to the proposed wind farm.

Shop lay-by: Concern was expressed about the number of residents using the lay-by outside the shop in Crook of Devon. Trade has dropped off as people find it difficult to park outside. Various comments were made concerning the difficulties during the snowy weather (slippery pavements etc) but it was felt that comments could be made via the P&KC survey later in the year.

P&KC Business – Councillor's Report


Cllr Barnacle had a letter from Stewart Dobson about community power schemes and how the community might be involved in this. It was agreed that Hugh Wallace would look into it.

Cllr Barnacle was also involved in looking into the traffic congestion at Crook of Devon Primary School. It would be

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possible to extend the staff car park and ongoing discussions would continue.

Four meetings concerning the Long Term Strategy in the area are being planned: one each in Blairingone, Cambo, Crook of Devon and Powmill. The issues to be discussed would include: timescale, planning and forming of strategy groups. Proposals would be put forward and the community would have their say. Feedback is important.

Planning Applications

09/02078/FLL, Carsefoot, Drum: Erection of a 15kw wind turbine. A re-application for one 15-metre wind turbine, originally 09/01245/FLL with several modifications, the last being 09/00828/MOD. Recommendation: Refusal on grounds of inappropriate scale and the absence of a policy on small and medium scale turbines in built up areas.

09/02198/FLL, Barnhill Farm, Powmill: Erection of 3 x 15kw wind turbines. Recommendation: Refusal. A full visual impact assessment should be required for developments of this scale. P&KC should issue guidance on the building of wind turbines of intermediate size in the countryside.

Appeal lodged: 09/002828/MOD. 15m monopole wind turbine at Carsefoot, Drum: This appeal is about a previous application to that in 09/02078/FLL.

Appeal refused: 08/00687/OUT. Land adjacent to Churchmouse Cottage, Cambo.

General Correspondence

All in-coming and out-going correspondence was available for reading and comment.

The public are invited to attend a planning workshop/information meeting 27 February. Anyone interested in attending to contact Trudy. Two places have been booked. The meeting for CC members would be 6 March.

Other correspondence included:

Invitation to engage with TAYPlan strategic development. Alistair and Hugh to attend.

Invitation to engage with waste management plan consultation. Sandy to look at it.

Invitation to engage with Draft Interim Housing Strategy. Alistair to attend.

Invitation to Local Community Forum, 27 January. Alistair to attend.

Other business

Thanks were recorded to John Anderson for mending the Blairingone notice board. Trudy will put notices up on the Rumbling Bridge board as this needs updating.

Meetings: The Annual General Meeting was due to take place on Tuesday 2 February in Moubray Hall, Powmill.

The next meeting of Fossoway & District CC will take place on Tuesday 2 March in Blairingone Primary School.



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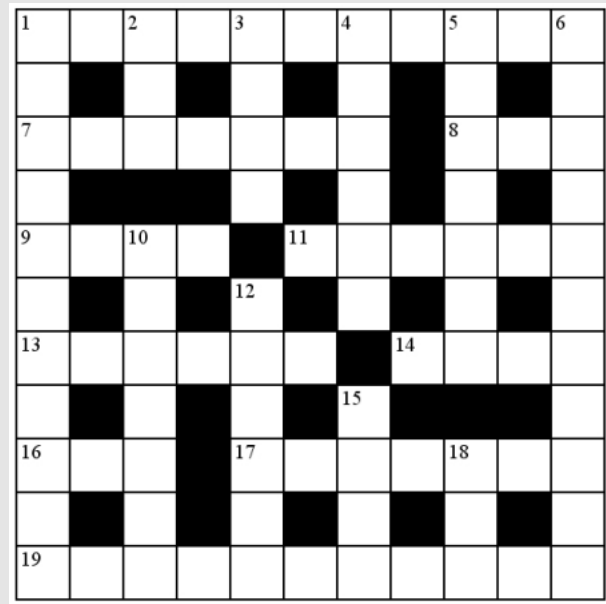
answers in Notices

ACROSS

1. Scarce freak blows open safe. (11)
7. Inside trout do organise; but not inside. (7)
8. Friend makes up mountain. (3)
9. Streetcar backs into market. (4)
11. The light that breaks through yonder window. (6)
13. Big play or little pig? (6)
14. Fired the host. (4)
16. Devout palindrome. (3)
17. Say hello to the Moor of Venice. (7)
19. Witch confusedly cans her nest. (11)

DOWN

1. Etch or gnash to defraud. (11)
2. Appropriately healthy. (3)
3. Stupid blood. (4)
4. The way to a person's heart via a skylighted lobby. (6)
5. One Thousand heads a confused disappearance unscrupulously. (7)
6. I site troupe about again and again. (11)
10. In principal, man accepts calendar. (7)
12. Two gentlemen have Ron and another. (6)
15. Talk about cat's head with a hat. (4)
18. Eel backs into shelter. (3)



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Down Memory Lane



Bishopshire Golf Club-House Opening Ceremony, 19th April 1913.

Small Edge

The Bishopshire Golf Club-House Opening Ceremony,
19 April 1913



Kinross Curling Club at the Myre Pond, Kinross, c. 1900

Photographs courtesy of the Kinross-shire Historical Society



Club & Community Group News

Kinnesswood in Bloom



Paths Group: Kinnesswood in Bloom have agreed to sponsor the Paths Group and help with some of the clearing. Sheila and "Z" have already carried out some restoration on the path leading to the Cobbles from Gamekeepers.

School News: Portmoak Primary School are working with the Woodland Trust to plant a wildlife hedge near to the pond. Some keen gardeners have been identified in the Portmoak School Parent Talent Bank. It is hoped some of them will join the Kinnesswood in Bloom volunteers in preparing the piece of ground for the new hedge.

Meetings: Meetings are open to all and are usually held on the first Thursday of the month at the Lomond Country Inn. We have been pleased to recruit a few new members recently and more are always welcome. Check the Notice Board for up to date information.

Walk Booklet: With the opening of the path around the loch, we felt it would be good to have a book to encourage visitors and locals to take a walk around Kinnesswood, learn a bit about its history and enjoy the gardens that Kinnesswood in Bloom take care of. Dave Goodwin put together the initial text and was very keen to see it in production but sadly he died before we got to that point. This is now progressing well with help from local historians and David MacKenzie is providing the art work. It is hoped to launch it at the Portmoak Festival.

Night Out: Although the group work hard they also have some fun and recently had a night out at Tannochbrae in Auchtermuchty to celebrate the successes of last year.



Kinnesswood in Bloom volunteers take a break after working on the "Picture Garden"

Comedy comes to town

Saturday 20 February saw the welcome return of the sell out Comedy Night at Milnathort Town Hall. Acts from across the Glasgow and Edinburgh comedy circuit had the packed out audience in stitches and put on a show to rival last year's fantastic event.

The Comedy Night was thought up by Kinross Ladies Circle as a charity event to bring something different to the annual events held in Kinross-shire. The event raised money for the Salix Dementia Trust, based in Milnathort.

Kinross Ladies Circle, the female and some would say better-looking arm of the Round Table, is a growing organisation in Kinross and the surrounding area. Members meet every other Thursday locally and along with the food stop for the Edinburgh to St Andrews bike ride, the Comedy Night is one of their very successful fundraising events.

Milnathort Town Hall became the place to be for comedy on the night, with a licensed bar and a curry to go with the comedy, all laid on by the Ladies Circle.

Everyone was treated to great acts such as the very popular Bruce Fummey, who plays all over the country and abroad and who is a regular at the Fringe. Who would have thought a degree in Physics would be the perfect start for a comedy career? He was fantastic.

Glaswegian John Ross brought the house down with his skewed and surreal humour and the award winning Stu Who hit the stage with his punchy comedy set.

But it was the return of Billy Kirkwood that many people were waiting for. Last year he was such a hit, Ladies Circle just had ask him back to compere for them again. He really is one of Scotland's best up and coming comedians and he regularly sells out comedy venues across the country. He succeeded in getting the evening off with a bang and the fun kept coming.

Look out for next year's event, details of which will be posted in the Newsletter and on the Kinross Ladies Circle website, as you'll need to get your tickets quick!

For further details, please go to the Kinross Ladies Circle website kinrossladiescircle.co.uk

Kinross and District Town Twinning Association



Plans are being made to host a party of around 25 from Gacé in Normandy this coming summer.

Visits to highland Perthshire and Glasgow will be the main visits during their week in Kinross, with a local car treasure hunt also being planned.

A new members' evening was held at chairperson Jeannie Paterson's Milnathort home where the delights of twinning exchanges were explained.

A number of fundraising events are planned over the coming months with our popular Spring Fayre and Coffee Morning being held adjacent to the Town Hall on a Saturday in mid May.

The February winner of the 50 Club was Vi Todd. The new "50 Club" will start in May and members are asked to contact secretary David Munro for entry forms.

Need to check something in an old Newsletter?

Consult our electronic archive at

www.kinrossnewsletter.org

Issues from September 2006 to two months ago available

Portmoak Film Society

"Thought-provoking" can also be entertaining

February's film, "The Reader", saw the largest audience of 40 film fans we have seen for many months gather in the pleasantly warm Portmoak Hall - and it was duly rewarded with 92% of "excellent" marbles, our very own rather quaint audience satisfaction gauge. A feel-good film it certainly wasn't, and it left me feeling strangely disturbed as concepts such as morality, justice and shame in our modern society were questioned in a very probing way. That surely must be the hallmark of an excellent film, not to mention Kate Winslet's outstanding portrayal of a simple woman caught up in the "denazification" of post-war Germany. During the evening, the next film was chosen by democratic vote of those present, so Clint Eastwood's "Gran Torino" will be shown on **Saturday 13 March** at 7.30pm. Just in case anyone thinks this is about your granny's trip to an Italian city, I had to consult an expert (a man) who knew that it is a type of car made by Ford between 1968 and 1972. Clint plays a grumpy old man whose prize possession, the eponymous GT, is attacked by a local gang which has recruited his new neighbour's son. Expect some fireworks and lessons in life from the veteran actor-director, and enjoy!

If you would like to have a say in choosing April's surprise film, the last in the 2009/10 season, make sure you come along to Scotlandwell on 13 March. Entry is by membership card, or £4 at the door and everyone is welcome.

For further information about your local film club, visit our website at www.portmoakfilmsociety.org.uk

Children's Hospice Association Scotland

CHAS Shops Spring into Action

The charity shops in Kinross run by the Children's Hospice Association Scotland (CHAS) have received a terrific response to their recent appeal for donations. As a result, the shops are delighted to be offering a selection of great value spring fashions and birthday bargains to celebrate the 4th Birthday of CHAS Bazaar at 76 High Street Kinross.

The spring theme continues in the CHAS Gift Shop at 23 Avenue Road, Kinross, where novelty egg cups, bags of decorated eggs for Easter egg hunts, bunny napkins and Beatrix Potter books are just some of the exciting Easter gifts on offer. **The CHAS gift shop will be open on Easter Sunday 4 April** from 12 noon to 4pm.

The Kinross charity shops are open Monday to Saturday 9.30am to 5pm and the Gift Shop is open from 10am until 5pm.

For more information contact Frances Todd on 01577 865557.

If you would like to support CHAS please contact 01577 865222 or go to www.chas.org.uk

Kinross Garden Group

Our February meeting took place in the Millbridge Hall, Kinross and was attended by 61 members and visitors. We were delighted to welcome to our meeting a well kent face - Tom Mabbot of South Queensferry, who gave a wonderful presentation entitled "Parisien Gardens in the Spring". Our next meeting is on **Thursday 11 March** in the Millbridge Hall, Kinross at 2pm. Stella Rankin of Kevock Garden Plants will give us a talk entitled "A Hobby that got out of Hand".



Kinross-shire Round Table



The hectic pace at the end of 2010 has eased off a little as we saw in the New Year but the pace will no doubt be picking up again soon.

December saw Kinross' first "Dragon's Den" which was described in the press as a "feel good event". We certainly hope it felt good for the 11 groups who braved the Den and left with a combined total of £6,800, most of which was raised by the annual beer festival. It was heartening to hear from such a diverse range of groups who do so much to make our community a better place.

The annual Santa Sleigh was a busy period as Santa did his rounds of Kinross-shire. There were one or two minor technical issues (no, I didn't know that a sleigh could suffer a flat tyre either) which prevented the sleigh reaching all of the planned areas. Santa still completed five and a half nights out of seven thanks to lots of support and goodwill, for which many thanks to all involved.

The New Year opened with bowling and a film night and continues with quizzes, karting and curry until the AGM in April when a new team will take the helm.

We are actively seeking new members, so if any of the above sounds like the sort of thing you would like to become involved in then give us a call. If there is something interesting you would like to try let us know. If we agree that it looks fun, we'll put it in the programme and give it a try. Get out, have fun and put something back into your local community. You only get out of life what you are prepared to put in.

Round Table is an organisation for young men of 18-45 and has a sister organisation in Ladies' Circle for young women. Our full programme, with details of events, is available on <http://kinross-shire.roundtable.co.uk>. We can be contacted on kinrossrt@hotmail.co.uk or via the website. Alternatively call on 864713.

Greyhound Rescue Fife

Website: www.greyhoundrescuefife.com

Phone: 01592 890583

Email: femiejimmyf@aol.com

Local Greyhound Sanctuary featured on STV

Greyhound Rescue Fife based at Baltree Farm, Gairneybank, Kinross, is owned by Celia and Jimmy Fernie who, since 2005, have dedicated their lives to ensuring as many greyhounds as possible are saved when their racing career is finished.

Celia and Jimmy appeared recently on the STV show, *The Hour* along with one of their homeless hounds, Wilma. The clip from the show can be viewed on their website for those who missed the live show.

Wilma took over the live segment of the show - she definitely had the cute 'aah' factor but Celia and Jimmy still managed to explain that GRF is run entirely on donations and a volunteer workforce who help at the kennels. It is a great achievement to have found loving homes for over 350 of these wonderful dogs. Greyhounds are known as racing dogs, but they make loving gentle pets.

Jimmy went on to explain that when greyhounds are too old to race at just five years old, many are abandoned or put to sleep. He said:

"That's where our sanctuary comes in. We work tirelessly to re-home these dogs with new families. If you think you can help us or give one of our residents a forever home, just contact us to arrange a meeting and find your ideal hound."



Kinross & District Rotary Club



At our business meeting on 11 January, details were finalised for our publicity and fund-raising campaign in support of the drive by Rotary Clubs throughout the world to eradicate Polio once and for all. The main thrust of our campaign is a poster competition for all the local primary schools, with plans to exhibit all the children's posters at various locations throughout the district, with cash collections at several of them.

Our members joined forces with the Kinross Volunteer Group on 18 January to celebrate Burns Night (although a week early) at the Windlestrae and an excellent evening was enjoyed by all.

On 25 January, Rotarian Barry Davies gave a very interesting illustrated talk about the visit to take place in April/May this year, to Arizona, when Barry has been chosen to lead a team of five young persons on a 29 day Group Study Exchange trip.

Two of our members acted as judges at the Kinross Primary School Burns competition on 28 January, when once again a very high standard of recitation was achieved.

The February Business Meeting saw further discussion regarding the Polio poster competition and arrangements for cash collections to be made at various points, including the wishing well, currently at Loch Leven's Larder. The posters will have been on display at various places throughout the district by the time the Newsletter is published and we hope that you have been able to donate to this worthy cause. The fight against Polio was started in 1985, when Rotary joined forces with the World Health Organisation and UNICEF in a global campaign to eradicate the disease, since when more than 2 billion children have been given the oral polio vaccine. The disease is still crippling children in four countries today and can easily jump borders when carriers move from one country to another, allowing the virus to reappear in previously polio-free countries. As long as it is circulating somewhere in the world, the threat of an outbreak remains.

Rotary International has been offered an outstanding matching grant by the Bill and Melinda Gates Foundation to help in the final push to finally eradicate the disease and to this end, Rotary clubs throughout the world are holding fund raising and publicity events on and around 23 February 2010. It costs only 50p for one dose of the vaccine.

At the Business Meeting, there was also confirmation that an Interact Club was about to be set up in the Loch Leven Community Campus. Interact is Rotary International's service club for young people aged 14 to 18 and provides an opportunity to make new friends, improve their community, develop leadership skills and to make a difference in the world. Interact clubs carry out 2 community service projects each year, including one that furthers international understanding and goodwill and with more than 250,000 members in over 120 countries and geographical areas, Interact is a worldwide phenomenon. The club is now up and running, meeting in the Campus Library Meeting Room every second Wednesday at lunchtime.

Our speaker on 8 February was Ken Thomson who spoke about his family's progression from the Powmill Milk Bar to the Butterchurn and how they developed that business. Ken also has a property development business and spoke of the effect the recent credit crunch has had.

Please look at our web site, www.kinrossrotary.org, for more information about Rotary and Interact.

Kinross Boys and Girls Brigade



The Junior Section Bible Quiz team retained the Battalion trophy scoring a magnificent 30 points out of 30. Members are preparing for the festival of activities which takes place in Bankfoot with singing, figure marching and potted sports. Preparations are well underway for the Junior Section weekend camp which takes place over the first weekend in May.

Congratulations are due to Alice Eade and Jennifer MacKessack who were the first BB girls to take part in a national training weekend at Carronvale House in preparation for their work towards the Queen's Badge.

Sam Dick and Peter Eade are hoping to attend a Queen's Badge completion course at Carronvale which will see them gain the highest award in the Brigade.

The Company lost out in their National Table Tennis quarter-final match against a Grangemouth company which has reached the national finals for the past seven years, being overall winners once.

In the recently held Battalion basketball and volleyball competitions at Bell's Sports Centre, the Kinross teams retained both trophies. Members also took part in the Battalion Scripture Search at the end of January and are preparing for the Drill Competition which will take place at the end of March with Kinross being the current holders.

Preparations for the annual camp to Valkenburg are finalised with a full coach travelling to the Netherlands in mid July.

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Probus Club

Derek Jolly was the speaker for the meeting on 20 January, and his subject the International Rescue Corps. Derek had joined this organisation 12 years ago.



International Rescue Corps aim to put a team of 15 trained people onto the site of a disaster, be it earthquake, flood, or tsunami, and keep them there for at least 15 days. They come fully equipped with rations, tent and equipment, as they do not want to be a burden on local resources. Their main aim is rescue, and once on site their first task is to locate any survivors. They use heat-seeking equipment and gadgets which pick up faint sounds through the rubble. One of the best sources of information are local people who will tell you who lived where and what they were doing at the time of the disaster. So an interpreter is found as soon as possible. Once located, the next task is to dig a safe tunnel through the rubble to the survivors. This requires skill to ensure that the tunnel does not collapse on the rescuers. All this costs money and International Rescue Corps is totally supported by charitable donations. All the members are volunteers. Derek himself is given unpaid leave by his employers when he is away. International Rescue did not send a team to Haiti after the earthquake because they only had £27,000 in the bank and that would only cover a fraction of the cost of sending a team. Derek showed a series of slides showing graphic pictures of rescues where International Rescue had been involved. Ray Young gave the vote of thanks, emphasising the dangers faced by the Corps, the dedication of the team and the dignity they gave to the survivors.

"Music and Travel" was the title of an entertaining talk by Major Peter Rutherford of the Royal Marines on the afternoon of 3 February. He took us through some of the major events of his life and illustrated them with recordings of the music that had been such a passion from his early life.

Peter was born in Cambridgeshire into a musical family and began playing the cornet at the age of nine, but he had a longing to travel too and joining the Royal Marines seemed to offer the prospect of fulfilling both his dreams. So at the age of 13 he went to their Recruiting Office and at just over 14 he was accepted into the Royal Marines School of Music at Deal, spending half the day with normal school work and

the other half with his musical studies. We listened to some stirring musical excerpts from those days including 'A Life on the Ocean Wave' and a march called 'The Captain General', composed for Prince Phillip. But although he was able to extend his repertoire there from band music into concerts, including recordings for EMI, Peter still wanted to travel and after volunteering for the Far East he was eventually posted to the Ark Royal and later to HMS Hermes and then HMS Bristol.

We listened to "Sailing", (though not with Rod Stewart!) and Peter told us that on the Bristol he acted as an instructor to a number of volunteer musicians and was able to develop his skills as a bandmaster by arranging and composing his own music. HMS Bristol was given the freedom of the City of Bristol and he led the band in a ceremonial march through the city at which he commented that the Wrens were better at marching than the Navy!

Peter then returned to the School of Music for a time, training as a conductor, and went on to conduct at such great occasions as the Royal Tournament and later at the Edinburgh Tattoo. He told us that it was a terrifying experience at first to conduct at these occasions, sometimes with massed bands, but he went on to complete the Advanced Bandmaster Course.

He then moved north to Rosyth where the only remaining Royal Marine Band out of southern England was based. There he recorded music by Edward Gregson at Rosyth and in the Carnegie Hall in Dunfermline and a number of other engagements in many parts of the world. Some of the highlights were a performance of 'Highland Cathedral' at the Royal Albert Hall, complete with pipers, and the handover ceremony at Hong Kong and we listened to 'The Last Post' that was played as the Union Flag was lowered for the last time. A great occasion but marred by very heavy rain!

Peter still retains a love of choral music and is a Director of Perth Choral Society and he recalled conducting a performance of The Requiem Mass by Berlioz in Southwark Cathedral with four massed bands, orchestra and singers. He rounded off his fascinating talk with an excerpt from a Gilbert and Sullivan Opera and answered some questions from the audience. Tony Jones proposed a vote of thanks for a very enjoyable afternoon.

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Kinross High School Parent Council

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



Community Campus: Its four months now since we moved to our new home at the Community Campus and real benefits of the great new facilities are starting to become apparent. Inevitably there have been minor teething problems and the recent cold weather was a real test of the new campus. Whilst there remain some relatively minor concerns regarding litter management, general cleanliness and the absence of any flood lighting on the campus grass pitches, two major areas of concern remain road safety management and the catering arrangements.

The KHSPC had several ongoing road safety concerns voiced at the Community Campus Travel Planning Group meeting held on 27 January. Happily many of the issues raised have or are in process of being addressed by Perth and Kinross Council. Two that remain are the poor positioning of the temporary 20 mph speed limit flashing warning signs activated at school in-muster and out-muster, and the absence of a Pelican Crossing for children walking to and from school from Milnathort. It is hoped these concerns will be addressed in the very near future.

The catering service at the new campus got off to a very poor start in October with excessive queuing times, quality and range of food, and a general lack of space being major areas of concern. Tayside Contracts together with the P&KC catering management team have made sterling efforts to steadily improve the service and it is hoped they will continue to do so. Unfortunately it is becoming more and more apparent that the catering infrastructure as designed and built is far too small to cope with the numbers of pupils at the school. Despite best efforts any improvement to the service will inevitably be hampered by the lack of space. In view of the fact that we are in the first year of a 30 year management contract at the campus, the KHSPC looks to all involved to help ensure there is an early and effective resolution to the space problem.

SQA 2009 Examination Results: At the request of the KHSPC the Head Teacher, Mr Dick Keatings, has kindly prepared a summary of the schools performance at Standard and Higher grade for the Scottish Qualifications Agency 2009 summer examinations. The summary shows a small improvement in performance over the 2008 results and reflects the high standards that continue to be set and achieved by the school. It is hoped that the summary will become a regular year on year review of school performance. It is deliberately kept short and is presented in what we hope will become a readily recognized and understood format. A copy of the SQA results summary is posted on the KHSPC website and is also available at the school office.

KHSPC Website: More and more information regarding the activities of the KHSPC is being added to our new website at www.khspc.org.uk. It is still very much a work in progress and will be developed as we learn from experience. We would welcome comment and advice from the wider KHS Parent Forum on how best to develop and improve the site.

KHS Former Pupils: A KHS Former Pupil Association is in the process of being formed. It is open to any former pupils and teachers of KHS, and the old Kinross Secondary

School. Any FPs interested in supporting the FPA please contact the KHSPC Vice Chair Jaffrey Weir or alternatively visit the FP section at the KHSPC website.

School Blazers: We are already making plans to ensure we have the right number and sizes of blazers ready in stock for the next academic year. Throughout March members of the KHSPC will be on hand to support the KHS programme of Primary P7 information evenings planned to take place at the local feeder primary schools. A range of blazer sizes will be available for the P7 children to try on and to order ready for delivery in August, before the start of the new school year. The cost of the blazers for next year remains at £40 and a deposit of £20 will secure an order. The programme of KHS P7 information evenings is:

KHS P7 Information Evenings - March 2010		
Primary School	Date	Time (pm)
Kinross	Tuesday 9th	4.00 to 6.30
	Wednesday 17th	6.30 to 9.00
Milnathort	Tuesday 2nd	3.30 to 6.00
	Thursday 4th	5.30 to 8.00
Portmoak	To be announced	
Fossoway	Wednesday 3rd	6.00 to 9.00
	Monday 8th	6.00 to 9.00
Cleish	Monday 8th	6.30 to 8.00
	Tuesday 9th	6.30 to 8.00

Blairingone PS has no P7s this year. Arrangements will also be made for the KHSPC to make a blazer visit to Arngask PS in Glenfarg, again hopefully during March.

A new batch of 100 blazers arrived at the end of February and we again have a full range of sizes for girls and boys in stock and available for purchase. Those pupils who have reserved blazers from the new delivery will be contacted directly by the KHSPC. Starting on Wednesday 3 March members of the KHSPC 'School Shop' will be on hand during lunchtime to sell blazers, and will continue to do so every Wednesday lunchtime thereafter until further notice. Alternatively, anyone wishing to buy a new blazer for this year or place an order for the next academic year please contact the school office, or failing that contact the KHSPC School Shop supervisor, Dora Smith, on 01577 863565.

Over 60 per cent of the school now have blazers, either the new or of the old style. This is a great achievement in just a single academic year and one that the school as whole, pupils, parents and staff, should be justly proud of. The KHSPC hopes we can build on this successful start and that blazer wearing is taken up by all the school.

'K' Factor 2010: The Events & Fundraising Team once again hosted the popular 'K' Factor Talent Show on Friday 19 February in the Campus Assembly Hall. The night was a sell out with over 30 different acts participating and showing-off their talents. Details of the winners from the show will be posted in the April Newsletter and on the KHSPC website. Well done to everyone who took part.

(Continues on next page)

Kinross High School Parent Council (continued)

10K Race: KHS EFT 10K Run - **Thursday 29 April** race start 7.30 pm. The run takes place in the grounds of Kinross House. Registration will take place on the day of the race only from 6.00 pm onwards at the Community Campus. The cost is £5.00 for Scottish Athletics Club members and £7.00 for non members. Free parking is available at the campus and a school mini bus will take runners to and from the race start if required. There is also free parking in the grounds of the old high school, should runners wish to leave their cars there. Limited changing and shower facilities are available at the campus. Refreshments (sandwiches, cake, tea and coffee) will be available at the campus, courtesy of the EFT, for all runners after the race, when results will be announced. We look forward to seeing you. If you require any further information, please contact Elaine Carruthers, the EFT Vice Chair on 01577 867100. Full details of the race together with a map of the race route will be posted on the KHSPC website.

Role of the KHSPC: The objectives of the KHSPC are broadly to represent the views of the parents of pupils at the school in the areas of education and welfare. We wish to work in partnership with the school to create a positive and proactive environment which supports pupils, staff, and parents. Within the KHSPC the EFT looks after the activities of the old Parent Teacher Association. Details of the KHSPC activities may be found on the KHSPC website at www.khspc.org.uk.

The next KHSPC meeting is scheduled for **Tuesday 2 March** starting at 7.15 pm. Parents and guardians of pupils attending Kinross High School are most welcome to attend the meeting.

The elected officers of the KHSPC for the 2009/10 academic year are:

Chair	Andy Williams - 01577 861682; a.b.williams@btopenworld.com
Vice Chair	Jaffrey Weir - 01577 865780; jaffreyweir@lebc-group.com
Treasurer	Denis Sweeney - 01577 861651; sweeney5@tiscali.co.uk

If you wish to raise any issue regarding the KHSPC and parental involvement in the High School, please don't hesitate to contact one of the above officers. Alternatively you may write to the Chair care of the school address.

We are always looking for volunteers to help with the work of the KHSPC and its EFT. Any parent (or guardian) of a pupil studying at KHS may volunteer as a parent member of the KHSPC. For further information please contact Andy Williams, the KHSPC Chair.

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1145 (Kinross) Detached Flight Air Training Corps



Teambuilding course

Cadets from 1145 (Kinross) Detached Flight, Air Training Corps, based at the Drill Hall, Swansacre, have recently completed a teambuilding course at their headquarters. The aim of the course was to introduce them to the concept of teambuilding, specifically group dynamics. The course included lessons on teamwork, followed by scenario exercises which gave them the opportunity to put into practice their various personal qualities in a teamwork environment. There were also opportunities for the cadets to show their capabilities as a leader. The course was thoroughly enjoyed by the cadets, and they can look forward to more leadership courses in subjects such as decision making and self-esteem.

Success on the range

Five of the newer cadets at 1145 (Kinross) successfully completed training which allowed them the opportunity to fire on the shooting range for the first time. Four of the cadets managed to achieve their squadron marksmanship award, and they were presented with their badges at a ceremony at squadron headquarters by the Officer Commanding, Squadron Leader Ross Mitchell.

The squadron is actively looking for more recruits, and young men and women between the ages of 13 and 18 can find out more information by contacting Squadron Leader Ross Mitchell, on 01383 725114.



From left to right, cadets Ailsa Morris, Eleanor White and Kezia Spowart proudly point to their newly acquired marksmanship badges











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Kinross-shire Historical Society



On Monday 18 January, Kinross-shire Historical Society heard a most interesting talk, given by Lesley Botton from Kirkcaldy Museum, on the history of The Links Market in Kirkcaldy. She was standing in at short notice for her colleague Dallas Mechan.

The talk covered the history of the fair from the first market held in 1305 to the present day, changing from a trade market to a funfair as time went by. In 700 years, it has become the longest street market in Europe.

The talk included a wonderful collection of old photographs, which showed some of the rides, the wagons, the caravans, the booths, the market in full swing and some of the market families. The photos were made even more interesting when a member of the audience was able to name several of the people seen, as members of his family.

Mrs Mary Muirhead thanked Lesley Botton for the talk on behalf of the members of the Historical Society.

On Monday 15 February, Dr Hamish Brown MBE gave a most interesting, illustrated talk to the members of Kinross-shire Historical Society on the subject of the Fife Coastal Path from the Forth Bridge to Largo Bay. The talk, which was supported by a wonderful selection of slides, included the history, architecture, geographical features, geology, gravestones, people and the natural world that the path passes as it works its way round the coast.

Prof David Munro MBE thanked Dr Brown on behalf of the members for a fascinating insight into the Fife Coastal Path.

See Notices for details of the next meeting.

Kinross Camera Club

www.kinrosscameraclub.org.uk

25 years old and thriving!

The Silver Jubilee year continues with:

March

- 4th President's Competition (what will Bob Duguid have lined up for us?)
- 11th Internal competition 'League 3' – Open subject.
Judge: Gordon Scott.
- 18th 'Natural History of Chile' by Niall Corbett (Scottish Natural Heritage, Dalkeith). Hand in – Annual Competition.
- 25th 'Weddings portraits and underwater picnics with sharks' – Gavin Anderson.

(www.gavinandersonphotography.com)

The Club meets at 7.30pm in the Church Centre, Kinross.

Members of the Club may also attend Digital Group Meetings held monthly on a Wednesday night in The Stables (function area of the Crook Inn) Crook of Devon, £2 per meeting.

For further details of Club Membership etc please contact Alison Bradley on 01592 840251 or e-mail info@amb.abelgratis.co.uk



Kinross and District Art Club



Our first group activity session of the year at the new Loch Leven Campus in January was a most successful meeting of the club, with 28 members participating in a workshop on Still Life painting. The activity began with a demonstration by our professional adviser, artist Tom Sutton-Smith, and this inspired us all to pick up our brushes and paint pots, with some impressive results. Look out for some new subjects and painting styles at this year's annual Exhibition and Sale of Work in September!

Security at the campus is understandably very strict and this necessitated an extensive amount of paperwork and telephone calls prior to the visit. On the day, the campus was well organised in terms of meeting and escorting us to the art room on the second floor and we found everyone to be extremely courteous and helpful, including the teacher from whose room we borrowed some extra chairs from what appeared to be an empty room, but, unknown to us, was about to be occupied. We also enjoyed a well-earned cup of tea and a tray bake at the end of the day in the cafeteria.

Our next session will be at the end of February when Jimmy Douglas, local artist and former art teacher, will take us through the complexities of dealing with perspective. We shall be joined at that session by some sixth year pupils, thus building on the joint working between the school and the Art Club, which began at last year's Exhibition.

Our other weekly sessions continue at the Millbridge Hall every Tuesday afternoon and it has been most encouraging to see the excellent attendance even in the depth of what has been such a harsh winter. Some of us are more experienced than others; some of us have just started painting, whereas others have painted for years. But at the club we all come as equals – equally keen and enthusiastic and equally willing to learn and to share with others what we have learned.

For further information or any queries, contact the Club Secretary Sybil Galbraith on 01577 830347.

The Kinross-shire Agricultural Society

The Society held its AGM on Wednesday 27 January. The following are the Office Bearers for 2010/11:

President	George Hepburn
Vice President	Robert Craig
Jnr Vice President	Roderick Baird
Secretary	Mary Morgan
Treasurer	Bruce Hamilton
Past President	John Buchanan

The Kinross Show will take place on **Saturday 14 August 2010** within the grounds of Kinross House.

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Lomond Antiques and Collectors Club



At the February meeting, speaker, Margaret Brodie, introduced members to the fascinating world of planganology, or doll collecting. With the aid of a small selection from her extensive collection, Margaret demonstrated French Fashion dolls from the mid nineteenth century, beautifully clad in original clothes. These were originally made to demonstrate the work of couturiers. Where clothes need to be replaced, Margaret sources materials from the era and has them made up in the correct style.

This multi-faceted hobby takes collectors into the realms of fashion and social history, furniture, jewellery and accessories, the working conditions of factory workers and the development of materials. In time, French dolls were overtaken by cheaper German ones.

Absolutely beautiful, lifelike wax dolls were made by Italian immigrants to Britain. Modern central heating has done them no favours. During the First World War, German dolls fell out of favour, and were unobtainable, so the Government of the day arranged for Staffordshire potters to produce dolls for the duration of the war. After the war, interest in all things Oriental led to the great popularity of Eastern dolls.

Moving through the twentieth century, we saw a Little Princess doll from the 1950s. Modelled on the young Princess Anne, she wears a dress designed by the Queen's dressmaker, Norman Hartnell.

Having covered a century and a half at breakneck speed, it became obvious to everyone in the room that Margaret would simply have to make a return visit to the club to talk about yet more of her fascinating collection. Her knowledge and enthusiasm combined with the stunning dolls made for a wonderful evening.

Lodge St Serf No 327

March

- | | |
|----------|---|
| Tue 2nd | Regular Meeting at 7.15pm.
Degree to be arranged.
Annual visitation of
Provincial Grand Lodge of Fife & Kinross
headed by Substitute Provincial Grand Master
Bro. Tom Donaldson. |
| Tue 9th | General Committee Meeting at 7.30pm to
arrange work for next Degree, any other
competent business. |
| Tue 16th | Regular Meeting at 7.15pm. Degree to be
arranged. |
| Tue 23rd | General Committee Meeting at 7.30pm to
arrange work for next Degree, any other
competent business. |



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Army Cadet Force

Kinross-shire Round Table help Cadets to help Chimwemwe



The cadets from Royal Signals (Kinross) Detachment, Army Cadet Force welcomed visitors from the Kinross-shire Round Table on 28 January. Mike Spain, Round Table Chairman and Richard Poole, Treasurer presented the cadets with a cheque for £500.

"We heard about the cadets collecting for the Chimwemwe Project in Blantyre, Malawi and their intention to help the street children and allow the project to continue to provide a safe haven for these children. The Round Table likes to help people to help others and themselves. This is a very worthwhile cause, young people helping young people," said Mike Spain.

"To see cadets having fun and raising funds to help others emulates part of our aim and we wanted to help and encourage the cadets to continue," said Richard Poole.

Our aim is to raise approximately £5000 to help the Chimwemwe Project. It is intended to help selected cadets to visit the project and work alongside these young people said Detachment Commander Lieutenant Larry Jenkins.



*Cadets with Mike Spain and Richard Poole,
Lt Jenkins accepting the cheque
Photo: Lieutenant Fiona Maguire*

Reaching for the Top

Cadets from Royal Signals (Kinross) Detachment were rewarded for all their hard work as they made the grade. Lance Corporal Megan Beveridge (15 yrs) completed and passed her first aid training; fellow cadets Glenn Buller (15 yrs) and John Crammond (12 yrs) received their blue star award.

"Passing my first aid is brilliant, I really love being a cadet. I have been in parades and so many different places but best of all I have made loads of new friends, and our instructors are fantastic," said Lance Corporal Megan Beveridge.

"It is great getting my blue star," said Cadet John Crammond.

"Our Detachment welcomes youngsters between 12 and 18 years. We meet every Tuesday and Thursday between 7pm and 9pm at the Drill Hall, Swansacre. If you would like to come along and see what it is like to be a cadet, we look forward to meeting you," said Detachment Commander Larry Jenkins.

KVG-ROS Burns Supper

by Helen Glover



The eagerly anticipated annual Kinross-shire Volunteer Group and Rural Outreach Scheme Burns Supper was held in the Windlestrae Hotel on a cold January night. While it may have been cold outside, the warmth of the welcome, the talent of the performers and, perhaps the odd dram gave the company a cosy glow.

The evening began with Willie Shand from Crook of Devon piping in the haggis, carried on high by Poosie Nancy, none other than Ann Munro of Cambo, where Alex Cant, armed to the teeth, waited to address the haggis with gusto. As he slashed it open, the smell went round our hearts. Chairman, Gordon McFarlane then paid tribute to the late John Stewart, last year's Chairman, who did so much for Kinross. The company then stood in silence as further tribute.

Before delivering the Selkirk Grace, Rev Duncan Stenhouse of Kinross asked the company to bear in mind the traumatised people of Haiti. Burns is nothing if not topical.

Fortified by tasty cock a leekie soup followed by haggis, neeps and tatties, the company joined in singing "Rantin' Rovin' Robin" before Jim Gibb from Blairgowrie rose to propose the Immortal Memory.

The first musical treat of the evening was a duet from Evelyn and Ray Gaston of Dollar, "Oh Wert Thou In The Cauld Blast". Evelyn then picked up the pace with "Duncan Gray". One of the works many will be dipping into must be "Willie's Wife" after Margaret Michie's stirring version.

It was good to hear more from regular piper, Willie Shand, who treated us to a selection of Scottish pipe tunes, "Highland Cathedral", "Bonnie Galloway", "Rowan Tree" and "Flett From Flotta". Irene McFarlane then recited "Tam O' Shanter" as only she can. She is as much a master of change of mood and pace as Burns himself and her shrewish wife must have had some of the menfolk wincing. Douglas Skimming of Sauchie gave a very mellow voiced "My Love Is Like a Red Red Rose" before it was time for the keenly awaited Toast to the Lasses. This was delivered by Gordon Menzies of Cambo, and the added frisson was due to the fact that the lady responding would be Morag Reid, also of Cambo, who is his Mother in Law. Gordon opened and closed with his own verse, deviating via Adam and Eve and the Suffragettes. If he thought his Mother in Law was cowed by his inflammatory remarks, he had a lot to learn as Morag put him firmly in his place... the wrong.

Evelyn and Douglas next gave a charming rendition of "Ae Fond Kiss" followed by "Ye Banks and Braes". It was then the turn of Ray to give a suitably wintry recitation "Up in the Morning's No For Me". After our recent weather, we could all sympathise with the poet.

The entire company then sang "Scots Wha Hae" before David Reid, Kinross Rotary Club's President rose to give the vote of thanks. With so much to enjoy and so much to commend, David had appreciated the subtlety of the singing and the humour of the recitations, the sensitivity of the Immortal Memory and the Chairman's relaxed familiarity with the language of Burns. He pointed out that performers respond to the warmth of the audience and thanked those present for being such a good company. Rotary appreciate being involve with the event and David paid tribute to the work of Bill Michie and his team, thanking them for their work throughout the year, which is totally in the spirit of Robert Burns which had permeated the evening.

Common Grounds



At long last the snowdrops are in full bloom and the days are now getting longer and brighter. It was our delight to welcome back Nigel Ewen with his friend Enis to entertain us with classical guitar music of the first order; our thanks to both.

Project: The present project is "500 Miles" which supports amputees and disabled people in Zambia and Malawi by providing prosthetic services. £100 pays for the average prosthesis operation in a rural setting with the aim of getting more people living more active lives.

Project lunch: Our project lunch for 16 January had to be postponed and will now take place on **Saturday 20 March** at 12 noon and the speaker will still come from the Lasajang Community Project.

Forthcoming events

On the evening of **Saturday 13 March** we will host a Folk Music Evening in the Guide and Scout Hall, Milnathort with Dave and Gill and friends. Some food will be available plus Fairtrade tea and coffee. If you wish any other refreshments please bring your own. Watch out for more details on posters nearer the time.

Nigel Ewen and friend will next play **classical guitar** on **Saturday 17 April** between 1-3pm.

A Fairtrade raffle will be held towards the end February into March which will incorporate Fairtrade Fortnight (22 February – 7 March) and will be drawn at the Project Lunch on 20 March.

Book Club: The book club starts again after a most enjoyable evening spent at the Kirklands Hotel. The March date is Tuesday 2nd at 7.30pm in the Guide and Scout Hall, Church Street, Milnathort. If you are interested in joining the club and wish to know if a space is available please contact Marlene Whyte on 01592 840371.

If you wish to find out more about Common Grounds and the projects that we support, we are the proud owners of our own **website** now for which we have to thank Chris Parry, our Webmaster. You can find us at:

<http://commongrounds.org.uk>

Finally we are requiring a **Treasurer**. Our continuing thanks to John Colebourn for still covering for us – with the daily duties being carried out by the Convener.

As usual our **opening hours** are 10am – 3pm 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 Hall 100 Club

January Draw

1st	No.100	Alison Todd, Kinnesswood
2nd	No. 26	Becky Graham, Kinnesswood
3rd	No.110	Keith Milne, Mawcarse

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The Kinross-shire Civic Trust



Chairman's Annual Dinner and Lecture

The Trust held a very successful and enjoyable Annual Dinner at the Grouse and Claret on Wednesday 10 February. The Dinner was attended by over 40 members and friends.

After the Dinner, the Trust listened to a very informative and well presented illustrated talk about the works of the Perth and Kinross Heritage Trust, which was given by the Heritage Trust's Chairman, Mrs Sue Hendry. Mrs Hendry described the work that the Trust has achieved, the advice it gives, the grants it is able to provide and the support it gives to heritage projects throughout Perth and Kinross.

Scottish Civic Trust

Terry Levinthal, SCT Director, will be leaving the Scottish Civic Trust in February to take up a post as Director of Conservation Services and Projects with NTS in Edinburgh. The SCT is delighted that, following a recruitment process led by the Chairman of the Trust, a successor has now been appointed. He is John Pelan, currently (since 2006) Director of John Pelan Associates. Amongst current clients is SCT where he has been working with the Futures Group. His company specialises as an architecture communications consultancy, and also includes the Glasgow Institute of Architects. Prior to this he worked for RIAS (1993-2006) initially in Business Development, then Press and Public

Affairs, before becoming Director of Communications (1998-2006), and acting as the spokesperson on many issues related to the built environment.

John will officially take up his post with SCT on 1st April.

Architectural Awards

The judging for the Architectural Awards for this year will take place in March and the Awards will be presented at the Trust's Annual General Meeting.

Annual General Meeting

The Annual General Meeting of the Trust will take place on **Wednesday 14 April** at the Windlestrae Hotel at 7.30 pm. Reports will be presented by the Chairman and the Treasurer. After the AGM, the Awards for this year's Architectural Awards will be presented to the winners.

All members and friends are cordially invited to attend and support his event. The Trust is always delighted to see any potential new members and will be pleased to meet anyone interested at the AGM, when they can hear about the work that the Trust does.

Future Events

The Mid-summer walk will still be taking place, led by Professor David Munro, the Trust's President. However the date will have to be changed from the advertised date of Sunday 20 June, to either the preceding or succeeding Sunday. This will be confirmed nearer the date.

Buildings of Interest in Kinross-shire Burleigh Castle

Of all the castles of Kinross-shire, Burleigh Castle is the only one you can get up close to without even getting out of your car. Easily accessed right by the A911 just half a mile outside Milnathort, its impressive red sandstone ruins cannot be missed. Dominating the skyline, a large four storey rectangular tower with a turnpike staircase in its north-east corner is joined by a curtain wall to an elegant three storey corner tower by the roadside. Unusually, this smaller tower is round at the base and corbelled out to a square upper storey cap-house. Both towers have gun loops around the base to defend the castle against attackers and the corner tower also has small pistol-holes at cap-house level.

The lands of Burleigh are first mentioned in a grant of land made by King Robert II to Mariote of Cardny in 1371, long before a castle ever appeared here. Nearly a century later in 1456 King James II granted the lands of Burleigh and Tilliery to John Balfour of Balgarvie, Keeper of Falkland Palace, many of that family being employed by the royal household. Thereafter, the Balfours of Burleigh held the lands for over 250 years until 1715 when they were forfeited to the Crown following Robert Balfour's involvement in the first Jacobite uprising.

The original castle, which comprises the present ruined north-west tower, may have been erected as a simple tower house as early as 1434. However, it was nearly 150 years before Sir James Balfour of Pittendreich, a noted statesman implicated in the murder of Lord Darnley, extended the castle into something more like a palace. In 1582 he erected buildings around a quadrangle incorporating the old tower at its north-west corner. The small corner tower that he built bears the date 1582 and the initials SIB and MB, for Sir James Balfour

and his wife Mary Balfour. A third tower and part of the outer wall was blown down during a storm in 1817, much of the rubble being used by the people of Milnathort in the rebuilding of their houses. What now remains is the western part of the former square courtyard comprising the original tower and the corner tower created by Sir James Balfour. Signs of a gable end on the wall of the larger tower indicate that a gatehouse and gallery existed above the curtain wall linking the two western towers. The moulded surround over the gateway must have framed a heraldic panel at one time.

While the lands of Burleigh with the remains of the castle passed to the Irwin and then the Graham families in the 18th century, the title of Lord Balfour of Burleigh, first held by Michael Balfour in 1607, was successfully claimed by the Bruces of Kennet in Clackmannanshire in 1868.

Today the castle is now a Scheduled Ancient Monument in the care of Historic Scotland.



Burleigh Castle

Kinross & Ochil Walking Group

(affiliated to The Ramblers' Association, Scotland)

Snowdrops are out. Spring is on its way. Time to get active again! Whether you're new to walking, returning to walking or a regular walker, try out a walk or two with us to see if you'd like to join - our group has no restrictions on numbers. Walking is the best and cheapest way to keep fit and healthy, and with us, it can be sociable too. Walks are led by volunteer leaders from the group members. We have two weekend walks in March, ending the month with a bit of a challenge.

Saturday 13 March. Glenrothes Pitcairn & Lomond Hill: A mostly easy flat walk with hill ascent which can be muddy if it has been very wet. Dogs on leads welcome.

Sunday 28 March. Alva Glen to Ben Cleuch. Walk up Alva Glen and climb the Cloves to Craighorn. If weather permits, then a circuit of Ben Buck, Ben Cleuch and ben Ever. Return to Alva by way of Silver Glen. No dogs please.

For all walks you do need appropriate clothing and equipment, including boots and waterproofs. Walks can be of up to 4.5 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 see our group website www.koramblers.org or the Ramblers' Association website www.ramblers.org.uk

Kinross and District Inner Wheel



Though the snow was very beautiful to look out on unfortunately it took its toll on our January meeting which had to be cancelled.

Our first meeting of the year was 8 February at 7pm. A new time for us and a different format for us. They say change is as good as a rest. Our speaker was Irene Hamilton from Haven Trust. It was a very enlightening talk. It was not a very easy talk to listen to. We heard 1 in 4 women suffer domestic violence in one form or another. Domestic violence accounts for 25% of reported violent crimes. In 2009 Women's Aid in Scotland received 41,500 requests for information and support.

Children and young people under 16 in Women's Aid refuges in the same year were 5,000. Homicides of women committed by a partner or ex-partner account for 45%-50%. The percentage of disabled women raped, abused or assaulted at some time in their lives is a very frightening 90%.

There were a lot more details but it makes pretty grim reading in this day and age that we have this dreadful problem. Mothers at the end of their tether, children terrified to be at home. What kind of society do we live in? It is good for us to be taken out of our comfort zone and listen to the harsh realities of life.

Christine MacLure gave the vote of thanks and said we were very grateful to Irene for coming and telling us these statistics but while enlightening it certainly gave us food for thought.

Please mention The Newsletter when answering advertisements

Kinross-shire Local Events Organisation



Harry Potter at Community Campus

KLEO, in conjunction with Portmouk Film

Society, will be organising a monthly film evening at the Community Campus. Our first film will be the popular movie 'Harry Potter and the Half-Blood Prince' (12A) and it will be shown on **Friday 23 April** at 7.30pm (doors open at 7pm). In this film wizard-in-training Harry Potter returns to Hogwarts for another year of schooling and learns more about the dark past of Lord Voldemort.

Tickets (£3 for 18 and under (accompanied) and £5 for adults) are available from Sporting Chance from 15 April onwards and tickets will be sold on the evening at the door.

Fun for all the family

at Feel Good Fair at Loch Leven Half Marathon

In conjunction with the Kinross Road Runners, KLEO will be arranging some entertainment and fun activities at the finish line of the Loch Leven Half Marathon on **Saturday 15 May**. The event starts at 1pm at the KGV Rugby Field and we finish when the last runner passes the finish line. While you wait for the runners coming in, come along and browse through the wares of local stall holders, kick a football at the street football, try to 'Beat the Goalie' with the Boys Brigade, play volleyball or have your face painted. The Kinross Pipe Band will entertain us with some music and kids can enjoy the Fun Run, which Swansacre Playgroup organises every year at 1.30pm.

If your local group/club or charity would like a free stall at the Feel Good Fair, please let us know. Businesses can hire a stall for £20. Come along and enjoy!

For more information, contact Bouwien Bennet, 01577 863107 or bouwien@kleo.org.uk
www.kleo.org.uk

Kinross-shire 50 Plus Club



At the February meeting, Alisdair MacDonald gave an extremely enjoyable talk on the history of Scone Palace. Today the Palace is a family home and a very popular visitor attraction where there is so much to see and enjoy; the history, the art and antiques, and the splendid grounds. Very interesting to hear and worth a visit.

Friday Walks:

5 Mar: From the silver sands at Aberdour to St Bride's Church and back along the coastal path. This is not much over 5 miles, and we usually have lunch when we reach the church.

19 Mar: From Gleneagles to Blackford and back, along paths through woods, fields and a golf course. We will stop at Blackford long enough to have lunch, if you would like to travel light this time, and the distance is about 6 miles.

Hillwalkers:

12 Mar: We will be tackling a new linear route, the "Glendevon Reservoirs Walk" from Muckhart to Frandy, a distance of 10 miles and 1000ft of ascent.

26 Mar: Back to familiar territory when we will hike over the Lomonds/Bishop Hill from Scotlandwell to Falkland, an undulating route of 10 miles with 1500ft of ascent.

Please note our membership list is currently full. Any enquiries to Bill Blair on 01577 864450.

March Meeting: The AGM will be held on **4 March**. After business, the speaker is the coastal warden for the East Neuk of Fife.



Sports News

Kinross Kobras

U10 Hockey Tournament in Perth

A Kinross Kobras team entered the Perthshire U10 hockey tournament on 10 January at Bells Sports Centre in Perth. The competition featured seven teams from Perth, Dundee, Blairgowrie and Kinross and the Kobras were represented by Gracie Lee, Amy Broadhurst, Jennifer Aitken, Robert Getley, Alex Wilson and David McIntyre. The team did well, beating teams from Perth, Dundee and Blairgowrie losing to the overall winners from Perth by a single goal scored in the final minute of play. Kobras train on a Thursday night 6.30 – 7.30 at KGV (when weather allows).



The Kinross Kobras team at the Perthshire U10 hockey tournament

Milnathort Golf Club

This year Milnathort Golf Club is celebrating its Centenary. The decision to form the club was made on 4 April 1910 and the first ball was played on 18 June, a very short time in comparison to constructing today's courses.

This year the Club has nominated Jim Strathie and Maureen Given as Joint Centenary Presidents in recognition of their long service to the Club. The Centenary Captains are Tony Jones and Betty Brannan.

Milnathort has a reputation for its excellent greens and though relatively short, is by no means a push over. It presents a challenge to the low handicappers while not severely punishing the less experienced or those with less ability.

The Club also has a reputation for its friendliness and all are welcome.

Last year the Club participated very successfully in the Club Golf scheme for junior members as well as junior non-members in conjunction with the primary school and this scheme will continue this year.

There are vacancies available for full adult membership, while there is a short waiting list at the moment for junior members.

For further information, come along and visit us at the Club House or contact us on 01577 864069.

Kinross Tennis Club

www.kinrosstennisclub.org

Dust off your rackets - spring is just about here and with that the heralding of a new tennis season....you cannot be serious, we hear you cry, oh yes we can!

Join us on **Saturday 27 March** for our **Open Day** from 10.30am until 3pm. This is the opportunity to pay your membership for this season, collect new court keys and hit a ball if the weather is favourable. For those new to the club or tennis, we offer various membership rates; social and competitive tennis; and coaching throughout the year. Come and meet other members, find out information and play for free on Open Day.

We offer a pay-to-play facility for **visitors** all year round – keys are available by contacting any committee member (details on club notice boards) and also from **Sporting Chance** in the High Street, who have very kindly agreed to continue offering this service on our behalf.

Adult coaching is currently under way on Thursday evenings and our **Junior Easter Camp** will take place from **12 to 16 April**, with blocks of coaching starting the week after. Details of all coaching dates can be obtained at the Open Day.

League competitions will start at the end of April/early May and for the first time in a long time we have entered a team into the Perth & District junior league – further details to follow once the fixture lists are issued.

Adult club sessions are open to all and take place all year on Wednesday nights from 6.30pm and on Sunday mornings from 10/10.30am – please feel free to join in. Junior Club Night will resume on Tuesday 20 April from 5.30pm until 7pm.

We are in the midst of setting up our first website where we hope you will soon be able to find all the information you need, in the meantime contact **Aileen Jones** on **01577 865449**.

Kinross Bowling Club

The AGM of the Bowling Club was held in the clubhouse on Sunday 24 January. The following office bearers were appointed:

President – Paul Allcoat; V. President – Bobby Brian; Treasurer – Betty Paterson; Secretary – George M. Rennie.

The green opens on **Saturday 10 April** at 2.30pm. We look forward to welcoming all existing members and any new members or interested players to join us. We have qualified coaches on hand who will make anyone interested and show them the basics of the game. We are looking forward to a busy season and to some good weather.

Please contact the Secretary on 01577 864727 for any further information or any member of the committee.



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

Community Website

For contact details of community groups, hall bookings, job vacancies, leisure and visitor information and much more, visit **www.kinross.cc**

Kinross Squash Club

The leagues continue to be very competitive and it is encouraging to see that the majority of matches have been completed in time... are we all learning not to leave booking courts to the last week available for fixtures?



Peter Hookham does a superb job each month rearranging the leagues based on your performances and though sometimes you may not end up in the leagues that you think you should be playing in, let your racket do the talking and you will some move up to a higher level.

Monthly club nights are still being well supported and are definitely a mixture of light-hearted banter and deadly competitiveness. The end of season annual club championship competition will soon be promoted. Remember to get your name of the list as soon as it appears on the notice board.

League winners for January 2010

Premier League	Phil Shore
League 1	Jim Blyth
League 2	David Beaumont
League 3	Elsbeth Young
League 4	John Colebourn
League 5	Jamie Bode

Junior News

Junior Squash at Kinross is very active. At the recent Scottish National Squash championships, juniors from Kinross Squash Club has some notable achievements:

Elsbeth Young was runner up in the Girls under-15 age group.

Calum Johnston reached the semi-finals of the Boys under 17 age group.

Both were excellent results and both have been selected to represent Scotland and travel to the Welsh Junior Open in March. The club and the town wish them well.

Also at the Scottish nationals, Tino Mackay Palacios was fourth in under-11 boys – an outstanding achievement. David Beaumont was fifth in under-15 Boys and Jamie Bode (young in the age group) finished 17th.

Scottish Midlands Squash run three events in winter and three in summer which are all graded competitions so competitor are playing persons of similar ability.

In the Scottish Midlands junior open at the end of January, an event attended by junior players from all over Scotland, several juniors represented Kinross Squash Club: Calum Johnston was 7th in div 1; David Beaumont was 8th div 3; Elsbeth Young was 3rd in div 4; Jamie Bode was 1st in div 6; Tino Mackay Palacios was 7th in div 7.

Mark Beaumont is a super coach and over the years has put enormous efforts into introducing Kinross juniors to the joy of playing squash. All juniors don't have to be a national player and the juniors have their own monthly mini-leagues which are just as much fun and as competitive as any grand tournament.

Andrew Roberts is injured at the moment so not able to compete and we wish him a successful and speedy recovery and hope to see him back on courts in the near future.

Calum Johnston is in the Scottish squash academy and Elsbeth Young, David Beaumont and Andrew Roberts are in the Scottish squash talent squad, which is just a level below academy. Being in these squads makes them eligible to be selected to play for Scotland at the home internationals in April and the European championships in May. These training squads, which are usually combined, are held in Edinburgh and Aberdeen and Inverness and players from all over Scotland are selected for the year. They are organised by a team of Scottish squash coaches, of which our own Mark Beaumont is one, but they also include psychologists, fitness trainers and nutritionists. So much is done to help support some of our top juniors to help them reach their full potential.

Scottish Ranking Rankings of some of the juniors

Calum Johnston is currently number 1 under 16 boys

Elsbeth Young is number 2 under 15 girls

David Beaumont is number 7 under 15 boys

Andrew Roberts no 3 under 13 boys

Tino is no 10 under 13 boys (he is only 10)

Kinross Golf Club

The snow in December and January may have curtailed play and closed the courses but a new season is just weeks away and promises to be an exciting one.

Kinross has once again been selected to host some important events on the Scottish Golfing calendar. Last year we were delighted to welcome the SLGA when the Scottish Senior Ladies' Amateur Championship was played over the Montgomery course. This year, the SGU has chosen Kinross to hold their Men's Scottish Area Team Championship, which will be played over The Montgomery Course on **Saturday 15 May**. Members are encouraged to come and watch these top players who will represent clubs from around Scotland. Two events by the Scottish Senior Men will also be staged at Kinross. In the first competition in June we will see the East of Scotland visiting and the Seniors will return again in July for the Scottish Match Play Championship. We wish them all every success and delighted they have chosen Kinross for their competitions.

The 2010 season will commence on **Saturday 27 March** with the Opening Match between the Captain (Scot Michie) and Vice Captain (Jim McKay), who will be partnered by

the Ladies' Captain, Lyn Murray and Ladies' Vice Captain, Heather Gough. Participation in this match, which is always keenly contested, is highly recommended. This competition is open to both Men and Ladies with a handicap and the draw will take place in the Clubhouse at 8.30am on the day, ready for a 9.00am tee off. If you wish to be included, please add your name to the list, which will be posted in the locker rooms. In the evening the Opening Season Dance will be held in the club house and entertainment provided by the band 'Mason'.

The main Club events in 2010 are:

Sun 9 May	Mixed Open
Sun 6 June	Men's Open
Fri 18 June	Millennium Cup (Gent partnered by a lady or a junior)
Sun 27 June	Junior Boys County Match
Sun 27 June	Club Championship and Beveridge Cup Finals
Tue 20 July	Ladies' Open Greensomes
Tue 27 July	Junior Open
Sat 7 Aug	Men's Invitation Fourball
Wed 1 Sept	Men's Senior Open
Sat 11 Sept	Ladies' Open

Kinross Road Runners



KRR has made a very positive start in 2010 with a list of around 80 members at the end of January. Abilities range from never having run for more than a couple of miles to multiple marathon runners. Anyone who has an interest in running and would like to join KRR would be made most welcome. We meet every **Wednesday at 7pm outside the old doctor's surgery and at the same location for a longer less formal run on Sunday at 9am**. There is more information about the club's activities on our website www.kinrossroadrunners.co.uk

The Great Winter Race - 5km

The Great Winter Race took place in Holyrood Park, Edinburgh on 9 January. KRR had one entrant, Douglas Leitch, who completed the race in a fantastic time of 20:11 minutes. Douglas was 351st overall.

The Devil's Burden

The Devil's Burden took place on Saturday 23 January. This is a relay race starting and finishing in Falkland covering a total distance of 31 km, much of which is over the Lomond Hills. The distance is divided into 3 hill legs and 1 trail leg. All runners must have the ability to navigate their way across the hills in very cold midwinter conditions. This year there was still thick snow covering the hills, adding to the fun of the downhill sections! KRR had four teams competing in the race with positions as shown below. Trish Milne, who ran for the Ladies Vet team, was the second ladies vet overall, completing her leg of the relay in a time of 36:14 minutes.

Kinross Half Marathon

The Kinross half marathon will take place this year on **Saturday 15 May**. This is a wonderfully scenic race around the shores of Loch Leven and attracts up to 600 runners every year. If you aim to make this your goal for 2010, put on your running shoes and come and join KRR for some Sunday training runs. Registration is available on line NOW and information regarding the route can be found on our website, www.kinrossroadrunners.co.uk

Having got off to a great start in some very challenging conditions, KRR are looking forward to many more races over the coming months.



An enthusiastic Jackie Smith on the Devil's Burden

<u>Team</u>	<u>Leg 1 (7.1km)</u>	<u>Leg 2 (5.7km)</u>	<u>Leg 3 (10.3km)</u>	<u>Leg 4 (7.7km)</u>	<u>Place</u>	<u>Finish time</u>
Men A	S Crawford M Hill	A Black	A Johns A Laycock	P Edgerton	30th	03:07:52
Men B	M Jeffrey Guest	R Ritchie	S Crawford R Shah	A Black	75th	03:33:03
Lady Vets	M Hill P Coutts	J Gibson	C Myerscough J Dobson	P Milne	86th	03:39:56
Mixed team	G Bilton J Smith	S MacCalman	A Macintyre G Black	F Kemp	115th	04:37:11

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Kinross Cricket Club

New Players Required

Kinross Cricket Club is looking for new players for the up-coming cricket season. The club has grown quickly in the last two to three years, and is looking to attract new talent to take the club forward. Whilst the club has a very successful junior section, it is now looking in particular for more senior members.

This season will see the 1st XI play in the Strathmore & Perthshire division 1 section having achieved promotion for each of the last two seasons, with the 2nd XI continuing in division 3 of the same league. The home ground is in the grounds of Kinross House, without doubt one of the best settings in the surrounding area to play league cricket.

Pre-season nets are on a Sunday 2-4pm at the Loch Leven Campus in Kinross, and the club would welcome potential new members to any of these sessions. The club has more than 20 coaches, with experience from primary schools through to academy and national team coaching experience. Please come along to one of the net sessions, or alternatively call Club Captain John Muncney on 07721 756692 for more details.

Girls Selected For Tayside-Fife Academy

Seven of our under-15 girls have been selected for the newly launched Tayside-Fife Girls Cricket Academy. They are: Jill Sweeney, Claire Jackson, Zoe Conway, Lori Kellett, Christina Farrar, Alexandra Galloway and Esme Pringle. This new initiative is a key step towards improving the pathway for girls in cricket in our region and will hopefully help with the girls' confidence, skills development and knowledge in the game of cricket, building on the coaching and experience they continue to gain at the club.

For further information on what's happening at Kinross Cricket Club, see our website: www.kinrosscc.co.uk

Active Schools Partnership Continues

Coaches from Kinross Cricket Club will continue with the successful active schools cricket taster programme, starting at Kinross Primary School in March. Each of the local primary schools will get a four-week coaching programme to P4/5/6, culminating in the Kinross-shire Primary Schools Kwik Cricket Tournament in early June. Children who enjoy sessions will be given details of club coaching to participate further. Thanks go to the schools for the warm welcome and willingness to participate that we receive each year.



Kinross AFC



The inclement weather has meant that the Club has managed only three fixtures, regrettably, two ending in defeats. 1-0 to Fair City. A credible 1-1 draw at Star Hearts, with Simon Thackery scoring for Kinross.

The first home game of the New Year to Kettle Utd resulted in a 2 - 4 score, goals coming from Brian Duncan and Allan Moody.

On a brighter note, our Secretary, Alan Fraser received an award on behalf of the Club from Perth and Kinross Accredited Club Excellence Scheme (PACES). PACES helps voluntary sports clubs to operate efficiently and effectively and rewards them for operating in a structured way. Congratulations to Alan for the work involved in compiling the Club's submission.

Much has been made of the new pitch at the Myre and yesterday it certainly laid claim to being one of the best playing surfaces in amateur football. I understand that Craig Brown is looking to move from Fir Park to the Myre!

As we move into the latter stages of the season, the following players will be tasked with lifting the Club out of the bottom spot in the Kingdom League:

Jamie McElroy – Goalkeeper; Chris (Chico) Gray – Defender; Ritchie Daeth – Goalkeeper/Defender; Alan Clarke – Defender; Paul Deas – Defender; Iain (Fireman Sam) Wardlaw – Defender; Kevin Naughton – Defender; Gav Naughton – Defender; Tom McKenna – Midfield; Stephen (Galsy) Gallagher – Midfield; Grant Wardlaw – Midfield; Brian (Roadrunner) Duncan – Midfield; Ryan (Fry) McLean – Midfield; John McLaren – Midfield; Gordon Baillie – Midfield; Allan Moody – Striker; Iain (Robbo) Robertson – Striker; Jamie (Jam) Child – Striker; Simon (Super Si) Thackery – Versatile.

Coaches are Bruce Deas and Stevie McInroy.

As ever the Club is striving to improve its organisation and quality of the playing staff. If interested in joining us, please contact Alan Fraser (Secretary) on 01577 862018 or Sandy Fraser (Chairman) on 01577 865762.

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Kinross Ladies Hockey Club



With the temperatures gradually creeping back above freezing, the matches of the start of the second part of the season have thankfully not suffered as badly from the snow and ice as the December and January training sessions. We have been fortunate to be able to access indoor training facilities at the new Community Campus at short notice on a number of occasions when the KGV pitch has been unplayable. We look forward to the proposed pitch rejuvenation planned for the week starting 22 February; hopefully this will result in fewer match and training session cancellations because of the pitch being frozen or flooded.

Two matches have been played by each team since the start of the second part of the season. The First XI stormed to a decisive 10 – 1 league victory in Dundee against Grove 3rds on 6 February. The following day saw the Second XI facing a young Perthshire 3rds team in Auchterarder, with the Kinross team again coming away on the better end of a 2 – 0 scoreline.

The following week both Kinross teams played at home at KGV. The Second XI faced up to Perthshire 2nds and enjoyed an challenging and physical match, with spirited defending from all players keeping the scoreline goalless against all odds. In the following match, the First XI had all of the pressure and were unfortunate to lose a goal against the run of play just before half-time, before coming back to even the score for a 1 – 1 draw.

Spectators are most welcome to come and support home games at King George V playing fields. Home matches are scheduled for the Saturdays of 27 February, 13 March and 20 March, with play starting at 2pm. In addition, the upcoming weeks will see several rearranged league fixtures for both teams. From the end of March the league matches will give way to Cup matches for the District and Knock Out Cups.

Looking further forward, Kinross Ladies will travel back down to Newcastle on 8 May to defend our trophy at Newcastle Ladies Charity Shield Tournament. Later in May we will embark on tour, although as yet our destination remains to be decided (either Plockton or Paris... little difference between them, of course!)

Kinross Ladies Hockey Club are proud to have achieved foundation level of the Perth & Kinross Accredited Club Excellence Scheme (PACES), recognising the strength of club structure, the child protection training, and the coach to player ratio, amongst other things. We seek to continue building on this in time to come.

Training continues every Wednesday night from 6.30 – 8pm at the all weather pitch at KGV, run by coaches Ryan Green and Scott Rodgers. New players are always welcome. Training starts at 6.30pm sharp, so please be there in good time. You will need to bring trainers (no metal studs allowed), and a bottle of water or juice is a very good idea. There is a £2 training fee for each session.

If you would like any further details please check the website at www.kinrossladieshockey.co.uk

Visiting Kinross-shire?

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

www.kinross.cc

Click on “Visitors” then “Things to See and Do”

Kinross Cycling Club



As I write this, our experiment of running two groups has only been going two weeks but already the slower ride is attracting new members. If you're new to cycling, or recovering from illness or injury, why not come and try it? It currently leaves the new High School at 9.30am on a Sunday (group 1 leaves at 9am). Cycling in a group is as much a social as a fitness pursuit. Regular moderate exercise has been proven to be of immense benefit to one's cardiovascular and general health. Allied to a healthy eating plan, this will make you feel fitter and more energetic. What are you waiting for?

The club is hoping to obtain coaching qualifications this year to help members develop their cycling skills and to train properly. The Winter Hill Climb (Cleish-Loch Glow) was due to take place on February 21st (while this Newsletter is in print) and the Fife Cycling Association Midweek Time Trial series is due to kick off on the last day of this month. Remember, when the clocks go forward, the Thursday evening ride starts again!

I was out on my bike on Sunday 14 February and was dismayed by the amount of poor overtaking shown by motor vehicles. Passing too close and too fast are the main errors and I think this arises from poor anticipation. If you see a cyclist ahead of you, don't keep speeding towards them without assessing the situation. Are you going to pass at an inappropriate place? (bend, pedestrian crossing, narrowing of the road etc). Are you trying to pass “three abreast?” With the roads in such a poor state, cyclists need a lot more room than normal. It is your responsibility as a car driver to give cyclists plenty of room. Dismayed though I was, I was heartened by the number of cyclists out there. Go ride!

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Volleyball

The Perth Leagues feature five teams, two in the Premier League and three in the Recreational League. Kinross Scotrange are currently leading the Premier League with Kinross BB leading the Recreational League. Both sides are hoping to retain the league championship trophies for yet another year. Preparations are also underway for the club to enter this year's 25th Scottish Open Volleyball Tournament at Perth's North Inch over the last weekend in May. New members are always welcome at the new Community Campus on Monday evenings from 8 till 10pm. Current League positions:

Premier League

	P	W	D	L	F	A	Points
Kinross Scotrange	13	9	0	4	633	514	104
Dodgy Spikers	13	7	1	5	642	561	90
Mental Blocks	12	9	0	3	567	465	89
Hitting Bricks	12	8	0	4	542	493	80
Kinross Kintronics	12	4	1	7	510	554	56
Dunfermline	12	2	1	9	466	576	38
Volleymixtures	12	2	1	9	370	567	32

Recreational League

	P	W	D	L	F	A	Points
Kinross BB	12	9	1	2	550	392	95
Aberfeldy	13	7	2	4	600	550	85
See Me	12	7	1	4	539	465	81
Motley Crew	11	6	1	4	493	429	77
Mongrels	14	7	1	6	574	635	76
Rodney's Trotters	11	6	2	3	483	428	75
Hitting Bricks	13	6	2	5	575	557	73
Kinross Scotrange II	11	7	0	4	476	446	70
Tay Pearls	13	2	3	8	515	612	53
Dunfermline	12	3	1	8	480	560	45
Kinross BB GA	12	0	0	12	391	602	12

Lochleven Diamonds

Lochleven Diamonds Baton Twirlers now meet in the new Community Campus on a Wednesday night at 6pm. Baton Twirling is a good sport for fitness and hand/eye co-ordination and it teaches them how to work together as a team. New members are always welcome, if you are interested please contact Sarah on 07837516353 or come along to the small sports hall any Wednesday night at 6pm, first night is free, thereafter classes cost £2.50. This is a voluntary club so all fees go into the club funds.

We would like to thank everyone who donated at our bag pack in Sainsburys at Hogmanay, we raised £750 which will help keep the club going for a while. Also thank you to the Round Table for allowing us to take part in the Santa Sleigh collection in Portmoak and Scotlandwell.

New Nordic Walking group for Kinross



Following a series of successful free taster sessions, a new Kinross Nordic Walking Group has been established under the guidance of Tony Brotherton of Fit and Happy.

Despite the snowy weather, the group has managed a number of weekly led walks, on a Sunday afternoon and mid week using the Loch Leven Heritage Trail as their base. Free taster sessions are still being run on a regular basis to encourage people to take up this very beneficial all-body workout and sociable activity. All equipment is provided. No previous experience is necessary.

Now the better weather is here perhaps you want to give it a go?

KNWG welcomes new members who have first completed a taster session and has a schedule of walks planned for the coming months.

If you are interested in joining us, then please contact Tony on 07525 399752 or check the website at www.fitandhappy.co.uk and see the Nordic Walking page for more information. We would be delighted to see you come along.

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Kinross Otters

Scottish Schools National Swimming Finals

Tollcross, Glasgow, 30 January

Kinross Otters continued to punch well above their weight whilst grabbing two medals at the Scottish Schools National Swimming Finals at Tollcross in Glasgow on 30 January. This superb facility boasted a 50 metre Olympic standard swimming pool complete with ten lanes which had full electronic timing and a giant electronic scoreboard. This set the scene for the capacity crowd to enjoy throughout the day and is to be the venue for the Commonwealth Games in Glasgow in 2012.

Needless to say, the cream of Scottish swimming was there in force and to achieve any modicum of success you had to be good...very, very good.

Laura Manson, representing Dollar Academy, had qualified third quickest in Scotland as the Central Schools Champion in the 12 and under Girls 50m Freestyle. She managed to raise her watching fans' blood pressure to bursting point when she stormed to a superb personal best of 31.14 secs in her heat to qualify quickest but then appeared to have been disqualified. After a few nervous minutes of enquiry the officials decided that an error had occurred and Laura had rightfully claimed her place in the final. The final was an intense affair and despite breaking her personal best yet again in 31.11 secs, she had to settle for a wonderful silver medal behind Emma Budge from Thurso who had to break her own personal best to win in 30.94 secs.



Laura Manson and Cameron McCloskey show off their medals

Cameron McCloskey, representing Milnathort Primary School, had qualified fourth quickest in Scotland as the Tayside Schools Champion in the 12 and under Boys 50m Backstroke. Despite his dislike of early morning races and the fact he was virtually first on in the morning, he qualified comfortably in third place overall in 37.60 secs but was some way off the fastest two qualifiers. The final was intensely exciting with Cameron rising first in the lead. He maintained this lead until the halfway point when he was passed by the eventual winner, Kieran Brand, who had smashed one of the oldest meet records from 1992 in the heats in 34.22 secs. It was impossible to differentiate between Cameron and Andrew Webb and in a flurry of splashes and spray they both finished and everyone looked to the giant screen for clarification. Cameron had missed out on silver by 0.05 secs in 36.65 secs, but was delighted with

his bronze medal and his first outing at anywhere near this level.

Both Laura and Cameron deserve congratulations for performing so well despite having less opportunity to train as their "pool time" is restricted compared with that of their competitors as the Kinross pool is a public pool. No one currently associated with the club can remember any other Otter ever gaining a medal at these Championships.

Jamie Mather, representing the High School of Dundee, is the Otters' best breaststroker and qualified for both the 100m and 200m 13-14 year old Boys Breaststroke. In the Tayside Finals he had come first and second respectively. Jamie performed admirably in the 100m leading to the halfway point but eventually and frustratingly being overtaken to end up 4th, some 0.64 secs adrift in 1.21.31 secs. This is an excellent time and is a qualifying time for the national Age Group Championships in April this year. He managed 12th in the 200m.

Ruth Miller, representing Kinross High School, managed 9th in the 17-19 year old 200m Girls Breaststroke whilst **Cameron Milne** from the same school also managed 9th in the Boys 400m Open event. **Cameron Nelson**, representing Milnathort Primary School, came 17th in the 12 and under Boys 50m Backstroke. **Elidh Gibson**, representing Strathallan, came 20th in the 15-16 year old Girls 200m Backstroke.

Milnathort Primary School 12 and under Boys 200m Freestyle Relay team of **Cameron Nelson**, **Gareth Hutchison**, **Gregor Malcolm** and **Cameron McCloskey** acquitted themselves very well by coming 6th (8th last year) in a best time of 2.30.59 secs (2 secs quicker than last year). Well done to all the Otters for making it this far and performing so well.

For more information on this vibrant club, visit kinrossotters.co.uk

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Kinross Curling School



If you have all been watching the Olympics and think you would like a try at curling, we have the perfect opportunity for you. We are holding a post-Olympic **COME AND TRY** on **Thursday 4 March** at 6.30pm at the ice rink. All you need are cleaned soled trainers/ rubber soled shoes to be changed into at the rink, loose fitting trousers and a warm fleece; we have everything else you need. If interested, please contact me, Ena Stevenson: Email: enastevenson@aol.com Mobile: 07974826563

Kinross Junior Curling Club

We are nearly at the end of our season already and it is great to see that two-thirds of the members will be involved in the finals of our club competitions. The points have been played, with Hamish Geyer taking first position. Runners-up were Alison Wood and Fraser Thomson in joint second place.

In December, Fraser and Grant Barr took part in the Forfar Under-17 competition with two friends and won the low road.

In early January, two rinks went to Ayr to play in the Scottish Junior Club Challenge. The team played well and missed out on qualifying for Division 1 next year as group leaders on number of ends scored. The team lost in the playdown against Galleon and will play in Division 2 next year. Later in January, Iain Wilson, Hamish and Fraser were back in Ayr to take part in the Scottish Junior Qualifying Playdowns.

Our club had two rinks playing in the Loch Leven Province Blairhill Trophy. They gave both Glenfarg Ladies and Fossoway a good game. The club will be taking part in the new Green Hotel Division 3.

On 27 February, some of our members will be taking part in the Under-17 Mixed Pairs competition, at Murrayfield.

The Closing Bonspiel and AGM will be held on Sunday 14 March.

Kinross Ladies Curling Club



On 25 January 2010 at the Green Hotel ice rink, the rink of Gaylor Hoskins, Joyce White, Linda Colebourn and Kathryn Spain (a junior curler) achieved an 8-ender. They will be presented with a certificate and pin to commemorate this at the RCCC AGM in June. This is a first in our club's history.

On 4 February the club won the Blairhill Challenge Cup. This is a long standing competition played annually between all the clubs in the Loch Leven province. We previously won it in 1998, 1999.

Anne Porter, Secy, KLCC
Contact no. 01577 864018

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Kinross Men's Hockey Club

The 1sts travelled to Edinburgh University 6ths and held a 2-1 lead for most of the match but the University agonisingly scored an equaliser in the last minute of the match to draw 2-2. Next Edinburgh University 5ths beat Kinross 3-0 with Kinross unable to find the net, despite hitting the University goal posts four times during the match. Kinross then faced Grange 5ths and early on struggled against a very fast Grange attack and lost three quick goals, however Kinross played much better in the second half and despite scoring three goals, eventually lost 3-5.

Kinross 2nds faced a very powerful Stirling side who went 2-0 up but Kinross fought back to 1-2 with a goal from Bradley Harrison. A very exciting second half followed but pressing for the equaliser, Stirling scored on the counter attack at the end of the match to win 3-1, but an excellent second half performance by Kinross. Next Kinross faced WI Trinity 4ths who quickly went into a 2-0 lead, but the continuous pressure on the Trinity defence was rewarded with two goals from Alistair Elwis and full-back Jonathon Sloan to give Kinross a well deserved 2-2 draw.

KGV pitch is due to be rejuvenated starting Monday 21 February.

The next league games are:

Feb 27th 1sts at home to Watsonians,
3rds and 2nds away to Fidora Lions.

March 6th 1sts away to Grange 5ths and
2nds at home to Eskvale.

13th 1sts at home to Erskine SM,
3rds and 2nds away to Carnegie 7ths.

There will be a couple of rescheduled games for both teams against Inverleith and the 2nds against Carnegie 7ths.

Wednesday indoor training continues until the end of February on Wednesday nights 7.30 to 8.30pm and we are back outdoor training with Alan Dickie on the KGV astro pitch on Tuesday evenings 7.30 to 9pm in March. Training is free and all are welcome no matter what age or ability or if you just want a runabout. Kobra (U14) training for both boys and girls is on Thursday evenings 6.30 to 7.30pm; again it's free and all are most welcome, no matter what your ability as Shaun Masson organises a lot of fun for all.

For further information why not contact Douglas Ogilvie on e-mail: captain@kinrosshockey.co.uk or 07768 708250 or Ollie Voland at secretary@kinrosshockey.co.uk or 07725 884672.

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Health and Fitness

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

Cardiovascular Health and Fitness Heart Facts: A remarkable Muscle!

Your system of blood vessels - arteries, veins and capillaries - is over 60,000 miles long. That's long enough to go around the world more than twice! The adult heart pumps about 10 pints of blood each minute - approximately 2,000 gallons of blood each day - throughout the body. Blood takes about 20 seconds to circulate throughout the entire vascular system and is 78% water.

When attempting to locate their heart, most people place their hand on their left chest. Actually, your heart is located in the centre of your chest between your lungs. The bottom of the heart is tipped to the left, so you feel more of your heart on your left side of your chest.

Your heart beats about 100,000 times in one day and about 35 million times in a year. During an average lifetime, the human heart will beat more than 2.5 billion times.

Give a tennis ball a good, hard squeeze. You're using about the same amount of force your heart uses to pump blood out to the body. Even at rest, the muscles of the heart work hard - twice as hard as the leg muscles of a person sprinting.

Feel your pulse by placing two fingers at pulse points on your neck or wrists. The pulse you feel is blood stopping and starting as it moves through your arteries. As a child, your resting pulse might range from 90 to 120 beats per minute. As an adult, your pulse rate slows to an average of 72 beats per minute.

The aorta, the largest artery in the body, is almost the diameter of a garden hose. Capillaries, on the other hand, are so small that it takes ten of them to equal the thickness of a human hair. A child's heart is about the size of a clenched fist; an adult's heart is about the size of two fists.

Cardiovascular Fitness and Exercise

Each week I get questions about cardio - why do I need it in the first place? How often should I do it? How hard should I work?

Our Bodies Are Made to Move

If you have a sedentary job, think about how your body feels at end of the day. Do you have tight muscles, an aching back, feel exhausted even though you haven't done anything physical? Maybe your shoulders burn from tension and your head hurts from staring at a computer screen for too long.

Now, think about how your body feels after a good workout. Your muscles are warm and flexible, the blood is pumping through your body, providing oxygen and energy. You feel energized, confident, proud of yourself and ready to take on the world. Our bodies are made to move, not sit around all day, and yet that's exactly what we're doing more of!

Benefits

Weight loss • Stronger heart and lungs • Increased bone density • Reduced stress • Reduced risk of heart disease and some types of cancer • Temporary relief from depression and anxiety • More confidence about how you feel and how you look • Better sleep • More energy.

The Motivation

I passionately believe that you must enjoy your exercise. It can actually make you feel good where you can feel strong, confident and able to tackle anything.

Feeling good, both physically and mentally is as important as looking good. How we feel about ourselves is so important.



Make your workout focused on improving how you feel rather than focused on how you look

Regular cardiovascular exercise enables the heart to become stronger, which in turn allows it to pump a greater volume of blood per contraction. Increased levels of transported oxygen are a direct result as aerobic fitness is improved.

Working at 70-85% of heart rate maximum, three 30-minute high intensity sessions per week, or five if at a lower intensity, are sufficient to improve your fitness. Walking, swimming, running, cycling, dancing, rowing, stepping are all very effective ways of improving your cardiovascular health.

Some Pointers!

The basics. If you're confused about what to do, keep it simple - you need at least 20 minutes for the body to get going, so start there. Get out your diary find 20 minutes of time on three different days and do something - walking, running, going to the gym, vigorous housework - whatever you want! Make it a habit first and work on your time and intensity later.

Be patient. Part of allowing yourself time to make exercise a habit is being patient...you can't start where you want to be (which may be exercising 5 or 6 days a week), you have to start where you are and that means weight loss may be slow in coming as you get your mind and body conditioned for exercise. Make your weight loss goal long-term, then focus on the daily steps you need to take to get there.

Focus on your body. If you exercise regularly, when was the last time you left your iPod at home and spent some time focusing on how your body feels? While music is a great motivator, why not set a goal to do one workout a week with no distractions? Leave your heart rate monitor, TV and iPod at home. Forget about calories, intensity and the rest of it and focus on how your body feels. Try different activities. Go slower or faster and see how your body responds. Take some time to learn about your body and you'll be able to create workouts based on your own rules instead of someone else's.

Get outside and smell the roses. If you never exercise outside, I challenge you to do so. Go out and walk, run or ride your bike. Leave your watch at home and take some time to look around, notice the scenery. If you see an interesting road... take it. Breathe deeply. Sometimes just being outside is a reminder of how wonderful it is to have a healthy, functioning body.

Variety is the spice of life. The simplicity of cardio exercise is that you can choose any activity that raises your heart rate. You don't have to do the same workout every session, nor every week nor risk becoming bored with the same old routine. Changing your cardio is easy, so do it often and you'll discover more activities you enjoy.

It takes time to change how you think about things. Open your mind to different possibilities. Just for a moment, imagine what it would be like to exercise because it feels good - not just because it helps you look good. Imagine how much more motivating it would be to exercise because you want to, not just because you have to. It really is possible to make exercise an enjoyable part of your life - you just have to work at it!

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: Resistance: Exercising for Everyone.



News from the Rurals

KINROSS GROUP held the heats of the Rural Olympics and a hilarious and enjoyable afternoon was had by all. Milnathort were the winners and now go on to the Federation finals. We would like to thank Helen Davidson and her team from Kinross High School for all their help and assistance on the day.

CARNBO – President Eileen Thomson welcomed everyone to the first meeting of the year. After completion of business she welcomed Mrs Marion Anderson from Maggie's Centre, Dundee. She gave a very interesting talk and insight on the activities and the work that Maggie's provide. This benefits anyone in the Tayside region. The vote of thanks was given by Mrs Josephine Paterson. Competitions: Favourite small box - J Paterson; Flower of the Month - J Stirling. President Eileen Thomson welcomed everyone to the committee meeting on 15 February. After completion of business, she then welcomed our visiting rural from Cleish, who entertained the members firstly by giving a demonstration of their skills in line dancing, followed by a recital of Scottish Poems, which most of us remembered reciting as children. Then we also learnt the beginnings of how Valentine's Day was started way back in the 15th Century. This was followed by a demonstration of how to make Tablet Cheesecake and Peach Flan. Then there was a quiz and another dance from the line dancers. It was a very enjoyable night, finished off by supper. The vote of thanks was given by Mrs Molly White. The President wished everyone a safe journey home. Competitions: Card, any Craft - Barbara Nicol; Flower of the Month - Cath Mearns.

MILNATHORT – President Mrs Jessica Monro welcomed all our members to a Scottish evening. Mr Alastair McArthy started the evening's entertainment with a selection of tunes on the bagpipes. We then had Kirsten and Abbie who did some tap dancing, and to round off the evening's entertainment we had the Monday Ceilidh dance class. The committee provided lovely soup and sweets for the supper. The vote of thanks was given by Fiona Hynds. Competitions: Individual Sweet - Cathy Cochrane; Piece of Scottish Jewellery - Elizabeth Graham; Flower of the Month - Ene Thomson.

POWMILL – President Mrs Janie Buchanan welcomed members to the first meeting of the New Year, which was also our annual Burns Supper, on Wednesday 20 January. The haggis was carried in by Mrs Buchanan and addressed by Mrs Catriona Fleming. A very tasty meal of haggis, neeps, mince & tatties followed by oatcakes, cheese and shortbread was served by the committee. After business items had been dealt with, Mrs Buchanan thanked the committee for providing the very nice meal and declared the meeting closed. Competitions: Jar of 3 Fruit Marmalade - Mrs J Mitchell; A New Year Resolution - Mrs J Buchanan; Garden Gem - Mrs M Wilson.

GLENFARG – President Mrs Ursula Stewart welcomed Stewart Skinner from Sands the Ironmonger, Kinross who gave a witty and very enlightening account of the organisation that goes into the annual T in the Park at Balado. Mrs Lesley Murison gave the vote of thanks. Competitions: Flower of the Month - Lilia Johnson; Tea Loaf - Jean Connolly; Tea Cosy - Margaret Scott.

BLAIRINGONE – Secretary Mary Ramsay welcomed everyone to Mowbray Hall, Powmill for our November meeting on Wednesday 11 November. Mrs Ursula Stewart and friend gave an excellent talk and demonstration on spinning and dyeing with some members having a go on the spinning wheel.

Competitions: Traybakes - Martha Warnock; Knitted baby hat - Mary Ramsay; Flower of the Month - Agnes Murray. For our December meeting we were invited to Powmill's Christmas Party, held in the Thistle Hotel at Milnathort. A good time was had by all and the entertainment as always was first class.

Competitions:

Favourite Christmas Tree Decoration – Fiona Clark.

January saw us take a trip to the Town Hall in Alloa for a highly entertaining evening of pantomime. This year we saw "Cinderella". Many thanks to the ice-cream supplier at the interval.

Fiona Clark, President, welcomed everyone to Mowbray Hall, Powmill for our February meeting on 10 February. Mrs Elizabeth Lister was our speaker for the night and gave us a very informative and entertaining talk and slide show on her trips to China.

Competitions: Cherry Scones - Mary Ramsay; Favourite Postcard - Mary Ramsay; Flower of the Month - Jean Broome.

CLEISH – The January meeting was cancelled due to inclement weather. Mrs Margaret Kilpatrick welcomed members and friends to the February meeting when we enjoyed an evening of bingo. Lots of prizes and laughter. Competitions: Flower of the Month - Dorothy Morris; Valentine Card - Dorothy Morris; Bowl of bulbs - Dorothy Morris.

CROOK OF DEVON – Mrs Margaret Arbuckle welcomed everyone to the February meeting – the first of the New Year as January was cancelled due to bad weather. Kevin Mitchell from Ochil Mountain Rescue gave us a very interesting talk and slide show on their work and the conditions they sometimes have to overcome to rescue people. Competitions: Mountain Memento - Mrs I Mehan; Flower of the Month - Mrs A Johnston.

BISHOPSHIRE – After having to cancel January's meeting because of the weather it was good to meet again and enjoy listening to an excellent speaker – Mrs Dorothy Thomson. Dorothy had trained racehorses locally for 27 years, and had a fund of stories relating to training, jockeys, owners and lads. We had a real insight into a different world, and hadn't realised the extent of horse training. Competitions: Novelty salt and pepper - Sheila Drysdale; Decorated Valentine biscuit - Norma Smith.

Out & About



Vane Farm



A happy March to you all! Pleased to say that clumps of snowdrops are currently paving your entrance into the reserve so it must be spring. Colin's vacationing at the moment, so pardon the slightly more mainstream version this month, apologies!

It's been a busy couple of weeks on the reserve as we've been doing a bit of digging (see below) and our near resident Sea Eagles have been showcasing themselves on an almost daily basis across the reserve to a delighted audience of staff, visitors and volunteers alike. With a wingspan some 20 times that of the average blue tit, you can be sure you're seeing a Sea Eagle through your lens.

Diggers and dumpers have been down doing their thing on the western part of the reserve during January and February. Supported by the Sita Trust, this work has involved filling and shaping ditches to help hold water back and produce lots of lovely muddy edges for wading birds. In addition, we've now got two rather sizeable holes in the bunds lining the wetland trail into which we shall be inserting some crafted viewing screens. We're also making a new wheelchair friendly path into and around the picnic area, supported by the People's Postcode Lottery.

The shop is making it easier for you to get closer to wildlife than you ever thought possible (money-wise, we can't make you invisible) with the arrival of our brand new HD binoculars and a £100 reduction on the old HDs, so get them while it's hot! Old HD 10x42's & 8x42's now selling at £399. There's more 'hot off the press' action in the form of the Second Edition of the Collins Bird Guide, not available on general release until **4 March**, yet the shop at Vane Farm have copies in store now! Our Easter promotion (**17 March – 13 April**) reads as follows 'Free suet balls with our classic suet ball feeder and premium suet ball feeder'; birds all over have been rejoicing at the news. And finally, if you want to make an attempt at being 'Simon King', then purchase one of our new-in seal skin hats or if you can't quite stretch to that, I'm sure a pair of gloves would cut it.

As ever our friendly staff are on-hand to offer advice; please try to keep it bird/wildlife-related, no "my wife's run off with my neighbour's dog" chat thank you.

Next events coming up are **Walking with birds, 13 March** (11am) where we invite you to join us for a free, guided walk around the reserve and you can take part in some bird watching along the way. Booking essential. Contact 01577 862 355.

Also on **13 March** (11am-4pm) **Soil, salad and sow**. We're not just about birds, we're about potting the contents of your salad bowl! £2 per child. All materials provided. Booking not required.

The third weekend in March, we're running our sell-out **Beginners & Intermediates Digital Photography** courses with Dave Taylor. I'm not going to tell you any more of the detail here since they have sold out again, don't want to rub it in or anything. Next beginners course is **5 June** and Intermediates, **9 May**. Contact: 01577 862 355.

Till next month, when Colin shall return...

Jane

Loch Leven NNR



This month we welcome Alison Couch who has taken over from Craig as Reserve Officer.

Alison was previously employed by SNH at St Cyrus NNR. She will be focussing on education, volunteering and community involvement on the NNR.

As many of you will already have observed, the Boathouse and Kingfisher Hides have had to be removed following structural damage caused by the shifting ice over Christmas and New Year. The hides will be out of action for the foreseeable future. A technical solution is currently being sought to prevent this level of damage reoccurring. To allow this design process and also to reduce impact as much as possible on the breeding and wintering birds during reconstruction, we are aiming for reopening the hides in August. Unfortunately this means we will have to postpone until further notice the 'Meet the Wardens' events which were usually held in the bird hides. However, SNH staff will still be out and about on the reserve regularly so please feel free to approach us.

The bird feeding station near the ponds at Mary's Gate has almost been completed and will be fully operational shortly. Reserve volunteers have already put up some new nest boxes and will be installing and maintaining a variety of bird feeders to attract woodland bird species into the area.

It has been fairly quiet on the wildlife front with the ice only just gone. As a result duck numbers have been generally low. But very high Pink-footed Geese numbers have been noted with up to 14000 sat on the ice at Kirkgate during the day. Also at least two White-tailed sea eagles, present since before Christmas, have taken up residency on Castle Island and Reed Bower. Mary Queen of Scots was a keen falconer, so I'm sure she would approve!

Fifteen hardy souls braved the snow for our World Wetland day walk. They joined SNH and RSPB staff to explore a wintery Loch Leven and find out more about globally important wetlands like Loch Leven.



Braving the snow to find out about the wetlands

Our next event is the **Early Bird Walk on 21 March** from Levenmouth, led by Neil Mitchell. Please phone the office to book on 01577 864439. The walk starts at 7am and will go on until 10am.

We will shortly be commencing our 2010 volunteers' events programme. Anyone wishing to help out on the reserve, or just to find out more about what's happening, please e-mail Alison.couch@snh.gov.uk. Alison will ensure you receive regular copies of the Loch Leven NNR newsletter.

Farming



Hello, I've been brave enough to write this column for almost four years now, so maybe it's time I included a joke? What do you get if you cross a cow, a sheep and a goat?

The Milky Baa Kid!

And a bit about myself..

I'm a farmer's daughter, wife and part-time farmer and write this column to try and inform and comment on farming in Kinross-shire. Our family run an arable farm with a flock of sheep and this means we are fast approaching my favourite (and busiest) time of year. My husband helps out with potato planting after the spring crops are in the ground but we also have 280 ewes due to lamb in April. So it's me and the children who are on holiday from work and school who are left in charge. I'm not a teacher by the way – I did say it's my favourite time of year, so I'm mad enough to take two weeks off for the experience! (Thankfully my Dad has also promised to lend a hand.)

In January each ewe was scanned so we already know what to expect: 66 singles, 194 twins and 21 sets of triplets. Only nine were barren and these were sold the week after we found out. The prices are good just now and these ewes could have fertility problems that would mean they never produced a lamb, so it doesn't make sense to keep them on the farm for another year. Andrew, our scanner man, uses the ultrasound to scan well over 100,000 ewes each season. He learnt his trade in New Zealand and is well known for his accuracy. It costs 50 pence each for the diagnosis as it is very fast; each ewe is caught by the head while the probe is run over her belly to count the number of heartbeats on the screen. 75-80 ewes can be scanned per hour so it doesn't take long to get the results. The information is really valuable, as from mid February all the ewes carrying twins and triplets are fed a special diet to help the multiple fetuses grow and to ensure the udder develops a good supply of milk. Lambing time can be very miserable if the ewes don't have enough milk for their offspring. Lambs get hungry very quickly and become weak and don't then have the energy to keep trying to suck, even if you do offer them a top up from a bottle. Shepherds (I) then get very crabby and start shouting at kids and then it's no longer a favourite time of year. So planning ahead is vital for everyone; it also means that the single-bearing lambs are kept on a restricted diet and this reduces the risk of oversized lambs causing complicated births - another source of distress for all. "Work life balance" isn't a phrase that can be uttered during lambing time, but I think most sheep farmers enjoy the buzz of a successful lambing (once it's over). Just don't ask my kids till Christmas.

Well it's over to John for next month, let's hope he comes up with a better joke!

Fiona

Images of Kinross-shire

Photographs can be downloaded free of charge from the www.kinross.cc

Photo Library

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

Weather



January Weather Report From Carnbo

January this year, as we all know, turned out to be one of the coldest for many years, probably about 19 years. The snow conditions were not exceptional for this area, but the length of time with snow lying, (December – January) was the longest for many years.

Rainfall for month	29 mm (27% of normal)
Heaviest fall	10 mm (snow)
Highest temperature	9°C (20th)
Lowest temperature	-9°C (3rd)
Average temperature	-2°C (lowest for many years)
0 days with temperature 10°C or above daytime	
11 ice days (max. temperature below 0°C) (very high)	
10 snow days, snow cover max. 25cms	
Air frost	20 nights
Ground frost	31 nights
10 sunless days	
Cloud cover	74%
Thunder not recorded	

The Highs and Lows of 2009

Total Rainfall	1291 mm (101% of normal)
Heaviest fall	48 mm (September 3rd)
Highest temperature	27°C (1st June)
Lowest temperature	-9°C (23rd December)
Average temperature	6.5°C!
Ground frost	115 nights
Air frost	71 nights
Snow days	29
Snow lying	36 days
Sunless days	109

Coldest month December, mean temperature 1°C

Warmest month July, mean temperature 14°C

*10 year mean temperature 7.5°C

Warmest year 2000 8.3°C

Coldest year 2009 6.5°C



Roe deer near Milnathort during the "big freeze"

Photo: Kathleen Watt

Hall Bookings

A list of halls and contact details can be found at www.kinross.cc



Congratulations

FRANK RICHARDSON, 29 Sandport, Kinross, suffers from MS, but has achieved a place in this year's Scottish Disabled Angling Team, which will be held at Rutland Water, England. The UK Championship will be held there on 20 – 24 June 2010. The Scottish Disabled Angling Team is a registered charity and Frank thanks all family, friends and neighbours who have made a contribution to the Scottish team. Hopefully he will bring back the gold medal with him!

Congratulations to Dr **ALLOT** and family on the birth of their new baby daughter.

Robert and Lee **HALKETT** (née Nimmo) of McWilliam Place, Kinross are delighted to announce the birth of their son, **BEN** on Sunday 13 December 2009 at Forth Park Hospital, Kirkcaldy. A brother for Chloe.

JIM and **MAUREEN GIVEN** (née Giacomazzi), Milnathort, celebrate their Golden Wedding on 31 March. They were married in Orwell Parish Church in 1960 by the Rev R Shearer assisted by the Rev J Miller.

LAURA COCHRANE was winner of the Kinross High School Scots Verse Competition. The trophy was presented by Grace George.



Thanks

LIGHT UP KINROSS would like to thank the following traders for supporting the 2009 Christmas Lights:

Adam Neilson
Bayne the Bakers
Central Fish & Chips
David Sands
J & JH Sands
Kinross Stove & Cooker Centre
Koronka
Mozolowski & Murray
Raj Mahal Restaurant
Todd & Duncan

Adamson Drinks Ltd
Belle Kitchen Designs
Mr Chans
Grouse and Claret
Kinross Plumbing & Heating
Kintronics
Le Jardine Café
Rowlands Pharmacy
Salutation Hotel
Tyrefair

Alphavet
Bower Hair Design
Dawson International
Hunters the Butchers
Kinross Primary School
Kirklands Hotel
Lodge St Serf No. 327
Royal Bank of Scotland
Stewart Funeral Directors
Williamson Florist

The LUK committee thanks the following for their assistance:

Alan Copland and his team (Tayside Contracts), Stuart Skinner (plaques on poles etc), Mr & Mrs Mullen (use of garden), Ian Millar (electrician), John Campbell (fitting tree lights), Steven Brown (David Sands gifts), Kinross Rotary Club (stewarding), Kinross Round Table (santa sleigh), Kilted Christmas Tree Co. (Christmas tree and lights), Kinross-shire Fund (grant for lights), Roy Munro (photos), Shaun @ Drum Service Station (pa system), David Blyth (set up pa system), Lynn Caldwell (singers), Perth & Kinross Council (use of County Buildings), Kinross Community Council Newsletter (grant), Kinross Pipe Band, Sainsbury's (mincemeat pies).

All members of the public who have supported our fund raising events and switch on ceremony and generously donated to our collecting cans.

JOHN and **LINDA HEGARTY** would like to thank all those who came to our assistance when John fell out of his wheelchair into the road outside Sands the grocers.

The ladies who helped lift him and those who took him to the Day Centre. The help we received was so much appreciated and it is good to know there are good Samaritans out there. So to all who helped we are very grateful.

MORAG GILLIES of Kinross High School raised £190 for the Haiti earthquake victims by carrying a collecting bucket round the school for two days.

A belated thank you to **ORWELL OLD FOLKS COMMITTEE**. Christmas may be past but the memory lingers on of a most enjoyable evening. A warm welcome was followed by an excellent meal, a visit from 'Santa' and entertainment by a talented group. Thanks also to the drivers who collected and delivered us. A great night for everyone.

OPENING 20 March

The perfect place to meet
The Boathouse Bistro and its Tea Room
 at the Pier in Kinross.

Fantastic hot & cold dishes served throughout the day
 Children's Menu
 Home Baking
 Freshly brewed coffees, teas & hot chocolate
 Wines, beers and spirits from our licensed bar
 Views of Loch Leven

The Boathouse Bistro, The Pier, Kinross KY13 8UF
Tel: 01577 865386

Kinross-shire Churches Together



Kinross Parish Church of Scotland

(Charity number SC012555)

Station Road, Kinross

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: kinpc@tiscali.co.uk
 Church website: www.kinrossparishchurch.org

All Sunday morning services include a crèche (age up to 3), Junior Church (3 yrs. to Primary 7) and Jam Pact (Secondary Age). All meetings in the church unless indicated otherwise.

February

Sun 28 10.30 Morning Service: 'The Example of Abraham'
 18.30 Informal Evening Service
 19.30 Church Centre: Crossfire, for S1 age upwards (and every Sun.)

March

Mon 1 08.00 Silent Meditation (30 min.)
 20.00 Heaven and Earth café, Muirs Inn lounge
 (and on 29 March)
Tue 2 10.00 Pram Service (and every Tuesday)
 14.30 Whyte Court - Service
 19.15 The Guild, church centre 'The Local Environment',
 Countryside Ranger
Wed 3 10.45 Midweek Worship: Reading Room, Church Centre,
 30mins (and every Wed.)
 12 noon Mid-week and Mid-day: Time to Pray: 30 min.
 (and every Wed.)
Thu 4 19.30 Thursday Group, Church Centre: Coffee Evening:
 'The Tay', W. Shand
Sun 7 10.30 Morning Service, including quarterly communion:
 'Peace with God'
 18.30 Informal Communion (Common Cup)
Sat 13 08.30 Prayer Breakfast, Church centre (1 hr.)
 10.00 - 12.00 **Craft Group Coffee Morning**, including
 crafts for sale, Church Centre
Sun 14 10.30 All-Age Morning Service for Mothering Sunday
Tue 16 19.15 The Guild, church centre: 'At Home'
Thu 18 21.00 Time to Pray - 'Compline': a short service with
 readings and responsive prayer
Fri 19 19.30 **Concert by 'Quern'**, fundraising concert organised
 by the Guild
Sun 21 10.30 Morning Service: 'Life with Christ'
Tue 23 20.00 Prayer meeting (1 hr)
Sun 28 10.30 Morning Service: Palm Sunday
 19.30 Informal Evening Service
 (note change to normal time)

All are welcome to any of these services or prayer times

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).

Premises to lease. To rent the church centre contact Helena Cantel 862923 or email helenacant@aol.com, to rent the church contact Anne Miller tel: 865610.

Contributors

Please write or type clearly

Leave a margin

Use one side of the paper only

St Paul's Scottish Episcopal Church

Muirs, Kinross, KY13 8AY

Rev Dr Marion Keston Telephone: (01577) 866834
 Website: www.stpauls-kinross.co.uk

March Services

Sat 6 10.30am, Fairtrade Tea Service (for all).
Sun 7 Lent 3, 8.30am, Holy Communion.
 11.00am, Sung Eucharist.
Sun 14 Mothering Sunday, 8.30am, Holy Communion
 11.00am, Service for all the family.
Sun 21 Lent 5, 8.30am, Holy Communion.
 11.00am, Sung Eucharist.
Thu 25 9.30am, Prayers for healing.
Sun 28 Palm Sunday, 8.30am Holy Communion.
 11.00am, Sung Eucharist with distribution of palms.

April

Thu 1 Maundy Thursday, 10.00am, Holy Communion
 (Ecumenical).
Fri 2 Good Friday, 2pm, Prayers at the Cross with
 Communion (Ecumenical).

Sunday School and Crèche during the 11.00am Services.

Thursday Morning group Bible Study. Everyone welcome.
 For further information, please contact Sarah Oxnard,
 telephone (01577) 864213.

Thursday Morning Lent study group meets at 10.00am in
 Meeting room for 5 weeks starting 18 February.

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.

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.

Heaven & Earth Café

Hot topics • Discussion
 Quizzes • Life Stories
 Films • Chat



The style and content of each evening varies. We explore an
 aspect of everyday life and hear real life stories.

Next two meeting dates

1 and 29 March - Muirs Inn lounge - 8.00 pm.

More info: www.kinrossparishchurch.org

Kinross Parish Church

Registered Charity No SC012555

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

March

Sun 7 11.15am Preacher: Reader, Brian Ogilvie &
 Stated Annual Meeting

Sun 14 11.15am Preacher: Rev. Joanne Finlay

Sun 21 10am - 10.30am Early Birds,
 All Age Worship service

11.15am Preacher: Rev. Joanne Finlay

Sun 28 11.15am Preacher: Palm Sunday worship

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,

Teens: first Sunday of the month at 10am

Tots Music: Friday mornings in hall, 9am

Refresh Coffee Club: Every Thursday, church hall, 2-4pm

Yoga classes: Mondays 6.30-8pm; Wednesdays 10-11.30am

Lenten Reflections: Thursday 2-2.30pm in church

Housegroup/Bible Study group:

contact Margaret Hamblin (01577 850252)

March

Sun 7 11.15am Preacher: Rev. Joanne Finlay

Sun 14 11.15am Preacher: Rev. Joanne Finlay

Sun 21 11.15am Morning Worship

Sun 28 11.15am Preacher: Palm Sunday worship &
 Stated Annual Meeting

Saturday Night Worship

Last Saturday of each month, 7.30 – 10pm

Millbridge Hall, Kinross (parking available)

Heart felt praise and worship Prayer for healing

Opportunity for testimony Refreshments

Books and resources Open to all

For further details contact Sarah Coisar 07795313864

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)

Orwell and Portmoak Parish Church**Church of Scotland**

Rev Dr Robert Pickles Telephone: (01577) 863461
 E-mail: robert.pickles1@btopenworld.com

Sunday Worship, Junior Church and crèche:

10am Portmoak Church, 11.30am Orwell Church

Prayer Meeting held 30mins before each service

Service at Ashley House: first Thursday of the month at 2.30pm

Services at Levenshulme: first Tuesday of the month at 4pm

Oasis

Ladies' meeting in Portmoak New Room.

10.15 - 11.45am last Friday of the month.

@spire

Orwell Church Hall, 2nd & last Fridays 7.30pm

Guild

meets 2nd and 4th Tuesdays in Orwell Hall from

7.30pm between September and March

March

Sun 7th

Formal Communion, Orwell.

Informal Communion, Portmoak.

Sun 14th

Mothering Sunday

Sun 21st

Joint Service @ 10.30am Orwell

Annual Stated Meeting followed by Lunch

Sun 28th

Palm Sunday

Holy Week Services

Monday 29th Mar

8pm at Orwell

Tuesday 30th Mar

8pm at Portmoak

Wednesday 31st Mar

8pm at Orwell

Thursday 1st April

7.30pm at Portmoak

Joint Service with other churches

Friday 2nd April, Good Friday 8pm at Orwell

Remembering the Cross **Wednesday 31st Mar** 8pm at Orwell

Saturday 3rd April 11.30pm at Portmoak

Easter Watchnight Service

Sunday 4th April – Easter Family Service & Egg Hunt

10am at Portmoak Church & 11.30am at Orwell Church

Come and visit our new shop at 29 South Street, Milnathort. Open

Mon – Sat. 10am till 4pm. We have a selection of books and gifts

for sale. Printing & copying facilities available, Meeting room to let.

Recycle your Stamps, Batteries, Ink/toner cartridges, Spectacles.

Contact Janice in Office 01577 861200

orwellportmoakchurch@yahoo.co.uk

Holy Week and Easter

(in conjunction with Kinross-shire Churches Together)

March

Sun 28

Palm Sunday 7.30pm – Informal Evening Service,
 Kinross Parish Church

Mon 29

7.30pm – Stations of the Cross – St James' Roman
 Catholic Church

Tue 30

3.30 – 9.30pm – Labyrinth, Kinross Parish Church

Wed 31

12.30 – 6.30pm – Labyrinth, Kinross Parish Church

7.30pm – Evening Worship, Fossoway Parish Church

April

Thur 1

Maundy Thursday 10.00am – Communion Service,
 St Paul's Episcopal Church

12.30 – 6.30pm – Labyrinth, Kinross Church

7.30pm – Handwashing and Communion,
 Portmoak Parish Church

Fri 2

Good Friday 11.00am – Children's Activities,
 Kinross Parish Church

12 noon – Soup Lunch at Kinross Church Centre

1pm – Walk of Witness, Church Centre to St Paul's

2.00pm – Communion Service, St Paul's Episcopal Church

7.30pm – Good Friday Service, Kinross Parish Church

Sat 3

Holy Saturday 7.30pm – Evening Worship, Cleish

Parish Church

11.30pm – Easter Vigil, Portmoak Parish Church

Sun 4

Easter Sunday 7.15am – Joint Easter Service

at Kirkgate followed by breakfast in Church Centre

10.30am – Easter Morning Service, Kinross Parish Church

11.45am – Easter Communion, Kinross Parish Church

7.30pm – Easter Songs of Praise, Kinross Parish Church

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 - Tracey 01577 863468

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 pre-school. 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

Moubray Hall, Powmill

Partner-provider for P&K Education

Places available for 3-5-year-olds and Rising Fives

Sessions daily 9.15 – 11.45

Contact Pat Irvine 01577 840584 or

www.childcarelink.gov.uk/perthandkinross



SWANSACRE PLAYGROUP

21-23 Swansacre, Kinross

Kinross-shire Playgroup Association

aka Swansacre Playgroup

Registered Scottish Charity Number SCO17748



TEL: 01577 862071

www.swansacreplaygroup.org.uk

Swansacre Playgroup provides a warm, friendly and stimulating environment in which children can learn and develop essential social skills through play.

Playgroup sessions – Mon to Fri 9.15-11.45am

Children from the age of 2 yrs welcome.

Rising Fives Mon & Wed 1.00-3.15pm, with lunch club beforehand.

This is complementary to Nursery.

For more information please contact Alisa 07796 213312 or Playgroup 862071.

Baby and Toddler Group – Thurs 1pm-3pm

Ante-natal to pre-school. Fun for children, coffee and chat for the parent/carer. For more information contact Amanda 861434.

The premises are available to hire for **Private Functions**. We now have an Entertainments License For more information contact Kate 863309 .



MILNATHORT BABIES & TODDLERS

Orwell Church Hall

Thursday & Friday, 10.00 - 11.30 am

Contact: Susan Britton 01577 863385 or 07737 461 293

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 or just come along.



Notices

FEBRUARY FLING

in aid of Kinross Curling Trust
Glenfarg Ladies Curling Club

BEAUTY SWAPSHOP BAZAAR

Sunday 28 February, 1pm to 4pm

at the Windlestrae Hotel

by kind permission of Mr Jamie Montgomery

Ticket £5, wine on entry

Bring up to three items of clothes or household items,
 receive three tokens to swap for items new to you.

Relax with a stroll through the craft bazaar and

Pamper yourself at the beauty treatment stalls.

Tickets from:

Annette Bennie, tel 01577 865060 or

Christine Melville, tel 01738 850860

Fairtrade Fortnight

Monday 22 February to Sunday 7 March

FAIRTRADE TEA DANCE

As part of the celebrations there will be a Tea Dance on

Wednesday 3 March

at the Millbridge Hall, Kinross 2pm - 4 pm.

All are invited to come along and enjoy music by Tom
 Webster - he is kindly coming along to play for this event.
 Different kinds of tea will be on offer. Home baking, made
 from Fairtrade ingredients, will also be served.

There will be a raffle.

Entry tickets: £2. Bookings can be made by phoning
 Sue Jones (01577) 863894 or Pat Payne (01577 862715).

Just give us a ring and we will arrange
 for you to join us at the Tea Dance.

TEA SERVICE

A Tea Service will be held on **Saturday 6 March** at

St Paul's Church Meeting Room at 10.30am.

Tea and coffee will be served as part of the service.

Everyone is most welcome.

Dollar Music Society 2010

6 Mar Katharine Durran (piano) with Rafał Zambrzycki-
 Payne (violin): an exceptional concert comprising
 sonatas by Beethoven, Janacek, Mozart and
 Brahms.

All concerts are held in The Gibson Hall, Dollar Academy and
 start at 7.30pm. Tickets cost £7 per adult single (children free) or
 membership of the Society costs £19 (single), £36 (family). Dollar
 Music Society is a member of Making Music and is subsidised by
 Enterprise Music Scotland. We would be very pleased to see you
 at any or all of our concerts. For further information please contact
 Andrea Ross, tel: 01259 742014 or Jan Bradley: 01259 742652.

Orwell Bowling Club

QUIZ NIGHT

Saturday 6 March at 7.45pm

Entry £4 per 4 x person team

Refreshments will be on sale

Kinross-shire Historical Society



Meetings are held in Kinross Parish Church,
 Station Road, Kinross at 7.30 pm on the third
 Monday of each month.

Membership: £6 [£5], visitors £2; eighteen and under free.

15 Mar The Black Watch 1725 -2006: A thumbnail
 sketch of the history of the regiment. Thomas B
 Smyth MA.

Annual General Meeting

ROSS 2000

Extraordinary General Meeting

All welcome

Thursday 4 March at 7.30pm



Loch Leven Community Campus



The aim of Ross 2000 was to ensure that there are adequate
 sports facilities in Kinross-shire and at one time the group
 hoped to see dry sports facilities added to the Loch Leven
 Leisure Centre. After the announcement that a community
 campus would be built, Ross 2000's plans were put on hold.
 Now that the campus has been built, the Ross 2000
 committee proposes to wind up the organisation.

There are funds of approx £16,000 to disperse. The Ross
 2000 committee would be grateful for suggestions on how
 to disperse these funds, bearing in mind the original aim of
 the organisation.

Suggestions may be made to the Secretary, Pauline Watson
 at The Grey House, 70 Muirs, Kinross, KY13 8AY or email
 Pauline @thegreyhouse.co.uk or tel 01577 862685.

Feedback on Campus

Have you used the campus for sport or group meetings?

Now that the Loch Leven Community Campus has been
 open for a few months, Kinross CC would like to hear from
 members of the public who have used the campus.

Were you able to book the facility you wanted at a suitable
 time? Did you find the booking procedure straight forward?
 Please let the CC know about your experience, good or bad.

All comments and suggestions welcome.

Feedback is requested **as soon as possible**, as the CC would
 like to discuss this matter at its meeting on **Wednesday
 3 March**.

Contact the CC in any of these ways:

Phone: Dave Cuthbert, 01577 861001

Email: KinrossCommunityCouncil@pkc.gov.uk

Writing: c/o M Scott, 21 Ross St, Kinross, KY13 8EF

Kinross-shire Residents Association

ANNUAL GENERAL MEETING

Thursday 4 March

7pm Church Centre, Kinross

Anyone who requires travel or baby-sitting payment, phone
 pktr Federation Office on 01738 442302.



Kinross-shire Residents Association

**Bus Outing to SECC Glasgow
Creative Stitches and Hobby Crafts**

Sunday 7 March
For details of Entrance/Bus and departure times
telephone Mrs C Rodger, 01577 863785
before Monday 15 February

**Orwell Bowling Club
BINGO TEA**

Wednesday 17 March at 7.30pm
Entry £1 including refreshments.
Bring your own cup please.

Concerts in Local Churches

Friday 19 March QUERN perform in Kinross Parish Church: 7.30pm. Tickets £5.
Sunday 21 March ALEKSANDER KUDAJCZYK plays an all Chopin programme in Cleish Church: 3.00pm. Tickets £10.

Quern comes to Kinross

Kinross Parish Church Guild have invited the multi-talented folk group from Linlithgow to give their annual fundraising concert on Friday 19 March at 7.30pm. They hope to raise money for various good causes. Tickets are £5 from any Guild member or by phoning Hilda Macpherson (864791) or Alex Cant (862923) or at the door. Quern is a collection of performers who together present a programme of Scots music in solos or duets mainly: a sort of folk festival in one night! *(Please note that this concert was wrongly advertised as 21st in the last month's Newsletter.)*

Kudajczyk returns!

After presenting a superb programme of piano music in Kinross last November, this impressive young Polish musician will play only Chopin this time in honour of the 200th anniversary of the composer's birth. On Sunday 21 March, he will be putting the Bechstein in Cleish Church to the test and it is recommended that you book your ticket beforehand (£10 each, though children accompanied by adults have free entry). You can either phone Robertson's Farm Shop on 863342 or send an e-mail to alexcant44@aol.com and tickets will be kept for you. Please note the concert begins at 3pm. Perth Friends of Bydgoszcz who have a large membership in this area hope that all those with Polish connections will give their support as well as the regular concertgoers.

Fossoway Open Art Exhibition

to be held in
Elizabeth Wilkie Hall
(next to Fossoway Church, Crook of Devon)

Opening times:

Friday 19 March, 7 - 9 pm (opening reception)
Saturday 20 March, 11 am - 4 pm
Sunday 21 March, 1 - 4 pm

Free of charge - everyone welcome!

All profits from this exhibition will go to Fossoway Church and the local charity WALC.

For more details contact angela@heidemann.co.uk
or ring 07904 329 752.

Artists who wish to exhibit should get in touch with Angela for application packs.

KINROSS PIPE BAND CEILIDH

Friday 19 March at 7.30 pm at the Windlestrae Hotel
Tickets £10 per adult, £7.00 concessions
Contact: Nigel Kellett, 01577 863738 or
email secretary@kinross-pipe-band.co.uk

***** WALC Spring Tea *****

WALC is now very close to achieving its aim of building a footbridge across the river Devon which will connect the paths networks on the Drum and Crook sides of the river.

Please come and support us on
Saturday 20 March

2 - 4 pm

There will be tea, coffee and home-baking,
a plant stall, baking stall, raffle and free art exhibition
in the Elizabeth Wilkie Hall,
next to Fossoway Church, Crook of Devon
£3 for adults / £1.50 for children under 12

THE SMIDDY SINGERS

invite you to join them on

TUESDAY 23 MARCH

at 7.30pm in the Church Centre
for the Motor Neurone Society

Raffle & Refreshments

Tickets from Chris Renton, tel: 864384
or any of the Singers

**Recycle your waste and help
the Friends of Wumenu Community Farm**
(Charity No SC037724)

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.

Perth & Kinross Council

Kinross Area Office www.pkc.gov.uk
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 March
between 10.30 am and 11 am

Further details from 862258

RSNO Concert, Usher Hall

Friday 26 March

An outing to the newly refurbished Usher Hall in Edinburgh for a RSNO Concert featuring Vaughan Williams Symphony No 4, Brahms Violin Concerto (soloist Vadim Gluzman) and Mozart Overture to Don Giovanni is being organised for Friday 26 March by the Dollar Music Society. A coach leaves Castle Campbell Hotel, Dollar at 5.45pm for the performance at 7.30pm. Seats in the centre stalls (normally costing £24) together with the coach fare will be £26 per person.

Please contact Sarah Herdman as soon as possible for further details or to book. Tel: 01259 742761.



Kinross Potager Garden
DAFFODIL TEA
for Marie Curie Cancer Care



Saturday 27 March

10.30 am to 12 noon, at the garden in Bowton Road.

Donations for refreshments to the Daffodil Appeal. Also plants for sale, shrubs, soft fruit, herbs and perennials.

Volunteers always welcome on the day, or to help at the garden. Tel Amanda James 840809.

QUIZ NIGHT

to raise funds for Clare and Sue Trek Peru 2010
in aid of Breast Cancer Care

Saturday 27 March

8pm, Portmoak Hall

£10 per team (up to six in a team). Bar. Raffle.

Please telephone 01592 840318 to indicate attendance.

(See also Article, p 11)

www.justgiving.co.uk/clareandsuetrekperu

Recycling for Breast Cancer Care

Clare Abbot and Sue Smith are collecting old clothes, bedlinen, curtains etc for recycling as part of their Trek Peru 2010 fund-raising efforts.

They will do a five-day sponsored trek in Peru to raise funds for Breast Cancer Care.

Telephone 01592 840318 for further details.

Kinross Floral Art Club

will meet in

The Windlestrae Hotel, Kinross

on

Thursday 25 March

at 7.15pm prompt

AGM and supper

All welcome to come and join us for a fun evening.

Kinross-shire Partnership ANNUAL GENERAL MEETING

Tuesday 16 March

The Green Hotel, The Muirs, Kinross

7.00pm

representatives from interested groups welcome

Kinross Parish Church Guild

invite you to

a concert by Quern, Linlithgow

in Kinross Parish Church

on

Friday 19 March at 7.30pm

Charity no: SCO12555

Tickets £5

Dance Connect

Presents

"I've gotta feeling..."

Ballet extracts from Coppellia and Giselle along with a variety of Contemporary Ballet, Tap & Jazz

Friday 26 March 6pm – 9pm

Saturday 27 March 2pm – 5pm

at Loch Leven Community Campus.

Adult ticket price: £5.50 pp Concessions: £3.50 pp
Interval with soft drinks and alcoholic beverages available.

With donations being made to support CHAS.

Anybody interested in classes aged pre-school to adult, please contact Rachel Webb 01592 840834 (RAD RTS).



**Kinross-shire Local
Events Organisation**



Film 'Harry Potter and the Half-Blood Prince' (12A)
at Community Campus
Friday 23 April

at 7.30pm (doors open at 7pm)

Tickets (£3 for 18 and under (accompanied) and £5 for adults) are available from Sporting Chance from 15 April onwards and tickets will be sold on the evening at the door.

www.kleo.org.uk

Kinross Garden Group

We are planning a trip to the Gardens of Ireland

Sunday 12 to Saturday 18 September 2010

This is open to any residents of Kinross-shire and friends

Any one wanting to join this trip, telephone

Mrs C Rodger 01577 863785 for more details.

Recently bereaved? Needing some support? AMONGST FRIENDS

(Bereavement Group)

meets at the Health Centre, Lathro, Kinross

on the last Friday of the month, 2.30pm to 4pm

A warm welcome awaits all

For details phone

Hazel 01577 863461 or Marg 01577 863557

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 07732485305 or visit www.healingrooms-scotland.com

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: Chair: 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

Susan Bathgate	42 High Street	864742
Margaret Blyth	6 Muir Grove	
David Colliar	10 Rannoch Place	864037
Dave Cuthbert (Chair)	Highfield Circle	861001
Barry M Davies	60 Lathro Park	865004
Ian Jack (Treasurer)	Burnbrae Grange	863980
Laura Mackay	Brunthill Farm	07809232740
Dot Mackay	29 Green Park	864635
Joe Richardson	47/49 High Street	863152
Margaret Scott (Secy)	21 Ross Street	862945
Campbell Watson (Vice Chair)	7 Gallowhill Gardens	861544

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.

Mobile Library – Blairingone and Milnathort

Every Second Wednesday

Next visits: 10 and 24 March

Blairingone	9.30am - 9.45am
Westerloan, Milnathort	2.10pm - 3pm
Bridgefauld Road, Milnathort	3.05pm - 4pm

Any queries telephone AK Bell Library 01738 444949

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

Bookstart Rhymetime

every Saturday	10.30 – 11 am
and every second Wednesday	2.00 – 2.30 pm

(next Wed session: 10 March)

Bookstart Book Crawl: 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: ChristopherHarvie.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

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: fcco@btinternet.com

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 • Carpet Bowls • Videos • Cards • Dominoes
Daily Papers • Chiropody • Trips • Exercises**

Weekly Programme

Monday	Elderberries	1.30 pm	
Tuesday	Bingo	1.30 pm	
Wednesday	Morning Service	10.45 am,	Quiz Afternoon 1.30 pm
Thursday	Art Class	1.30 pm,	Film Afternoon 1.30 pm
Friday	Carpet Bowls	11.00 am,	Scrabble 1.30 pm

Additional Events for March

Bring and Buy Sale

Thursday 4th at 10.30 am

World Day of Prayer

Friday 5th at 2.00 pm

Bingo Tea

Tuesday 16th at 1.45 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



School Holidays 2009-2010

	<i>start date</i>	<i>end date</i>
Spring Holiday	Fri 2 April 2010	Fri 16 April 2010
Academic year ends		Fri 2 July 2010

In Service Days

2010: Monday 19 April.

Other Holidays

May Day: Monday 3 May 2010 (to be confirmed).

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 624301; Appointment line 01738 564304.

Perth Association for Mental Health

PAMH is a community based non-profit organisation providing services for people recovering from mental health problems. PAMH offers Counselling, Day Services and hosts a Depression Support Group and Bipolar Support Group. For more information telephone (01738) 639657. Website: www.pamh.co.uk

Hedges/Bushes/Trees Causing Obstruction

Property owners are reminded that it is their responsibility to cut back hedges, branches, bushes etc to ensure that pavements and public footpaths are not obstructed. Property owners may be liable if injury is caused to others and may be charged costs if Perth & Kinross Council is forced to take action.

Kinross-shire Volunteer Group and Rural Outreach Scheme

Registered Charity No. SC015642

Charges to service users (as at 1/10/08)

Perth, Dunfermline

£8

Stirling, Kirkcaldy

£8

Stracathro

£25

Dundee

£15

Edinburgh

£15

Loch Leven Health Centre, local area

£3

Loch Leven Health Centre, outreach area

£4

Co-ordinator: Ann Munro 01577 840196.



Grants and Funding Websites

www.pkgrantsdirect.com

www.scottishcf.org

Situations Vacant

In conjunction with 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 then click on 'Local Adverts' and choose 'Situations Vacant').

Property Sales Negotiator (full time), Andersons LLP, Kinross
A great opportunity for an experienced sales negotiator to join a thriving Property Department within an established legal firm. You will be part of an enthusiastic team, involved in all aspects of property sales and letting. Salary commensurate with experience. Apply in writing enclosing CV to Mr John J Kenny, Property Manager, Andersons LLP, 40 High Street, Kinross KY13 8AN.

Kinross & District Rotary Club Citizen of the Year Award 2009/10



The Rotary Club's "Citizen of the Year" award is presented annually to an individual (or team of individuals) for significant positive contribution to community life in Kinross and district.

The Rotary Club motto, **Service above Self**, should be the basis of such an award and nominations received will be judged on this criterion.

Nominations can be made by individuals or organisations and should be received by the Rotary Club before **31 March 2010**. The Council of the Rotary Club will consider all nominations received and the presentation of the Citizen of the Year Award will be made in June 2010.

To nominate someone for the award, please write to the Secretary of the Rotary Club with the name of the person you are nominating and the reasons why you believe that person should be **Citizen of the Year**.

No letters of nomination will be returned and the Council's decision, which will be final, will be made known as soon as possible in the Newsletter. All correspondence will remain confidential.

David Reid, President

Please address all nominations to:

Kelvin Reay, Secretary
Rotary Club of Kinross and District
c/o Windlestrae Hotel, Kinross

Or submit by email to: reay849@btinternet.com

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 then 'Local Adverts' then 'Classified Adverts'). If interested in selling an item, please list it on www.kinross.cc and it will automatically be published in the next available Newsletter.

Items for Sale

Garden table and six chairs **FREE**
Green plastic oval table plus 6 green plastic chairs. Small scratches on table edge but nothing cracked or broken.
Seller Details: Robert 01577 865526

Pair of Robert Vianni sandals **£25 ono**
Size 7 and a half Light pink fabric with diamante decoration across front, 3" heel. Very comfortable. Bought for £50. Lovely for wedding or special party.

Pair of black muleshoes **£10 ono**
Size 6, very comfortable, 2 1/2" heel.

Pair of tan courtshoes **£10 ono**
Size 5 with 2 1/2" heel.

Pair of gold & bronze open toe shoes **£10 ono**
Size 5 with 1 1/2" heel, worn once.

Pair of bronze open toe sandals **£12 ono**
Size 5 with 2" heel, hardly worn.

*For all items above
Seller details: Anne Shering 01577 864284
anne@acshering.co.uk*

Robust Burr Elm Table **£400 ono**
Approx. 5ft 3" in length by 4ft 2" wide, in 3 sections with strong legs and two matching bench seats.
*Seller details: Anne Shering 01577 864284
anne@acshering.co.uk*

White Wicker Nursing Chair **offers**
Needs a lick of paint and seat upholstered, but a sound chair.
*Seller details: Anne Shering 01577 864284
anne@acshering.co.uk*

Steff Bears, toys and other **£10 - £300**
Collectable dolls
Selection of Steff Bears, toys and dolls from other makers. All proceeds go to Perth & Kinross's largest charity PKAVS. All offers considered.
*Seller details: Stephen Bolland 07967 741870
stephenbolland@btinternet.com*

Murder Mystery Dinner

Saturday, 27 March

7.15pm for welcome drink
£35.00 per person

Join us for an evening of intrigue and suspense.....

We offer a fun and fully interactive

3-course scrumptious dinner in Basil's Restaurant

where our actors unfold a storyline that

will have you thinking from the minute you join the party.

To book call now on 01577 863467

The Green Hotel, 2 Muirs, Kinross KY13 8AS

Crossword Answers

ACROSS

1. Safecracker
7. Outdoor
8. Alp
9. Tram
11. Juliet
13. Hamlet
14. Shot
16. Nun
17. Othello
19. Enchantress

DOWN

1. Shortchange
2. Fit
3. Clot
4. Atrium
5. Knavish
6. Repetitious
10. Almanac
12. Verona
15. Chat
18. Lee

Diary

*A more extensive and regularly updated
Diary of Events can be found on www.kinross.cc*

February			Page
Sat	27	Open Day at the Web Project	9
Sun	28	Beauty Swapshop Bazaar in aid of Kinross Curling Trust	82
March			Page
Mon	1	Heaven and Earth Cafe (also on 29 March)	79
Tue	2	Fossoway & District CC meets	32
Tue	2	Lodge St Serf meets regularly	48
Tue	2	KHS Parent Council meets	46
Wed	3	Sports Club Forum	9
Wed	3	Kinross CC meets	25
Wed	3	Fairtrade Tea Dance	82
Thu	4	Fifty Plus Club meets	55
Thu	4	Development strategy meeting for Crook of Devon and Drum	6
Thu	4	Kinross Camera Club meets regularly	47
Thu	4	Come and Try Curling	69
Thu	4	Kinross-shire Residents Association AGM	82
Thu	4	Ross 2000 Extraordinary General Meeting	82
Sat	6	Fairtrade Tea Service	82
Sat	6	Orwell Bowling Club Quiz Night	82
Sun	7	Bus outing to Glasgow: Creative stitches and hobby crafts	85
Tue	9	Portmoak CC meets	30
Tue	9	Citizens Advice Bureau visits twice monthly	90
Wed	10	Deadline for nominations for election to Kinross CC	18
Wed	10	Mobile library visits fortnightly	89
Thu	11	Development strategy meeting for Powmill & Rumbling Bridge	6
Thu	11	Kinross Garden Group meets	38
Thu	11	Milnathort CC meets	26
Fri-Sun	12-14	MILNATHORT FOLK FESTIVAL	10
Sat	13	Craft Group Coffee Morning, Church Centre	79
Sat	13	Family History Day	11
Sat	13	Walking with birds and Soil, salad and sow - Vane Farm	74
Sat	13	Portmoak Film Society presents: Gran Torino	38
Mon	15	NEWSLETTER DEADLINE	1
Mon	15	Kinross-shire Historical Society talk and AGM	82
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Tue	16	Blythwood Care collection	85
Wed	17	Orwell Bowling Club Bingo Tea	85
Fri-Sun	19-21	Fossoway Open Art Exhibition	85
Fri	19	Pipe Band Ceilidh	85
Fri	19	Concert by Quem in Kinross Parish Church	85, 86
Sat	20	Common Grounds project lunch	51
Sat	20	WALC Spring Tea	85
Sun	21	Early Bird Walk, SNH	74
Sun	21	Piano concert in Cleish Church	85
Tue	23	Smiddy Singers	85
Wed	24	Development strategy meeting for Blairingone	6
Thu	25	Talk by local author	11
Thu	25	Floral Art Club AGM	86
Fri	26	Outing to RSNO at Usher Hall	86
Fri, Sat	26, 27	Dance Connect "I've gotta feeling"	86
Sat	27	Potager Garden Daffodil Tea	86
Sat	27	Kinross Tennis Club Open Day	56
Sat	27	Kinross Golf Club 2010 season opening match	59
Sat	27	Quiz Night - Trek Peru	11, 86
Mon	29	Development strategy meeting for Cambo	6
Wed	31	Close of nominations - Citizen of the Year Award	91