

Kinross Newsletter

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DEADLINE for the July Issue

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Saturday 3 July 2010

Contributions for inclusion in the Newsletter

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

Email: editor@kinrossnewsletter.org (all emails will be acknowledged)

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Commercial Advertising in the Newsletter

Display Adverts

For details on how to place a Display Advert, please go to our website www.kinrossnewsletter.org and click on Advertising for full details, or contact our Advertising Manager.

Typed Adverts

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

Up to NINE lines (including blank lines) £7.00 per insertion TEN to FIFTEEN lines (including blank lines) £11.00 per insertion As a guide, eight words is the maximum that can be fitted on a line. To place a Typed Advert, contact our Advertising Manager, Ann Harley (see left for contact details). You will need to send her:

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

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

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

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

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

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Letters



Editorial

We have good news to report this month – the Council is going to replace the beech hedge around Kinross Primary School. We also report on the swift and very satisfactory repair to the Gairneybridge bus shelter. This shows what can happen when we apply a little pressure and make our views known to the Council. And well done to the Council for responding positively. On the theme of making your views known – if you use the community campus and you have access to online facilities, why not take a few moments to fill in P&KC's campus questionnaire? (See p. 4 for details.) You will be asked to give ratings on matters such as the booking system, service, car parking and effects of the campus on the community.

If you have any queries or concerns about this year's T in the Park, there is an opportunity to attend public meetings held by the Police (see p. 17 for dates and venues). As usual, next month's Newsletter will contain the T in the Park information leaflet for local residents, so don't forget to buy the July issue.

As we go to press, spring seems to have been by-passed and we are enjoying summer temperatures. Let's hope it continues for the various barbecues and other outdoor activities planned by the busy clubs and societies in the county.

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

YOGA & RELAXATION With BARBARA FOOTE – Dip. Hatha Yoga

FOR ALL – Young to Senior
DESTRESS – STRENGTHEN – TONE
STRETCH – NOT STRAIN
RELAXATION – PEACE & HARMONY

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Further information: BARBARA - 01259 781446

A Letter from Jane Asher

12 May 2010

As a long time supporter of Marie Curie Cancer Care and a passionate cake baker, may I ask your readers in Kinross to join the charity's Blooming Great Tea Party celebrations this summer?

We're inviting people to hold their own tea parties any time between 12 June and 12 July to help raise money for the charity. Whether it's a garden party, afternoon tea or a simple gathering of friends for a cuppa, holding a **Blooming Great Tea Party** couldn't be simpler. Every tea party, however big or small will help more Marie Curie Nurses to provide free care for terminally ill people in their own homes or at one of the charity's hospices.

I do hope some of your readers are able to help us - to sign up for a free Blooming Great Tea Party fundraising pack bursting with fabulous ideas to help create the perfect party call 08700 340 040 or visit

www.mariecurie.org.uk/teaparty Best wishes,

Jane Asher Blooming Great Tea Party



Jane Asher invites you to hold a tea party in aid of Marie Curie Cancer Care

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Spring Bedding Kinross (open letter) 5 May 2010 Dear Ms Malone

I am writing to you once again concerning the Spring Bedding in Kinross.

There have now been five letters between us on this subject (two from me, three from the council) which I would summarise briefly as follows:

On 15 March I wrote to you, asking you to intervene over the decision not to plant spring bedding in the beds outside the eBike shop due to vandalism of the beds in the past.

The reply you sent me on 25 March contained a number of inaccurate statements which I subsequently challenged in my letter to you of 15 April.

You wrote to me informing me that you had passed my response to the Head of Public Space Management on 20 April and he/she organised a response from the Community Greenspace Manager sent on the 28 April.

In this response, the Greenspace Manager stated that "I can confirm that Kinross has had its allocation of 167m² of spring bedding for 2010."

The process followed in this exchange of correspondence is typical of the way that the council has dealt with my correspondence in the past and I am writing to you now to ask why this happens?

In principle this process can be described as follows:

- A complaint or concern is raised by a member of the public/group over an action/decision made by an officer or officers.
- The complaint/concern is not investigated, and the action/ decision is not reversed, instead a spurious response is given.
- On challenging the response, the argument is changed to try a different response in order to defend the original decision.

This might reasonably be viewed as a defensive culture.

In the specific case of our recent correspondence, the argument (as stated above) being used now is that "Kinross has had its allocation of $167m^2$ of spring bedding for 2010." This information is brand new with no reference as to where it has come from.

In the past few years, all the beds in Kinross have been planted with spring bedding.

Which therefore raises the following questions, which I would be grateful if you could answer:

- Does this mean that the allocation has reduced this year?
- Was the decision to reduce the allocation of bedding in Kinross approved by Councillors?
- Has there been a council wide reduction in planting throughout the local authority area?
- If not, then why has Kinross been picked out for 'special' treatment?
- If so, then where have these reductions been made?
- Why was this information not passed to Kinross in Bloom during the winter, so that they could evaluate whether they could do something about it?
- The beds selected for non-planting are right in the heart of Kinross in the area worst affected by the blight of council owned derelict buildings. Given this was the biggest concern of those engaged with last year by P&KC, does this imply that the council was not listening but just ticking boxes?

I would be grateful if you would respond to this letter personally as the responses to date from your staff can at best be described as being on shifting sand.

Yours sincerely

Dave Cuthbert 8 Highfield Circle, Kinross, KY13 8RZ dave@nimblepages.co.uk

PS – the bed outside the eBike shop in Kinross is now weed infested and looking totally run down.

Poetry query 13 May 2010

I'm writing to ask for assistance from any local history and/ or poetry enthusiasts. I work as an archivist at Edinburgh University and am very keen on history. My husband and I have lived in Nettie Cottage on Montgomery Street for almost three years. When preparing to insulate our loft I was absolutely thrilled to find some old photographs hidden underneath the rafters. I've since been researching the history of our cottage and the man who built it in 1904, a George Smith. However, in amongst the photos was a handwritten manuscript containing a poem about Kinross -I've done some internet research but have not been able to find out anything about the poem. I'd love to know if anyone knows of it, or who might have written it; is it a famous local poem? Could it have been written by George Smith himself? As you can see I have lots of questions, any answers or suggestions would be gratefully received!

I have copied the poem (see right).

If anybody has any information about this poem, I'd be delighted to find out more!

Rosie Baillie Nettie Cottage, 65 Montgomery Street Kinross, KY13 8EB 01577 865696 rosemarybaillie@googlemail.com

Kinross

Stretched lazily, a grey, old, tired out town; Asleep beside the wistful whispering lake, The dawn and dusk alike look silent down In wonder when the long strange spell will break.

Summer comes wandering by with timid smile, And winter stirs her with a wailing wind; But still she sleeps – in dream would all the while – Seeing some splendid visions far behind.

In a proud past, when many a high-born dame And gallant knight, and one – a lovely Queen, Were next door neighbours, who were glad to claim Her help and friendship night and day, [I ween].

She will not wake, she loves her dream too well. 'Tis Mary's lake that holds her with a spell That cannot break – old tales, the ripples tell.

News & Articles



Community Campus survey

As part of our ongoing efforts to improve services at the campus, an online survey has been launched by Perth & Kinross Council. The easiest way to access this is through the council website (www.pkc.gov.uk) where a link can be found under the 'say it' section, down the right hand side, follow the consultations link.



Loch Leven Community Campus users: say what you think in the online survey

It is an opportunity for all users: community, parents and pupils to give their views. It should only take a few minutes and I would love to be snowed under with responses. The information will be carefully analysed and used to inform the next stage in our development.

The more information we have, the more we can respond to your opinions. Please can I ask that you take the time to complete this questionnaire.

I also hope that regular users will have noticed some improvements recently as we continue to respond to your suggestions. There are a number of areas which we are now discussing with a view to further improvements for all our users. I trust you will continue to keep us informed so that we can provide more of what you want.

Dick Keatings, Campus Leader

Note from Editor: at the time of going to press the deadline for the questionnaire was given as 21 May, but we are assured by campus staff that it has been extended to 21 June.

Giant Leap into Libraries

This summer, take a giant leap into the final frontier – at Loch Leven Library. Children aged 4-12 are invited to take part in the annual summer reading challenge. This year's challenge has a space theme. Called *Space Hop*, it will enable children to boldly go to new worlds, to discover the joy of reading and nurture a life-long love affair with reading and books. *Space Hop* coincides with the 350th anniversary of The Royal Society's scientific endeavours and the 2010 BBC Year of Science.

The challenge is simple – to read six or more library books over the summer. There will be goodies and rewards, plus a certificate or medal for every child who completes the challenge. Children can sign up at Loch Leven Community Library from 25 June until 20 August. Resources are limited, so get on board as soon as possible. We have lift off!

Praise for bus shelter repair

Following the letter in last month's Newsletter about the vandalised bus shelter at Gairneybridge, Andrew Warrington, P&KC's Public Transport Manager, got in touch to say that the bus shelter was not going to be removed, but repaired.

The repair has taken place already. Mr Andrew Currie, who wrote last month's letter, said, "On behalf of the residents of Gairneybridge (the few that we are), I would like to sincerely thank all involved in the restoration of the Gairneybridge bus shelter to its former glory. The work has been completed to a very high



Gairneybridge residents are delighted with their repaired bus shelter

standard." He added, "We do wish the police success in finding those responsible for the vandalism."

Council to replace beech hedge

Perth & Kinross Council has agreed to replace the beech hedge at Kinross Primary School in the autumn. The hedge, which ran for around 250 metres along Station Road and down the school lane, was ripped out by Council grounds maintenance employees in February. The Council was implementing a policy of removing some hedges to reduce annual maintenance costs, but the school hedge was removed in error, Jim Valentine, P&KC's Depute Director (Environment) said at the March meeting of Kinross CC, where he gave a profuse apology.

The beech hedge was one of number of grounds maintenance issues discussed at special а meeting at Kinross Primary School on 17 May. The meeting was attended by representatives of Kinross School Primary staff Kinross Primary Parent Council, Kinross in Bloom, Kinross CC, P&KC staff and Councillor W Robertson.

At the meeting it was also agreed that the shrub beds and permanent planting removed from Green Park, Green Road, Millbridge, Lathro and the Leisure



Discarded be ech branches, School Lane, March 2010

centre will be subject to an engagement exercise over the summer, organised by P&KC in association with Kinross in Bloom. Given that some of these beds may be replanted, it has been decided that they will be kept fallow for the summer in order to allow the efficient removal of perennial weeds.

Another 5,000 campers at 'T'

DF Concerts have asked permission to have another 5,000 campers on the Thursday night of T in the Park this year – that is on top of the 5,000 extra they were granted by the Council in February this year. The further application was made at a Special Meeting of P&KC Licensing Committee on 13 May. The festival organisers say this is to meet the growing demand from customers seeking to upgrade their tickets from weekend camping to Thursday camping. The Committee granted permission for the further 5,000, making the campsite capacity as follows:

Maximum capacity of campsite

	July 2010	July 2009
Thursday	30,000	20,000
Friday	70,000	65,000
Saturday	70,000	65,000
Sunday	70,000	65,000

The maximum capacity of the Arena will be 75,000 on the Friday and 85,000 on the Saturday and Sunday this year. That is an increase of 5,000 on the Friday but no increase on the Saturday and Sunday figures compared to last year.

The Licensing Committee granted the same entertainment hours as last year, despite complaints about campsite noise causing disturbance in Kinross until 2 am on the Monday morning last year.

Campsite Entertainment may operate as follows:

Thursday 8 July	From 1400 hrs to midnight
Friday 9 July	From 1400 hrs to 0200 hrs on
	Saturday 10 July
Saturday 10 July	From 1400 hrs to 0200 hrs on Sunday
	11 July
Sunday 11 July	From 1400 hrs to 0200 hrs on
	Monday 12 July

Musical Entertainment in the Arena operating hours:

Friday 9 July	From 1530 hrs, ending by 2400 hrs
Saturday 10 July	From 1000 hrs, ending by 2400 hrs
Sunday 11 July	From 1000 hrs, ending by 2400 hrs

Community Relations Meetings

Tayside Police will be holding public T in the Park Community Relations meetings in Kinross-shire in June:

Fossoway	1 June	7pm – 7.30pm
Milnathort	10 June	7pm – 7.30pm
Cleish	28 June	7pm - 7.30pm
Kinross	30 June	7pm - 7.30pm
(See Police Box, p	o.17 for further det	ails).

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Cleish Primary School in Euro Quiz final

A team of P6 pupils from Cleish Primary School represented Perth and Kinross at the national final of the Euro Quiz on Monday 10 May 2010 after winning the area title

The youngsters won through to take their place in the national final, held in the Scottish Parliament's debating chamber, after a hotly contested local heat held at the Perth Grammar Community Wing, where children showed an outstanding level of knowledge.

The Euro Quiz is organised by the Scottish European Educational Trust and tests pupils on a range of subjects including history, geography, sport, culture and the European Union. All Scottish Councils have taken part in 2010, with over 400 schools and 1600 pupils competing in local heats across the country.

32 teams took part in the final at the Scottish Parliament, with the winners being St Mary's, Duntocher, West Dunbartonshire.



I to r: Ailsa Brown (reserve), Hannah Peedle, Lewis Caulfield, Allen Saunders and Daniel Munro.

Register of Local Organisations

We hope to publish a Register of Local Organisations in our July issue. Thanks to those of you (club secretaries etc) who have contacted Pauline Watson, administrator of the community website database, with updated details. If you need to update your organisation's details, contact Pauline as soon as possible on (01577) 862685 or e-mail: admin@kinross.cc

Banks retains Ochil seat

Gordon Banks, Labour, held the Ochil & South Perthshire seat in May's General Election, increasing his majority over the SNP's Annabelle Ewing from 688 to 5,187. Turnout was 67.2%.

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portmoak festival, 27 june ~ 4 july

This year's Portmoak Festival will commence with a Grand Opening of all the exhibitions at a ceremony in the Portmoak Village Hall at 2pm on **Sunday 27 June**.

It promises to be another fun packed week of entertainment and community based events spread across venues including the church, village hall, marquee, golf club, pubs and school. There will be something for all ages including some firm favourites such as the Pudding Club, Cream Teas, Jazz night, Family Ceilidh and Battle of the Bands.





Note that the marquee will be sited at the Old Bee Garden, Main Street, Kinnesswood (east side).

Tickets for Festival events may be bought at the village shop and garage, Kinnesswood. Tickets will also be on sale during festival week at Portmoak Hall during exhibition hours. Alternatively, call 01592 840655.

For additional information, and a full timetable of events, please visit the website www.portmoakfestival.org.uk or email prtmkfestival@googlemail.com. You can also follow us on Facebook: Portmoak Festival

We look forward to welcoming you all to this year's Festival.



See next page for a timetable of Portmoak Festival events

Mindspace Counselling Service

Mindspace Counselling Service has funding from Comic Relief to offer counselling to young people, 11-25 years, in rural areas of Perth and Kinross. Mindspace is the counselling service



for Perth Association for Mental Health (www.pamh.co.uk). Our aim is to promote mental health within the Perth and Kinross district by providing services to the community which complement those offered by the statutory services. We have Young People's Counsellors working in Kinross, Crieff, Blairgowrie, Aberfeldy and Pitlochry one day a week. This is a free service for young people. Clients can self-refer via email to info@mindspacepk.com; by telephone on 01738 631639, or by visiting our website at www.mindspacepk.com and filling in a referral form. Clients can also be referred by their GP. Mindspace also offers counselling to adults (18+) at their offices in Perth.

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We want your paint!

With the DIY season setting in, a community-minded recycling project is preparing itself to receive lots of reusable paint.

Community RePaint Perth takes good, new paint – at least half a tin – left over from your redecorating project and redistributes it to good causes within the community including newly-housed young people, churches and uniformed groups, those involved in improving school playgrounds and community groups decorating halls. Not only does it bring joy to those receiving paint, it means that much good quality paint is saved from being dumped in land fill.

Community RePaint Perth, part of the charity PKAVS, is based at The Walled Garden in the grounds of Murray Royal Hospital. To donate reusable paint, pop down to the Friarton Recycling Centre in Perth and look out for the pink and blue paint container. If you have reusable paint but do not live near Perth it may be possible to arrange a collection point within your community.

To discuss this, request paint for your group or project, or find out more about Community RePaint Perth contact Caroline Beaton, Monday to Thursday mornings, on 01738 562420.

'ALTERED IMAGES'

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Portmoak festival ~ 2010

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Saturday 26th June	Sunday 27th	Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 1st July	Fiiday 2nd	Saturday 3rd	Sunday 4th	les
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	and New Rooms. 2pm - 4pm	Mx & Match	- Pudding Club Memgues & Cheesecdee	Mon. to Frl. 6pm - 8pm Mens Ngnt	8pm A Hint of Fruit	Chocolate Heaven			
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	Classical Concert 8pm Danations		Children's Concert 6pm						7
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manditee	To by so its	To be well and of the state of			School Assembly	Pre-5s Party 11 am -12.30pm	Enjoy a Ball 10am -12am	Praise Band	
The Old Rea Garden	Village Sho	p & Garage, N	Village Shop & Garage, Main St. Kinnesswood	pooms	1.30pm	51.50	Tickets \$2.50 Battle of the Bands	Service Ligin	
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Disabled parking only.	Or phone (4/			6.15pm - 9.15pm lickets from schools	8pm-11pm Tickets 510	Ceilidh 7.30pm - Mdnight Tickets £5/53		
other venues		Jurior Football Chalenge		Danoe a Story	Adulfootbal Portmack PS	Golf Open Portmoak Golf			
Portmoak Gala:-		6.30pm		Portmoak PS 3pm 63	Donatons for chaffy 7.30pm	2pm - 6pm			
Saturday 26th June Well Green 2pm		Pub Quiz Bagede Tall 9pm	Pub Quiz The Well Inn 9pm	}					
		Kirnesswood	Kinnesswood in Boom will be organising guided walks during the Festival, Information from the hall and local notice boards.	nising guided walks d	uing the Festival. Infor	mation from the half	and local notice boar	#i	

Tayside Police Schools' Wildlife Crime Project

Pupils from Kinross Primary School have achieved success in the annual Tayside Police Schools' Wildlife Crime Project. They were amongst more than 100 prize-winners from across Tayside who were invited to a ceremony at the Scottish Natural Heritage Centre at Battleby, Perth on 5 May. The event was organised by the Police in association with the Partnership for Action against Wildlife Crime (Scotland), Scottish Natural Heritage and Dobbies Garden World, who provided more than £1,700-worth of prizes.

The day started off with a welcome from John Burrow of SNH, Alan Stewart, Tayside Police wildlife and environmental crime officer and Angela Wilson, Assistant Chief Constable of Tayside Police.



Tayside police schools' wildlife crime project winners for Kinross Primary. L to r: Oscar Thompson, Ben Cormack, Kirsty Andrew, Katie Douglas, Lauren Miller and Emma Hodgkinson. Not pictured: Erin Bathgate

The visitors watched a film showing the natural wildlife and landscape of Scotland, followed by poignant and disturbing images of the sort of illegal poaching, snaring and other ill-treatment that wildlife is sometimes subjected to. Alan Stewart then read out some of the great work produced by the children. After this, proud parents and teachers looked on as the Assistant Chief Constable presented prizes of Dobbies gift vouchers to the children. Visitors were treated to a lovely buffet lunch and those who did not have to go back to school were able to enjoy an outdoor play, The Tree, performed by Perth Youth Theatre.

Winners

P5A	Best in class	Kirsty Andrew
P5B	3rd Poster	Oscar Thompson
P5B	Best in class	Oscar Thompson
P5/6	= 4th Drawing	Ben Cormack
P5/6	Best in class	Katie Douglas
P6A	Best In class	Lauren Miller
P6b	= 4th Story	Erin Bathgate
P6B	Best in class	Emma Hodgkinson

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National award for local carer

Angela Shirley, a full-time carer who works in Milnathort, has been named winner of the Bupa/Daily Mail National Care (Dementia) Award in Scotland. Angela cares for 86-year-old Laura Barnett, spending four or five days a week with her, providing company as well as care.

Angela was nominated by Laura's daughter, Katharyn, who said, "I've spent 20 years as my mother's wel fare guardian and have been very lucky to meet some fantastic people, but Angela is particularly special.

"She has formed such a bond with my mother, bringing laughter and life into her home, and is continually looking for new and exciting ways to interest and stimulate her.

"Dementia can be seen as such a stressful, sad and lonely time, but Angela has helped create a very happy and loving home."

Angela said, "I'm the happiest I've ever been with this job—although it doesn't seem like work to me — I love spending time with Laura. We have such a laugh and a joke."

Independent Advocacy Perth & Kinross

Independent Advocacy is about standing up for and sticking with a person or group, taking their side and helping them to get their point across. Our aim is to enable carers, those experiencing mental health problems, dementia, learning and physical disabilities, frailty or age related problems to have their voices heard by providing Independent Advocacy so that they are involved in decisions which affect their lives. We work together with volunteers to create a stronger community where people are valued.

We are looking for positive, self-motivated people who have good listening and communication skills to partner individuals, or work with groups of adults who have learning disabilities.

Independent advocates are people who come from a wide variety of backgrounds bringing many skills and a wealth of life experience to their role in enabling the most vulnerable in our society to be heard. Volunteers receive training, expenses and regular support. Our next training course starts on **Wednesday 21 July**, 2pm – 5pm. If you would like to know more, contact Adrienne Ruddock, Volunteer Co-ordinator, tel 01738 587887 or email: adrienneruddock@iapk.org.uk







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Fòcas Luchd- Consumer Focus Caitheimh Alba Scotland

Consumer Network needs new volunteers!

Consumer Focus Scotland are currently looking for new volunteers from your area and would like to hear from people who are interested in consumer issues such as education, the environment, health, housing, post and public services. Our Consumer Network is a group of home-based volunteers who act as our 'eyes and ears' across the country - helping to keep us informed about the issues that concern ordinary people throughout Scotland.

At the moment we have over 350 volunteers from all over Scotland who regularly assist us by identifying consumer issues and by occasionally investigating local services and facilities for small research projects. This is a home-based opportunity and we are looking for people from all walks of life to get involved.

Over the last few months they have helped us with the following activities:

- **Mystery shopper task**: What information is given about delivery charges to consumers when they shop online?
- Online survey: Evaluation of the new icons and illustrations for a health project's website.
- Survey and focus groups: What do consumers think about the content and accessibility of the Food Standards Agency in Scotland's draft guidance on country of origin information on food labels?
- **Consumer testing**: Waterwatch Scotland's new website how user-friendly is it?

If you would like to get involved, contact Gill MacGregor, Consumer Network Co-ordinator on 0141 227 8432, or e-mail gill.macgregor@consumerfocus.org.uk or see the website: www.consumerfocus.org.uk/scotland

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So what is the RSABI?

The RSABI is Scotland's charity dedicated to helping people who have depended on the land. The charity has been in existence for well over 100 years and helps more than 600 beneficiaries across Scotland annually; despite this, the charity is still relatively unknown.

To help overcome this issue, the RSABI has recently appointed a new Development Officer for Central Scotland. Eilidh Grieve will work to raise awareness of the charity to potential beneficiaries and supporters from Kinross-shire, Fife and Angus on the East through to Argyll on the West. Eilidh would be delighted to hear from anyone who would like a little more information about the work of the RSABI, and is more than happy to come along and give presentations to clubs. Please contact her on 07798 695 370 or eilidh.grieve@rsabi.org.uk



Eilidh Grieve, newly appointed development officer for RSABI

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COMPETITION CROSSWORD PUZZLE

ACROSS

- 1. Venetian Magistrate hides amongst the psuedogenteel. (4)
- 3. Grief, or reflected between points. (6)
- 8. Semi men, but huge. (7)
- 9. Use to bring civil action. (3)
- 10. No going back in horse for a medal. (4)
- 13. Corset provides protection. (6)
- 15. The royal I (2)
- 17. Not yes on reflection. (2)
- 18. Valet, terrified, hides correspondence. (6)
- 19. Notion of confused aide. (4)
- 22. Sticky substance is endlessly good. (3)
- 23. Sage is a way to make an african spear. (7)
- 25. Short thanks for royal leader is captivating. (6)
- 26. 99 in about the starchy food grain. (4)

DOWN

- 1. Dingy way to approach death. (5)
- 2. Meg digs up a stone. (3)
- 4. Seas do make Ukranian port. (6)
- 5. Ponders how to make a reply. (7)
- 6. Sounds a relaxing way to take from someone. (5)
- 7. Industrious insect in the pantry. (3)
- 11. Woe, I am in debt. (3)
- 12. Knew rot could be the way to make friends and influence people. (7)
- 14. Deer fish eggs. (3)
- 16. Confused airmen stay. (6)
- 18. Illumination that's not heavy. (5)
- 20. Celia through the broken glass? (5)
- 21. Sap made to kill Cleopatra. (3)
- 24. Clarified butter hidden in the alphabet. (3)

1		2		3	4		5		б
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22			23				24		
25						26			

Prize Crossword Entry Form
Name
Address
T elephone

Win Gillian Galbraith's new novel

Local author Gillian Galbraith has written her fourth crime novel, another in the Alice Rice mystery series.

No Sorrow to Die: Many people in Edinburgh wanted Gavin Brodie dead, including Gavin Brodie. Crushed by an incurable illness, he had pleaded to be allowed to die. But when another terminally-ill man is found dead, DS Alice Rice must decide whether it's just a coincidence or if there's a serial killer on a mission to kill the sick and in firm, and what exactly their motive is.



The atmospheric thriller builds on the success of the first three Alice Rice mysteries – Blood in the Water, Where the Shadow Falls and Dving of the Light.

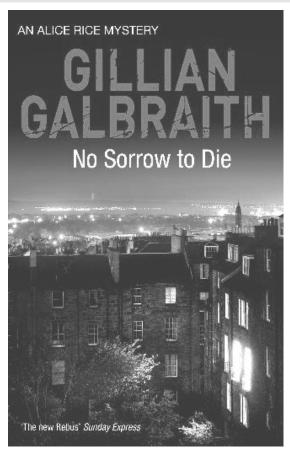
No Sorrow to Die was published in hardback on 13 May by Polygon at £12.99. On the same day, Dying of the Light was published in paperback. For a chance to win a hardback copy of No Sorrow to Die or a paperback copy of Dying of the Light, enter our crossword competition! First correct entry picked after the closing date will win the hardback book, second correct entry will win the paperback.

Send your completed crosswords to:

Eileen Thomas (Editor), Kinross Newsletter,

50 Muirs, Kinross, KY13 8AU and enclose a note of your name, address and telephone number.

Closing date for entries: Monday 21 June 2010.



Police Box

Tayside Police Western Division Restructuring

As from 11 May 2010, a restructuring has taken place in Western Division which covers the county of Perth and Kinross. The Auchterarder, Bridge of Earn, Crieff and Kinross stations have been amalgamated to become the South Section. The Inspector in charge of the new section is Cathy MacDonald. Along with the Community Officers, there are now two Community Sergeants. Sandra Williams is based in Kinross and responsible for community policing in Kinross and Bridge of Earn and David Pettigrew is responsible for the Crieff and Auchterarder areas.

New Community Officer

As of the 11 May 2010 Constable Nicky Ward is the new Community Officer with responsibility for the Cleish and Blairadam, Fossoway and Glenfarg areas. Nicky replaces Constable Euan Mitchell who has moved to take up a similar post covering the Abernethy and Bridge of Earn areas, although he will still based from Kinross. Constable Ward will be familiar to many in the Kinross-shire area, as she has served in the section for the last couple of years.

T in the Park 2010

As part of Tayside Police's Community Relations Strategy for T in the Park 2010 public meetings are being held at the following locations:

Fossoway CC Meeting Fossoway Primary School **Tuesday 1 June** 1900 - 1930 hours

Milnathort CC Meeting Milnathort Town Hall

Thursday 10 June 1900 - 1930 hours

Cleish & Blairadam CC Meeting

Village Hall, Cleish

Monday 28 June 1900 - 1930 hours

Kinross Police Office

Wednesday 30 June 1900 - 2100 hours

The purpose of the meetings is for members of the local community to meet with Sergeant Sandra Williams, Tayside Police's T in the Park Community Liaison Officer to discuss any issues that local residents may have regarding this year's event.

Any person that is unable to attend the meetings and wishes to discuss matters can contact Sergeant Williams on the following number 01577 867770.

Isolated Car Parks

These are popular with people who enjoy a walk in the country, particularly to exercise their dogs. Unfortunately cars parked at these locations are occasionally broken into and items stolen from within. We strongly advise people not to leave any valuables within their vehicles, unless they can be locked in a boot. Although it is good practise to keep valuables out of sight, previous experiences have shown that this is not entirely effective. Once a car is broken into, thieves will look under seats, look inside glove compartments and lift parcel shelves to look into tailgates. Unless you have a lockable boot, do not leave valuables inside your car.

We would also ask persons who visit these places to be aware of suspicious persons or vehicles. If you see a car or person acting suspiciously, report it to the police and whenever possible remember to note registration numbers.

Community Engagement

The Mobile Community Office service will be available as follows:

Crook of Devon (am), Glen farg (pm): Tuesday 22 June

CRIME STOPPERS

Telephone Number 0800 555 111

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

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

Constable Ishbel Wallace Kinross

Constable Brian Easton Milnathort & Portmoak areas Constable Nicky Ward Cleish/Blairadam, Fossoway &

Glen farg areas

Constable Euan Mitchell Abernethy and Bridge of Earn

areas

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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 May Meeting

Present at the meeting held on 5 May were: C Watson (Chair), I Jack, M Scott, D Colliar, J Richardson, L MacKay, D Mackay, D Cuthbert and W Freeman. Also in attendance were: P&K Cllrs K Baird and W Robertson; two representatives from the Police; Andrew Warrington from P&KC; George Kirk, Caravanning & Camping Club; George Lawrie, TRACKS; Simon Wilson and Malcolm Smith, Wilson Homes and ten members of the public. The Chairman welcomed everyone. Apologies were received from CCllrs M Blyth, B Davies and P&K Cllr S Miller.

Green Road: Cllr Robertson reported that there are no immediate plans to resurface this. A temporary patch will be made meantime.

Presentation by Public Transport Manager

Mr Warrington, Public Transport Manager with P&KC, was present to answer questions.

School transport: A parent in Gairneybank has questioned why the pupils travelling from Milnathort receive free transport, whereas the Gairneybank students are not offered this facility. The parent also commented on the safety aspect should the pupils be forced to walk to or from school. Such circumstance may occur on the home journey as the pupils with passes are allowed on the bus first and the service is offen overcrowded with pupils having to stand. Mr Warrington explained that the Education authority is responsible for providing the free bus service to pupils. The policy has not changed in the last 20 years: the criterion for the Primary School is within 2 miles and for the High School within 3 miles.

CCIIr Colliar added that the service bus is overloaded in the morning with students standing in the aisle: this is not a safe way to travel. Recently, he witnessed the Gordon's service bus failing to stop to pick up pupils in Kinross. Mr Warrington had checked with the school on 5 May; staff were aware of the situation and would report any problems. He promised to monitor this regularly.

Notification of the services available are provided to parents, however, Mr Warrington suggested publishing this in the Newsletter. The CC will express its concerns to the Education authority.

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Bus shelters: Mr Warrington reported that no decision has been reached yet to remove the Gairneybridge bus shelter. Despite two incidents, it was agreed to canvass the community. There is a slight possibility that it might be removed at the request of the community. The Gairneybank Shelter is not to be replaced. CCllr Jack commented that the Shelter at Balado Crossroads was removed about a year ago and has not been replaced. Mr Warrington answered that it is planned to erect two new shelters, one at Balado Crossroads and the second further down the road. (See p. 4 for an update on the Gairneybridge Shelter).

Round the Loch: Mr Lawrie advised that funding has been allocated to the 203 Sunday Service (around the Loch) for another year. New stops are to be introduced at the Campus, Loch End Shop and Findatie Car Park.

56 Service (St Andrews/Stirling): CCllr Colliar stated that this service has ceased driving into the Park & Ride and drops people off on Station Road. Consequently, elderly travellers have to carry their luggage over the road to the Park & Ride to catch connections. Mr Warrington offered to speak to the service provider again on this matter. The Cllrs also offered to follow this up.

In closing, Mr Warrington stated that the whole bus service in Perth and Kinross is under review. Mr Warrington was thanked for attending.

Police Report

The Police representative reported on a number of break-ins to cars over the last month at Avenue Road, Curate Wynd and in the vicinity of the Park & Ride. Any member of the public holding information in relation to these incidents should contact the Police.

They are also aware of the vandalism to the bus shelter at Gairneybank and are making enquiries into this.

Unknown persons braided a horse's mane on three occasions at Nivingston Hill. Again, if you have any knowledge in this regard please advise.

Two people were charged with the offence of a break-in to boats at the pier.

Youths on bikes: A woman leaving her property, which fronts on to the High Street, was almost knocked over by a youth.

Camping And Caravanning Club

Mr G Kirk explained that a premium camping evening is planned for Balado Park from 19 to 23 August. This will involve 2,500 motor homes, caravans and tents and around 6,000 people, traders and staff. Two smaller events are to be held before this, a working party 12-19 August of around 100/300 units and again 23-25 August and a temporary holiday site prior to the main event. Mr Kirk asked if he could source information from the CC website to give out to the members attending this event. The CC had no objection to this request. One query raised was in relation to the access/ exit routes to the site. Mr Kirk explained that this was an ideal site and near to the motorway. The majority of traffic will be travelling from down south and should arrive between 10am and 1pm on Thursday morning. Vehicles will also be standing by to assist with breakdowns. The CC welcomed this organisation to Kinross-shire.

Planning Matters

10/00693/FLL.]

Ivy Cottage: Simon Wilson from Wilson Homes and his planning consultant, Malcolm Smith, were present to explain the proposed application for Ivy Cottage. Drawings were also available. There were two options on the table for consideration, (i) to build six retirement apartments and retain Ivy Cottage as a bin/cycle store (removing the extensions) and (ii) to build six retirement apartments removing Ivy Cottage from the site. These apartments will be for residents aged 55 and above. The building is three levels of accommodation with a bottom level of garages. One third of the site covering 945 sq metres will be developed. The building is 315 sq metres, 50 ft high, with access parking and entrance. The woodland on two sides will be retained and the construction will be of traditional design and materials using natural stone slate with a steep pitched roof Mr Wilson stated that he would request, if the application is approved, for the building to be constructed first, leaving Ivy Cottage as it stands, to allow the visual effect to be considered. CCllr Jack objected to the height of the building stating that it was too high in proportion to other properties in the area. Wilson Homes have not yet submitted their planning application to P&KC and thus no Neighbour Notification has been circulated. They confirmed that they would be happy to return to the CC once their application has been registered. [Note: Since this CC meeting, Wilson Homes has submitted a planning application to P&KC, planning application no.



A planning application has been made for a 4-storey building (one level of garages and three storeys of flats), on the site of lvy Cottage on the corner of Muirs and Sunnypark.

Applications received: There were no objections to the following: 10/00596/FLL Conservatory, 23 Sutherland Drive. 10/00331/ADV & 10/00332/LBC Bank of Scotland, replacement of signage. 10/00581/FLL 13 Avenue Road, conservatory. 10/00531/FLL Sainsbury's Supermarket, formation of plant area. 10/00621/ADV 15 Swansacre, Kinross, display of a sign, Perth College Learning Centre. 10/00660/FLL 43 Springfield Park, conservatory. 10/00636/FLL 4 Gairneybridge Farm Steading, erection of a conservatory.

Confirmation was received in response to the CC's comments in relation to Balado mushroom farm and the retirement flats at the Green Hotel.

Applications approved by P&KC

- Rushfield Farm.
- New Mains House: two dwelling houses.
- Unit C, Kinross Business Park, Bridgend Industrial Estate: modification of existing consent.
- Balado Activity Centre: change of use of land to Class 11

(assembly and leisure) plus motor vehicle, sports and fun fairs. The CC received an Environmental Statement in relation to this. Mr Alexander stated that the application was registered on 20 July last year and is not making much progress. The CC will write to P&KC confirming that it has no objection to this application.

Consultee Reports: It was confirmed that consultee reports are published on the Council website as soon as possible after receipt. Mr McFarlane explained this and the procedures involved.

TRACKS

Mr Lawrie presented an update on the current position.

He reported on the development of new paths, i.e. a link from Milnathort past the Stackyard at Burleigh and round. Discussions are still ongoing with P&KC in relation to approval for a bridge. At Crook of Devon, proposals are for a path behind the Drum water treatment plant and old railways via Aldie Road and across to Coldrain Road and from Hilton of Duncrievie down to Glenfarg. Negotiations are still ongoing with the landowners to continue the path around the Loch. Consideration is also being given to start the project from the pier, round the mill and up to the old railway bridge. This route may require to be moved; however, the bridge will remain in the same location. A half moon bird-hide, with display of information, is also planned. The establishment of the Loch Leven Heritage Trail Business Group (created from businesses close to the Trail) and the general promotion of trail and bus service will be ongoing. A single brand is to be created and SNH have offered funding towards this. Mr Lawrie reported that he is at present endeavouring to walk all paths within Kinross area with a view to inserting a resume on the website, followed by details of historical features from D Munro. The round the loch track will not commence before spring 2011 (Vane Farm to Kinross). An application for funding to Heritage Lottery has been submitted and applications to Carnegie Trust and Arthur Thomson and Margaret Todd Trust are being considered.

Report from Perth & Kinross Councillors

Cllr Robertson: **Lethangie Road** (Health Centre): The Council is undertaking enquiries to determine who instructed the cones to be placed in this area.

Cllr Baird: **The Action Plan** was presented before the Committee on 21 April and was agreed.

CCllr Cuthbert advised on discussions with Alan Taylor in relation to this matter. CCllr Cuthbert referred to an Online Business Case, a copy of which was available at the meeting. The Townscape Heritage Initiative was mentioned as a possible source of funding; this is a subsidiary of the Heritage Lottery. The closing date for offers for the High School site was 23 March 2010 and the bids received are now under consideration. The submission report should be available next month. CCllr Cuthbert reported that a problem has arisen in relation to the feu at the proposed Curling Academy site. It was hoped that in selling the High School site and the Town Hall the Council would consider the best value for the site, i.e. taking everything into consideration - the proposed use, the price and the effect to neighbouring properties. The CC agreed to write to P&KC requesting that they consider these criteria when reaching a decision. The CC will also discuss the Town Hall site at its meeting on 20 May.

CCllr Cuthbert also referred to the **Common Good Fund** for Kinross and the donation of monies to Light Up Kinross in 2008. CCllr Colliar stated that this was not the case. A further sum of £486.00 was paid out in relation to supplies

and services. It was noted that the balance in the Common Good Fund currently stands at just over £300.00.

CCllr Watson advised that he recently attended a meeting of the Partnership/Heritage and their ideas for the use of the site were quite exciting. The feasibility study should be completed next month. One suggestion put forward was a community building (similar to Lochgelly Miners Welfare). It was believed that it would cost around 2.9 million to make the building wind and watertight.

CLD Group (Kinross-shire Community Learning and Development): CCllrs Richardson and L Mackay have been attending these meetings. The last was held on 26 April.

Community Campus: An open meeting was held in March. A further group is to be set up and representation from all the CCs has been invited.

Myre drainage problem: CCllr Richardson and Cllr Robertson reported this.

Correspondence

Email received in relation to removal of the beech hedge.

Consultation meeting: P&KC requested a representative from the CC attend at a meeting at the Primary School on 17 May. CCllr L MacKay will attend.

Lathro Park: A resident emailed the CC concerning youths playing football on an area of land opposite her house. The ball invariably lands in her property and the boys run into her garden, over her plants, to retrieve it. She claims that there is also the danger of an accident occurring as they run across the road. A request for a sign stating "No Ball Games" was made. The CC would ask youths to please be considerate when playing football or other games near houses.

TAYplan Report: CCllr Watson had read this material. There is an Open Meeting at the campus on 27 May and he urged all CCllrs to attend, if possible. This will be added to the agenda for the June CC meeting.

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Community Waste and Fly Tipping Grant Scheme: This P&KC scheme supports and funds community-led waste prevention initiatives.

Freedom of the City of Perth for Scots Soldiers: Information received relating to event on 8 May.

Salutation Hotel, Kinross: Variation to Licence: Mondays to Wednesdays until midnight.

Association of Scottish CCs: Renewal due of £15.00. The Treasurer will attend to this.

Other Business

Cemetery: CCllr D Mackay reported that the standpipe at the North Cemetery is not working. Comments were also raised in relation to the trees.

CC Sub-Meeting: Reminder of meeting on 20 May.

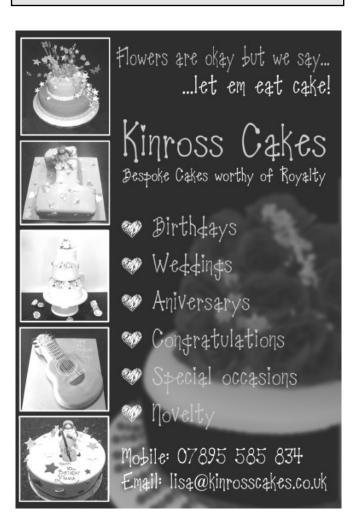
Information Centre: CCllr Jack commented that Kinross Information Centre is not listed in a publication detailing other centres within Perth and Kinross. It was explained that the Bistro is an information point and is unmanned.

The next meeting of Kinross CC will be held at the Masonic Hall on Wednesday 2 June at 7.30pm.

Agenda for June Meeting of Kinross CC

1. Apologies for Absence. 2. Minutes of meeting of 5 May. 3. Police Report. 4. Newsletter report. 5. Matters arising from the minutes of 5 May. 6. TAYplan Report. 7. Planning matters. 8. Reports from P&K Councillors. 9. Miscellaneous correspondence. 10. Other competent business. 11. Date of next meeting.

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.



Milnathort Community Council

News from the AGM, April and May Meetings

CCllr Giacopazzi, Chairman, welcomed CCllrs Bennet, Porter, Cottingham, Smith and Thomson to the AGM and April meetings on 22 April. Also in attendance were minute secretary E Rougvie and two members of the public. Apologies were received from CCllrs Hamilton and Lamont.

News from the AGM

Treasurer's report: The total income for the year was £1106.13 and the total expenditure so far was £227, leaving a closing balance of £879.13. Minute secretary's fees and school let charges were still to be deducted, which would leave approximately £780, a slight increase on this time last year. The treasurer, CCllr Bennet, thought the CC had been overcharged for the use of the school and after discussion it was agreed she would write to P&KC for clarification.

Chairman's address: CCllr Giacopazzi made the following comments:

"This year's AGM coincides with the penultimate CC meeting before the month of our dissolution and subsequent election. Indeed, our CC election will itself fall in the month after the general election. However, in a radical departure from the normal political process, candidates for election to the CC will refrain from making exaggerated claims and generally be truthful and honest. Indeed, politeness and decorum will, as ever, be observed. Our election, which should hopefully not result in a 'hung' CC, will take place on Thursday 24 June.

"But, joking apart, I do wish to make a serious point, will any resident of Area 49 (the parish of Orwell, our CC area), please consider whether he or she may have the time and inclination to become involved in the work of the CC. Now would be the time to become a candidate for one of the eight places. The job is not onerous. The salary is nil and there are no perks; in all, not a job likely to appeal to a retiring MP. We do, however, try to represent the views of the community and, as required, rouse the Council in Perth to even greater efforts when there are issues which require to be addressed.

"The single most significant development since the last AGM is the participation of Milnathort in the Council's 'Placecheck' scheme. 'Placecheck' is 'councilspeak' for what you or I might call a scheme of village improvements. Although initially sceptical, I was alerted to the potential of the scheme by Cllr Baird. Apparently the funding can run to tens of thousands of pounds. The idea was enthusiastically

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adopted by CCCllr Jessie Porter who made a pitch for the 'Placecheck' funding in the teeth of opposition from other CCs. Milnathort won. Thank you, Jessie.

"We leafleted the village and surrounding area, inviting all and sundry to a meeting in the Thistle Hotel where we split into groups, with each group walking round a part of the village to consider where improvements could be made. Each group then did a short presentation on the basis of its findings. Interestingly, the single main concern centred on speeding traffic. Accordingly, the main thrust of the recommendations was towards traffic calming measures of varying degrees of severity. It was felt that traffic entered the village far too fast at Perth Road and Burleigh Road; and North Street and South Street; and Stirling Road; everywhere, in fact.

"It was generally agreed that the public areas of the village could benefit from some aesthetic improvements. Accordingly, P&KC have collated a set of proposals for scrutiny by the community, which will be revealed early next month. Your CCllrs have been assiduously distributing leaflets to advertise the event, which will be in Milnathort Golf Club.

"I feel that the 'Placecheck' funding may well represent the last money to be spent on civic improvements in the village for a long time to come. The consensus is that we are entering a time of austerity in Government spending.

"The other main news of the year revolves around the efforts to establish the Milnathort Futures Trust.

"The Trust was proposed as a vehicle to bring the benefits to our community flowing from of one of the three wind turbines proposed for Tillyrie Hill. The offer from the land owners was that the community could, if it wished, take ownership of one of the turbines and so keep all future net income for good causes within area 49. I consider this to be an outstandingly generous offer and one which no CC should ignore, particularly since many communities throughout Scotland have benefited from such schemes.

"The details are being worked on. Hopefully the Milnathort Futures Trust will become a reality shortly. It is worth noting that our CC has merely had an enabling role in all this. Soon the Trust will exist within its own right, with no further CC involvement beyond one Trust member being a CCllr.

"On a different subject, I noted that Kinross CC recently saw fit to object to a development within Area 49. This is surprising given that Kinross CC must have its plate fairly full dealing with the curling academy, Swansacre and other long-standing issues. I was further surprised to learn that the objection was made without the CC having the benefit of the Planning Application and associated location plan etc, before it. Fortunately the objection was out of time in any case, so pointless. Milnathort CC will maintain its strict policy of responding to consultations on matters within its own area.

"Finally, I would like to express the appreciation of our CC for the attendance of Cllrs Baird and Robertson at our meetings throughout the year, and for their exertions on behalf of the community. As ever I must thank Milnathort in Bloom for their hard work and selflessness in making the village a better place to live. This committee seems to raise the level of its ambitions every year."

News from the April Meeting

Placecheck: There was a discussion about the distribution of leaflets advising residents of the Milnathort Placecheck design viewing that was to take place between 4 & 14 May at various times in various venues.

Correspondence

- Cheque for £200 from the Miss Jones Agency, an Edinburgh photography agency. This had been negotiated by CCllr Giacopazzi by way of payment for distributing leaflets to householders in Church Street during a filming session on behalf of P&KC. The CC agreed that the money will be donated to Milnathort in Bloom.
- Letter from the Convention of P&K CCs: CCllr Thomson reported that she had attended the AGM of this body but had been the only person who had turned up, so it was postponed. After discussion it was agreed that while MCC were in favour of CCs communicating with each other, such meetings were of little value and not necessary in this technological age.
- Letter from CCllr Porter indicating that she did not intend to stand in the forthcoming CC elections. Noted with regret.
- Letter from P&KC Countryside Trust re their tracking project. Passed to CCllr Bennet.
- Formal notice from P&KC advising that flood prevention work is to be carried out at the Back Burn. Noted.
- Letter from Tracey Ramsay, capacity worker at Loch Leven Community Campus. Passed to CCllr Bennet.
- SEPA View magazine. Passed to CCllr Thomson, who will forward it to CCllr Smith.
- Invitation from Planning Aid for Scotland to a training event on April 24 on the topic of community engagement in the planning process. Noted.
- In formation about TAYplan. CCllr Cottingham will study and deliver a synopsis at the next CC meeting.

CC Elections: After discussion, it was agreed that CCllr Smith will book the Scout Hall between 11am and 9pm for the CC election on 24 June and will check who is to man the poll.

Planning: The following applications were noted: erection of a detached garage building at Ledlation House; change of use of part of field into garden ground and alterations and extension to Waulkmill Farm Cottage.

Other Business

Hydrants: CCllr Smith said that P&KC's roads department had repaired the faulty hydrants in South Street; however CCllr Porter said that water was still collecting at the bus stop

Grass verges: CCllr Cottingham reported that P&KC had launched a campaign whereby teams were organised to tidy up grass verges. Unfortunately the CC was too late to participate on this occasion but it was an idea worth considering in future.

E-mails: CCllr Giacopazzi had received e-mails about a number of issues relevant to the CC:

Pavement licences: P&KC Licensing Board have agreed that patrons can consume alcohol on the pavement outside licensed premises this summer until 11pm provided the premises offer food.

Police report: There were no new crimes in Milnathort, although there had been an arrest in Kinross in connection with counterfeit money, and offensive weapons had been discovered at Kinross car boot sale. Regular patrols are being carried out in the park in Back Loan and two dog owners have been spoken to with regard to fouling. The CC congratulated PC Easton, the local community officer, on his pro-active approach.

Shrubs: P&KC have begun a shrub replacement programme

following the severe winter weather.

Outdoor Access Forum: details noted.

Kinross-shire Learning and Development Group minutes. Noted.

Placecheck: Update from Diane Cassidy. The CC wished to record its appreciation of Ms Cassidy's enthusiasm and commitment during the Placecheck process.

Issues raised by members of the public

M90 railings: CCllr Giacopazzi will write to BEAR Scotland about the unsatisfactory state of the railings at junction 6 of the motorway.

North Street/Victoria Avenue junction: A member of the public raised serious concerns about the danger posed by a large vehicle that is invariably parked at the west end of Victoria Avenue. He feared a serious accident could be caused as a result of its proximity to the junction with North Street. Its position was contrary to the Highway Code. After discussion it was agreed that CCllr Giacopazzi will personally raise the matter with the Police.

School bookings: CCllr Bennet will clarify the situation regarding booking the school for CC meetings.

News from the May Meeting

CCIlr Giacopazzi, Chairman, welcomed CCIlrs Cottingham, Hamilton, Porter and Thomson to the meeting held on 13 May. Also in attendance were minute secretary E Rougvie, P&K Cllr Robertson, Sgt Williams of Tayside Police and four members of the public. Apologies were received from CCIlr Smith and P&K Cllr Baird.

Correspondence

- Presentation re TAYplan. Passed to CCllr Cottingham.
- Letter from a member of the public regarding various issues in Milnathort. He wanted to know whether the flood defences were complete; whether manual road sweeping was still carried out, as he was concerned about the state of Wester Loan, and when the gulleys were last checked in the village. He was also concerned that the improvements being made under the Placecheck scheme could make the village a magnet for vandals. P&K Cllr Robertson advised that work on the flood defences was to begin imminently and that gulleys are checked on a regular basis. Any that need attention should be reported to Clarence, P&K Cllr Robertson or CCllr Giacopazzi and P&KC will attend straight away. On the subject of road sweeping, he said that it is carried out by motorised vehicles that sometimes were unable to access kerbs because of parked cars. However, the driver should clear those areas manually. There was a discussion about Placecheck and it was agreed that anyone who has concerns about what it being proposed should make their views known.

Police matters: As PC Easton was unable to attend, Sgt Williams gave an update on his behalf regarding the following:

Barriers at Junction 7 of the M90: BEAR Scotland are carrying out work there, but it is not known how long this will take to complete.

Parking at the junction of Victoria Avenue and Wester Loan: the Road Policing Unit is now involved. PC Easton has visited three householders and made them aware of the concerns about the proximity of parked vehicles to the junction, and it may be that letters will go out to most of the residents. The Road Policing Unit have requested double yellow lines, but this may take some time to implement. PC Easton will monitor the situation.

Park in Back Loan: PC Easton has been checking for youths, needles and alcohol when he is on late shift at week ends.

Speed checks: these are continuing.

Gallowhill Road flyover: the barriers are still to be checked. Horse thefts: horse owners should be aware of instances of horses' manes being plaited in the Kelty and Cleish areas. This is a means by which horses are identified as suitable for being stolen.

Tayside Police restructuring: Sgt Williams outlined the restructuring process that had come into force on 11 May. Kinross was now part of South section along with Crieff and Auchterarder and Inspector Cathy MacDonald had succeeded Inspector Patience, who was now based in Pitlochry. Sgt Williams is the community sergeant for Kinross and has responsibility for the community officers, who will be given as much time as possible to engage with people in the community.

'Ringing the changes' scam: CCllr Giacopazzi said that some people, apparently of Eastern European origin, had come into his shop wanting to change large quantities of £20 notes. Sgt Williams said that this was known as 'ringing the changes' and was a scam usually targeted at small shops whereby the perpetrators tried to confuse the person behind the till and shortchange them.

Counterfeit notes: someone had been charged with passing counterfeit notes and the apparatus used for producing the fake currency had been confiscated.

Child road safety: CCllr Thomson raised concerns about a small child she had frequently seen playing on a public road, sometimes with a bike. Sgt Williams advised that parents are responsible for the safety of their children and anyone who sees such an incident should call the police there and then.

Use of pavements by cyclists and skateboarders: there was a discussion about this issue following a complaint from an elderly lady who had feared for her safety on a couple of occasions. Sgt Williams stressed that adults and youths on bicycles should not be using the pavements. The law regarding skateboards differed, but care should be taken. Again, anyone with concerns should contact the police straight away.

After discussion, the CC noted that the number of crimes in the area had dropped significantly over the past two years thanks to the police working more closely with communities. Sgt Williams advised that the police were planning to hold their own community meetings in the near future.

E-mails

CCllr Giacopazzi had received the following e-mails:

- Two from Tracey Ramsay, capacity worker at Loch Leven Community Campus. Noted.
- P&KC Convention of CCs advising of a new date for the AGM, which had had to be postponed due to lack of interest. CCllr Thomson had attended but it was agreed not to attend the re-arranged event.
- T in the Park liaison officer, advising of a meeting to discuss traffic management issues. CCllr Giacopazzi will attend.

Placecheck: There was a discussion about the Placecheck proposals which had been on display in the church shop in South Street. It was agreed that most of the ideas were very good, but a proposal to install a zebra crossing from the Royal Hotel to the hairdresser's was met with unanimous disapproval. It was agreed that CCllr Giacopazzi will write to Diane Cassidy of Placecheck to advise her of this and to

suggest that lines be painted in Wester Loan to regulate car parking.

Speeding: The CC discussed a number of locations where speeding was an issue. P&KC plan to create an avenue of trees from Hattonburn Road into the village to give drivers entering from the east more of a sense of entering an urban environment as at present the speed limit signs are often ignored.

A resident of Mayfield Gardens had once again raised concerns about motorists speeding on Burleigh Road, which prompted a lengthy discussion. It was agreed that flashing 'slow down' signs like those in Gateside would be most effective.

Planning Matters

Applications currently being considered:

Erection of a house at Netherhall Farm (approval of matters specified in conditions). Noted after discussion.

Demolition of existing house and erection of two houses at Dorrator, 30 Linden Park Road. Noted.

TAYplan: CCllr Cottingham outlined the main issues with regard to TAYplan, which replaces the local development plan and which sets out a draft strategy for Perth & Kinross, Dundee, Angus and North East Fife over the next 20 years. This is still in its early stages and so far contains very little detail. CCllr Cottingham had attended a seminar and summarised some of the issues affecting Perth and Kinross. It is estimated that there will be a 27% growth in population by 2031 as its transportation links make it a popular place to migrate to. That means an expansion in employment and consequent expansion in infrastructure, education, etc. In the 10 years from 1998 to 2008, 660 new houses were built each year in Perth and Kinross but in the next 20 years that figure will rise to 1000. The breakdown in Kinross-shire is 39 new houses built per annum between 1998 and 2008, and a projected 70 per annum over the next 20 years. Because of economic constraints it was likely that developer contributions would be significantly lower in future and houses would be more modest in size and design. Anyone wishing to see or comment on TAYplan can do so at www.tayplan-sdpa.gov.uk

The CC noted that P&K Cllr Barnacle had organised public meetings to discuss TAYplan and the Local Area Plan, which is at its draft stage. It was considered that this was premature since the Plan is not due to be made public until September, when a consultation will be held.

Other business: Arrangements had been finalised for the CC elections on 24 June.

Date of next meeting: As the school is unavailable, the next meeting of Milnathort CC will be held at 7.30pm on Thursday 10 June in Heaven Scent, South Street, courtesy of Mr Andrew Scott.

Milnathort CC minutes are posted on www.kinross.cc

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Portmoak Community Council

News from the May Meeting

The Secretary read the letter of resignation from the Chairman.

Since all members were fully engaged with their particular responsibilities on the CC, a Portmoak resident would be asked to manage the meetings as facilitator.

In attendance at the meeting held on 11 May were: Facilitator, S Byford; CCllrs J Bird, S Garvie, R Cairncross, J Shepherd; P&K Cllr Robertson and 14 residents. Apologies had been received from C Weedon and P&K Cllrs Baird, Barnacle and Miller.

Police Report (given by letter): There had been a pedal cycle incident at the bottom of Gamek eep ers which also involved a motorcar. The cyclist was conveyed to hospital with injuries but were not life threat ening.

Speed checks had been carried out in the Balgedie Toll area over a two-week period from 0730 to 1800 hrs and these checks would continue on an ad hoc basis. Further speed checks had been carried out along the Mawcarse to Balgedie Toll road. The main issue seems to be motor cyclists on Sundays.

There had recently been a fatal road traffic accident involving a motorcyclist and an agricultural vehicle which resulted in the death of the motorcyclist.

A car parked at Portmoak Hall had its window smashed and property stolen from within.

The meeting was joined by Sgt Sandra Williams who explained that a revised system of policing management was being introduced. There were new areas of responsibility and new responsibilities for Community officers. Details would be sent to the CC.

Following the report a resident who had witnessed the pedal cyclist accident gave a convincing account of why he now thought that cyclists crash hats were necessary.

Treasurer's report: £83.76 in the bank account. £654.04 in MBW Account. Copies of the accounts for the previous year had been previously circulated.

Matters arising from previous minutes

- Balgedie Toll to Mawcarse Road, Cllr Baird. Awaiting report. Cllr Robertson would also look at the problems that horses have with the present surface and lack of 'horse' signage.
- 2. Kinnesswood bus shelter, (taken later)
- 3. Presentation by Portmoak Gliding Club and request by resident to discuss Policy 49 of the new development plan. To be included on the July agenda.
- 4. CC flyer which would be produced this month and delivered to each household in Portmoak before the June meeting.

Paths Group

Information boards for the MBW to be erected.

Paths group meeting to arrange.

The 'new' path along the A911 between Kinnesswood and Scotlandwell is now owned by P&KC and has been passed to Roads dept for the work to be planned into their schedule. There is a lot of work to be done to get the next section planned and it was suggested that work on this is started as soon as possible so the momentum is not lost. A meeting will be set up for this purpose and will include all interested parties.

Planning Group

Rolling list of validated planning applications up and running on the website. There had been no new applications since last month.

There was discussion on next month's meeting which included a presentation by Cllr Barnacle. There was interest shown in the role of the Tayplan working alongside Local plans, national strategies against local expectations. Planning applications which were in opposition to the Tayplan would go to the Scottish Government.

Cllr Robertson explained that it was better to have more information by all parties involved in the plans and although it was generally seen that developers were identifying potential building sites, communities could also identify potential sites to be kept open. It was not thought necessary that communities would have to identify sites such as Council owned playing grounds.

Management Group

The Secretary had e-mailed P&KC Roads dept for an update on the build-out changes but had not received any reply. Fortunately a resident had telephoned the Roads dept and was informed that no drawings were yet available for the proposed work.

It had been agreed to extend the road surfacing measures at Scotlandwell 100 metres.

Kinnesswood Bus shelter: A resident gave a diagrammatic interpretation and an explanation of his thoughts for changes to the present bus shelter site. There would be many opinions including the principle of change as well as design which would lead to much discussion on the subject. Although P&KC had agreed ownership of the bus shelter it was agreed, in the first instance, to find out who could claim title to the remaining ground out with the bus shelter. In the meantime the suggestions would be placed on the website and notice board.

Other business: A resident raised the issue of a letter which he had sent to the CC and the response by the CC and wished to further discuss both. However, it was not considered to be in the best interest of either the resident or the CC to discuss a hypothetical case.

Communications: A full list of communications received by Portmoak CC can be viewed in the full draft minutes (see notice boards or website). A selection:

T in the park, Local Community Forum, 19 May; E-mail from Agent regarding comments on Friar Place; Information re Kinross-shire Community Learning and Development Group; E-mail from Royal Mail; Community Transport Group, Annual meeting 4 June; E-mail from P&KC Planning re points made in CC minutes; Letter from Tayplan, copy of presentation; Letter from P&KC planning re Development Control Committee meeting 12 May; Convention of P&KC re Tayplan discussions: Resident re number of points, Stephens Field, Leaflet drop, Paths Group, nests; E-mail suggesting that the Kinross-shire Fund is used for slow down signs and cameras in Portmoak area. Funding cannot be used for statutory authority responsibility; P&KC Grounds maintenance: numerous plants died during winter, will be replaced.

The next meeting of Portmoak CC will be held in the Primary School on Tuesday 8 June 2010 at 7.00 pm. www.portmoak.org

Community Website

For contact details of community groups, hall bookings, job vacancies, leisure and visitor information and much more,

visit www.kinross.cc

Fossoway and District CC

News from the May Meeting

In attendance at the meeting held on 4 May were: S Morrison, T Wigman-Duffy, A Lavery, S Anderson, M Anness, K Borthwick and A Cheape. Also in attendance were P&K Cllr M Barnacle and 11 members of the public. Apologies for absence were received from P&K Cllr W Robertson. Angus Cheape declared an interest in the planning applications for Middleton and Middleton Stables.

Community Policing: No community officer was available. (After the meeting) Sgt Williams apologised by email for not managing to attend the meeting. If there are any points at the meeting you would like to raise, contact PC Nicky Ward.

The minutes of the last meeting were approved. The minutes were factually correct but Douglas Alexander asked the CC to put a comment in the minutes that the actual capacity of T-in-the-Park has not increased.

TAYplan Consultations: Angus Cheape reported that he had attended a meeting of the TAYplan SDPA with Cllr Barnacle. The minutes were available to read. Public consultation would run to 2 July 2010 and a programme of public meetings had been published. The meeting for our area is in Kinross, Community Campus, 27 May.

Kinross Campus Partnership: Ramsey Cooper reported on the Campus Partnership outlining its four main roles; Education, PE facilities, (indoor and outdoor) Cultural (theatre, cinema, and library) and Community Development. There is a website coming soon and an events diary to be posted on notice boards and newsletters.

War Memorial, Blairingone: Cllr Barnacle had found out that the memorial could indeed be moved but at a cost of around £9400. It may not be attractive to the developers to leave it where it is and P&KC may not be willing to meet the cost. The developers and the Church of Scotland appear not to be involved at present. As it mainly concerns the residents of Blairingone, it was decided to leaflet the residents before the meeting in the village in September and get their views.

P&KC Business, Councillor's Report

Cllr Barnacle reported that the mitigation measures for the A977 would go to committee at the end of the month. He would comment on a speed limit review when it was available.

Cllr Barnacle hosted public meetings in Cleish and Balado and would be arranging one for Portmoak concerning the Local Strategy, Main Issues Report. He feels it is important to make it clear to local people what is involved in local plan developments.

Mike also reported about a worrying development that had arisen in the building of the Millennium Bridge in Crook of Devon, which was finally getting underway. Apparently the bridge does not comply with disability rules, having no ramps. This seems an unlikely problem as the route to the bridge would not be suitable for wheel chairs anyway. Discussions with the council are ongoing.

George Lawrie from TRACKS reported on the paths currently being built. The Loch Leven Trail was in discussion although the route hadn't finally been established. Loch Leven business groups were also pulling together to discuss the clearest positions for brown tourist signs to indicate the paths on the heritage trail.

Planning Applications

10/00604/IPL, Middleton Fossoway KY13 0PB, Erection of a dwellinghouse (in principle): Application for a stockman's cottage at Middleton Farm. Business case provided. This

application follows the refusal of 09/01915/IPL. Recommendation: Approval subject to assurances of continued use as farm accommodation.

10/00613/PN, Dailvaine, Drum, KY13 0PR, Erection of agricultural shed. A 20m by 20m agricultural shed at a site within Drum. No CC comment.

10/00610/FLL, Middleton Stables, Fossoway, KY13 0UP, Erection of a machinery and storage building. A further development at the large and incomplete complex at Middleton of Fossoway. The site now has a long history of piecemeal application. The absence of storage was commented on by the CC when the original application for a stable was approved. Recommendation: refusal, pending the provision of a full development plan for the site and business case for this development. The current use of the site, including the apparent use of the training facility as a dwelling house and the construction of tracks, should be investigated.

10/00563/FLL, Sunnyside, Drum, KY13 0PP, Erection of a dwellinghouse. A house on a site outside but adjacent to the village boundary identified in the Kinross Area Local Plan. An application for a road and agricultural shed was recently granted. Recommendation: refusal, as contrary to the Kinross Area Local Plan.

General Correspondence: All outgoing and incoming correspondence was available for viewing. This included comments on snow clearing, invitations to various meetings and a letter concerning car parking at the Crook of Devon shop. Sandy Morrison said that members of the public may be co-opted if they wished to attend any of the meetings the CC was invited to.

Other Business: A Fossoway CC Powmill questionnaire was made available for the meeting to see, enabling the local villagers to comment on the planned developments in the area. This questionnaire would be delivered to, and collected from, all residents, and a box would be available at the village shop if people preferred to return them there. Outlying houses would be included.

The next meeting of Fossoway and District CC will take place on Tuesday 1st June in Fossoway Primary School at 7.30pm. All Welcome!

If you want to bring anything under the attention of Fossoway and District CC, please get in touch with the Secretary, Trudy Duffy, 01577 840669.

J. MILLER

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Club & Community Group News



Jackson Brown

Kathryn Spain

Kathryn Spain

Kathryn Spain

Andrew Jack

Mitchell Brown

Cameron Nelson &

Cameron Nelson &

Andrew Beveridge

1st Kinross Boys' & Girls' Brigade Awards 2009-2010

The following awards were presented at the Company's Annual Display and Presentation of Awards held in Kinross Church Centre on Friday 15 May. There was a good turnout of parents and friends who enjoyed a varied programme which highlighted the talents of the boys and girls within the company. The following awards were presented:

Anchor Section:

Best 1st year: 1st: Jane Baillie

Best 2nd year: 3rd Jake McCormack; 2nd Andrew Clark; 1st Rory Ferguson.

Best 3rd year: 3rd George Milne; 2nd Johnathan Ventners; 1st Amy Wilson.

Best Squad: Green Squad - Ross Coyne, Sophie Bryson, Findlay Hendry, Jack Muncey.

Junior Section:

Best 1st Year: 3rd Calum Jack; 2nd Guy Bathgate; 1st Johnny Mullen.

Best 2nd Year: 3rd Jack Watson; 2nd Keir Robertson; 1st Cameron Coyne.

Best 3rd Year: 3rd Ben Cormack; 2nd Faye Mathieson; 1st Douglas Mair.

Overall Best Junior: Johnny Mullen Best Squad: Squad 5 led by Faye Mathieson Battalion Awards: Bible Quiz Champions



Johnny Mullen (left) and Matthew McDonald with their awards

Company Section Awards 2009-2010

Promotion to Staff Sergeant: Alice Eade, Andrew Morris Promotion to Sergeant: Jennifer MacKessack Promotion to Corporal: Matthew MacDonald

Promotion to Lance Corporal: Jackson Brown, Matthew Campbell, Lewis McKenzie, Douglas MacKessack, Kathryn Spain, David Wilcox

Officers

Most Improved Volleyball Player Ten Pin Bowling Cup: Boys

George Dick David Munro

Battalion Awards:

Chess

R/Up Drill Medal Basketball Cup Volleyball Cup

Adam Sweeney

Jackson Brown Andrew Morris(r/up) Alice Eade

Matthew MacDonald Alice Eade

Centenary Volleyball Cup Battalion Swimming Cup **Battalion Swimming Shield**

Pullar Inkstand (4 x 2 length relay)

Table Tennis Cup

Company Scripture Search (Target) Scripture Search (Junior winner)

3rd Jackson Brown Scripture Search (Intermediate winner) David Wilcox Scripture Search (Senior winner) Alice Eade

2nd in Battalion Company Awards:

Best Squad: 3rd Squad 4 (1988 points average)

1st Squad 1 (2012 points average) Jennifer MacKessack, Matthew Campbell, Billie McGregor, Andrew Beveridge, Mitchell Brown, Andrew Dawson, Lori Clark.

1st Squad 3 (2012 points average) Alice Eade, Andrew Jack, Douglas MacKessack, Ryan Robertson, Adam

Sweeney, David Chalmers, Ross Cormack, Mark Cathro

Best Youngster at Camp Alice Fade Neale Trophy (Citizenship) Alice Eade Best Recruit Mitchell Brown 3rd 2nd Billie McGregor 1st Mark Cathro Best Youngster 3rd Andrew Jack (Melville Trophy) 2nd George Dick

Presidents Badge: Matthew MacDonald Queen's Badges: Sam Dick & Peter Eade

1st

Captain's Report

And so the 90th session of the BB in Kinross comes to a conclusion. This session has seen an increase in the number of girls joining our ranks.

Our summer camp took us back to Kincraig near Aviemore along with Kinross Scouts we enjoyed a week of adventure including hillwalking, mountain biking, canoeing, rock climbing and abseiling.

The Company has had another very successful session in terms of Battalion trophies as you can see from the table above. This

Mark Cathro

Mark Cathro and his award

reflects the wide and varied activities involved in the Brigade.

Juniors spent the May weekend near Biggar where they took part in a range of fun learning activities.

Company members are looking forward to their own summer adventure camp in July at Valkenburg near Maastricht in South Holland.

Thanks again to parents, officers, boys and girls for their continued support of the Brigade in Kinross.



Lomond Antiques and Collectors Club



On a bright but breezy Bank Holiday Sunday, members and guests went by bus to visit Mellerstain near Kelso. There was a very warm welcome from the charming staff of the tea room where tea, coffee and shortbread was served before a walk round the garden was enjoyed. Despite the cold winter, the gardens were looking good, with many plants, particularly hostas, far in advance of anything in Kinross-shire. The gardens were designed in 1910 by Reginald Blomfield with Italian ate terraces and herbaceous borders to complement the house. The eye is drawn to the ornamental lake and beyond that, the distant Cheviot hills.

The guides in the house are very knowledgeable and enthusiastic about this outstanding example of eighteenth century Scottish architecture. Originally a peel tower, George Baillie commissioned William Adam to build a new house. Adam designed the two wings and the main building was designed by his son, Robert. It is his renowned interiors, the exquisitely proportioned rooms and the classic plasterwork decoration, preserved in the original colours, which make Mellerstain memorable.

Also worthy of note are: the furniture collection, much of it from Holland, the paintings by Ramsey, Gainsborough, Aitken and Van Dyke and original wallpapers. Situated inconspicuously in a corridor, is the Act of Covenant. The gallery contains an eclectic collection ranging from Bonnie Prince Charlie's bagpipes next to slivers of glass from Ypres Cathedral, a collection of fans, puppets, toys and some example of ladies' and gentlemen's clothes and shoes. Well worth a visit.

Milnathort Bridge Club

The Winter sessions finished on Monday 26 April. Members were welcomed to Loch Leven's Larder by President Dorothy Pollett and after a most enjoyable supper had

presentation of prizes for the season which were as follows: Zandra's Quaich for best individual Jim Lawrie Baxter Trophy for best individual lady Jessie Lawrie

Pairs Championship – best pair

Jessie Lawrie Jim Lawrie & Jim Marshall Liz Pottie

Hat Night best individual Liz Pottie
The Club continues to play Bridge during the Summer
months every Monday evening at 7.00 p.m. in Orwell
Church Hall Milnathort and would welcome visitors.



Kinross & Ochil Walking Group

(affiliated to The Ramblers' Association, Scotland)

The countryside is in its full summer beauty, so take a break from gardening and come out with us! Whether you're new to walking, returning to walking or a regular walker, try out a walk or two to see if you'd like to join - 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 this month and one in early July.

Sunday 6 June: Path o' Condie 7.5 miles. Peter (your local postman) leads us on an off-road figure of eight along woodland paths. Great views both north and south.

Saturday 19 June: Bankfoot to Birnam Linear 8 miles. By bus from Dunkeld railway station to the start of the walk. Walk back through lovely countryside to Birnam. An almost-midsummer treat.

Saturday 3 July: East Lomond Circuit 5.5 miles. Circular walk from the Falkland area with views from East Lomond. Visiting some of the historic features in the Falkland Estate, mainly on paths, vehicle tracks and roads. Bring those summer visitors and show them our beautiful local area!

For all walks you do need appropriate clothing (not jeans) and equipment, including boots and waterproofs. Walks can be of up to 4½ 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

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Kinnesswood in Bloom

Heather Garden

Now in its fifth year, KiB decided to redesign their first ever project, "Mrs Clydesdale's garden." We opted for sustainable planting and our heather garden was born. Solstice Nurseries of Deeside, Aberdeenshire was our chosen supplier. Solstice operates as a social enterprise growing heathers of outstanding quality. They helped us hand pick 120 heathers, taking into account our design, location, soil type and growing conditions. KiB organised a work party to implement the project and after two hours of hard graff mixed with fun, Mrs Clydesdale's garden was transformed into a beautiful heather garden which will give

In our experience Solstice Nurseries (www.solsticenurseries.co.uk) are to be highly commended for their level of customer care, service and outstanding knowledge base.

all year round colour. We are delighted with the result.

A Walk through Kinnesswood

Kinnesswood in Bloom is launching its "Walk through Kinnesswood" booklet at the Portmoak Festival in June. Illustrated by local artist David MacKenzie, the book will



Portmoak parents and KIB members preparing a trench for a new hedge to be planted by Portmoak School pupils, as part of their biodiversity less ons

guide locals and visitors through the older part of the village and enable them to admire the community gardens, learn about local characters through the ages and discover some of the rich history of the area. It will be available for the very moderate price of £2 at the Portmoak Hall during the week of the Festival and from local shops. Children at Portmoak Primary School are producing their own version of a walk through the village. It will be launched at the same time in conjunction with a display of their artwork.

Tree Planting

Thank you to James Gilmour of The Woodland Trust for his advice and assistance at our recent tree planting event at Kilmagadwood. It was great fun and we were very pleased to have planted over 100 trees in a morning.

National Spring Clean

We can report that the amount of wrappers etc. found during our recent village clean up wasn't too bad. However, we couldn't believe how many dog poo bags were to be found. There was even one attached to the planted up wheelbarrow in the Main Street. BAG IT and BIN IT please!

Quiz night

Thank you to everyone who attended Raymond's quiz night. A total of £140 was raised and a great time was had by all.

Scotlandwell & Kinnesswood Village "in Bloomers" Tramps' Ball Saturday 5 June, Portmoak Village Hall,

7.30pm - midnight
Tickets £6, BYOB, supper provided

Have you bought your ticket yet? If not, pop into the village shop and check availability.

Meetings and Work Parties

Meetings are open to all and are usually held on the first Thursday of the month at the Lomond Country Inn. Work parties are on Saturday mornings from 10am until 12 noon (weather permitting!). Please check the Notice Board for up to date information.

Kinross Camera Club

By the time this news appears a number of Club members will have enjoyed a photographic weekend at Connel. Our



summer activities continue with, among other things, an evening visit to the Scottish Parliament, and also photographing, at their request, the time trial being held by Kinross Cycling Club on 9 June. Their Secretary contacted us after reading the entry in the May Newsletter.

We anticipate both of these occasions will offer excellent photographic opportunities.

There are no other pre-arranged events at this stage, but other plans will be made on suitable Thursday evenings. Members meet informally at The Green Hotel, Kinross and decide where to go.

Further information from Alison Bradley on 01592 840251 or e-mail info@amb.abelgratis.co.uk

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

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Kinross 50 Plus Club

The June meeting will be held at 2pm on **Thursday 3 June** in the Millbridge Hall. The speaker will be Neil Kilpatrick who will give a talk on the "Loch Leven Path."



The July meeting will be held at 2pm on **Thursday 1 July** when Deirdre Munroe, Coastal Ranger, will give a talk on the Coastal Path.

The May meeting was held on Thursday 6th in the Parish Church, as the Millbridge Hall was being used for the general election. Our thanks go to the Church for the use of their excellent facilities.

Nurse Sheila Worner gave an extremely enlightening talk on "Stroke Awareness," which gave members an insight into the causes of strokes and the lifestyle/diet which can assist in prevention of strokes. At the end of the talk Sheila and her colleague were available for one-to-one consultation and blood pressure checks. Many members availed themselves of this opportunity and expressed their appreciation of the afternoon.

In addition, at the end of the meeting, the local manager of Sainsbury's called in to answer questions on the services offered by the store and in particular re the prospects of having "Home Delivery." Unfortunately he could not be persuaded to initiate one but he is now aware of the views of local people.

Smiddy Singers: Chris Renton reports that their concert in aid of the Motor Neurone Disease Scotland Charity raised £225. Our congratulations go to the singers for this splendid effort. Chris also asks if we could advertise for a pianist to assist them from this coming October. This is in addition to the Singers' ongoing request for more men to join their group.

Events

The summer outing this year is to Oban on Sunday 11 July. There are a number of seats still available.

There are still a few seats left for the outing to "Hairspray" on 15 December 2010 in the Playhouse Theatre, Edinburgh. It has been decided to open this event to non-members. Please note that anyone interested should contact Edith Oswald on 01577 865731.

The February 2011 holiday is to Harrogate and the hotel and coach travel have been booked. There are a number of seats left so would any members wishing to enjoy the holiday contact Pat Crawford.

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Chris & Alex on 01592 841020

If **Club members** wish to go on any of these events/outings please come along to the June meeting where the booking sheets will be available.

Friday Hill Walkers

4 June: We are due to return to a favourite walk in the Pentland Hills when we tackle the route from Balerno to Scald Law via West and East Kip. This is a circular walk of 8.5 miles with total ascent of 2500 ft.

18 June: North this time for another well-liked walk from Blair Village up Glen Banvie on the Atholl Estate and taking in a short detour to view the Bruar Falls. This is also a circular walk, this time of 10 miles with 700 ft of ascent.

Please note our membership list is currently fully subscribed.

Friday Walkers

11 June: Dowally to Loch Ordie and back - an old favourite in the Atholl Estate, which is about six miles along estate roads, but starts off with a stiff climb from Dowally.

25 June: The historic Stirling walk - this is a new walk for the club, going over the old Stirling Bridge, along the Time Line at Raploch, then up to the Castle Ramparts, and back by Cambuskenneth. Apart from the steep climb to get on to the Castle ramparts, most of the walk is flat, and not much over six miles.

Please note that the membership list is currently closed. Activities

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

Craft Group: Meetings are held each Wednesday at 2p.m. in the Millbridge Hall.

Carpet Bowls: Bowling is now finished until the autumn. **The Line Dancers** swing and sway every Tuesday and Friday at 10.30am in the Millbridge Hall.

L.U.S.T. The slimmers meet each Thursday, 9.30am to 10.30am in the Millbridge Hall.

Fly Tyers: The group is now finished for the summer.

Keep Fit 2008: Keep Fit classes are now finished until the autumn.

The Smiddy Singers will re-commence activities in October.

The Kinvest Investment Club meets once a month. New members, who need only a general knowledge of investments, will be made most welcome. The meetings are normally held the first Monday of each month at 1.30pm in the Church Centre.

Cleaner / Housekeeper for Ballingall Holiday Cottage

Part-time, self motivated, reliable cleaner is required for Saturdays 10.00am - 2.00pm. You will be required to work to a high standard, preparing beds, laundry, cleaning, flower arranging and preparing the cottage ready for the next holiday guests arriving. The cottage is based approximately 1.5 miles from Kinross & Milnathort, within walking distance, however own transport would be help ful.

The rate is £7.50 / hour and references are required.

Tel Kate Hill 07968 756344 or e-mail

katiejanehill@lineone.net

Kinross & District Town Twinning Association

The Association ran a stall at the Feel Good Fair at King George V Park and held a Spring Fayre on Saturday 22 May. Thanks to all who helped or contributed.

Plans are well underway for the visit of our twin town Gacé from 1 to 9 August. Anyone interested in hosting, becoming involved or just participating in the activities planned for the twinning visit should contact secretary David Munro (tel. 862126).



Alf Fyfe, Alan Paterson and president Jeannie Paters on at the Feel Good Fair

Kinross and District Art Club

In the previous Newsletter we mentioned our new web site. If you haven't yet checked it out, do have a look at it at www.kadac.co.uk. It gives up to date information on our activities and dates for your diary for our forthcoming Exhibition.

We have had a very busy and productive few months with yet more new members joining us in the past month, so that we are fast approaching the need to have a waiting list.

Our last painting day of this session will be on 25 May in the Millbridge Hall. During July and August we will take advantage of the summer weather (we hope!) to do some outdoor painting. John Tydeman, our Outdoor Painting Coordinator, has arranged three venues for us this year.

The first is at the home of one of our members who has wonderful views over Loch Leven to the Benarty hills. The second, subject to it still being available and not in new ownership, is the grounds of Kinross House.

Our third outing will be to Dysart Harbour, just beyond Kirkcaldy. This picture-postcard setting, which comprises a charming harbour and delight ful historic buildings, including the original Harbour Master's House, is also home to the Kirkcaldy Art Club. The club has kindly offered us the use of their facilities and a welcome from some of their members who will make themselves available on the day of our visit

If you would like to join us on any of these outings, or if you have any other queries about the club, please contact Sybil Galbraith, Secretary, KADAC on 01577 830347.

Portmoak Hall 100 Club

April Draw

1st No. 25 N J Allcoat, Kinnesswood 2nd No. 74 Maureen Miller, Kinnesswood 3rd No. 97 Susan F G Forde, Scotlandwell

Probus Club

The speaker for the meting on 21 April was Mr Sandy Braid and the title of his talk "Farm stories." Sandy had been the farmer of Channel Farm for 52 years, but he started his



history of farming in the area in the year 1830 when Channel farm became an agricultural entity because the land around Loch Leven was drained. Sandy's father acquired the lease of Channel farm from the Montgomery Estates in 1936. Sandy took over from his father and farmed Channel farm for 52 years; then he handed over to his nephew Robin and his utterly fascinating talk was about the immense changes in farming that Sandy had seen in his lifetime. The talk was illustrated by pictures. First machinery: The members of the club were shown a slide of a plough in the 1930s drawn by two horses – 2hp; then a picture of a steamengined tractor followed by a picture of four tractors from the last half of the 20th century, starting with a Ferguson from the 1950s, rated at 22hp. Nowadays a modern tractor can come in at 200hp. Next harvesting: Up to the 1950s the grain was always cut by a "reaper and binder" which cut the standing grain and delivered the wheat or barley as sheaves. These were gathered into stooks by hand and allowed to dry before the barley or oats was gathered into barns or built into ricks for the periodic thrashing of the grain by the traveling thrashing machine. Nowadays a modern combine will harvest a large field in a day (cutting and thrashing). The only drawback is the price. A modern machine will cost over £100,000, and requires to cut at least 1,000 acres to justify that amount of money. This has led to machinery groups between the farmers. Sandy mentioned that Channel Farm specialised in growing vegetables such carrots, lettuce or broccoli. Sandy illustrated his talk with many stories of his life in farming. Roger Bromley gave the vote of thanks for a fascinating afternoon.

The AGM took place after the address and the office bearers for the year 2010/2011 are as follows:

President, Ken Morrison; Vice-President, Ron MacDonald; Secretary, Harry McLennan; Treasurer, Jim Ritchie; Programme Convenor, Bill Connolly; Outings Organiser, Bill Michie; Committee: Bill Blair, Roger Bromley, Mike Thorn and Duncan Stenhouse.

PLANNING PERMISSION BUILDING WARRANTS

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Potager Garden



Our season at the garden has started well, with Mrs Bode's P5 class half way through their visits on a Thursday afternoon. They have learned about plants as living things, how they can make

about plants as living things, how they can make food from sunlight, and what they need to grow success fully. Margaret and I have greatly enjoyed the sessions with the children, who are all interested and hardworking, and ask some very interesting questions!

The pupils have planted potatoes and onions, and some salads outside, and have many more young plants ready to go out when the weather is a bit warmer. Some of these will also be for sale at our event on **29 May**, 10.30am - noon.

We had a success ful sales stall at the Feel Good Fair on 15 May, and would like to thank the organisers, and particularly the Army Cadets for their efficient help with moving plants and all our bits and pieces to and from the car park.

We had a couple of enquiries about GARDENING COURSES, and if there is enough interest, we would like to offer a short course starting in June, to show that "EVERYONE CAN BE A GARDENER." This would be at the garden on Thursday evenings from 6.30 to 8.30, at a cost of £15 for five weeks.

The content of the course would be decided by the participants, and what they would like to find out, and would involve practical demonstrations, and hands-on gardening. A starting point could be to de-mystify some gardening terms and techniques, such as compost making, organic gardening, propagation, plant foods, and Latin names, to show that if you understand how plants grow, and how to meet their needs, gardening can be straight forward and satisfying, and anyone can be successful, even in a small space.

If you are interested to find out more about this course, please phone Amanda James on (01577) 840809, and I will let you know when we have enough participants to get started. I look forward to hearing from you!

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Kinross & District Rotary Club



We have enjoyed another month of excellent speakers, starting with Calum Macintyre who gave an illustrated talk about his Himalayan

Adventure at the tender age of 16, when he conquered the 'unclimbable peak', Ama Dablam, escorted part of the way by his father. Despite some occasions when Calum wished he was anywhere else on Earth, he was encouraged by the other six members of the expedition to continue and finally made it to the summit, 23,000 feet above sea level. Calum showed some outstanding slides of the climb, which he carried out in aid of the Teenage Cancer Trust.

At the end of April, Rev. Alan Reid, minister of Kinross Parish Church, gave a fascinating account of life in Moldova, one of Europe's hidden corners.

At the business meeting at the beginning of May, we learned that Fossoway Primary School, winners of the local round of Rotary's Primary Schools quiz, were unfortunately defeated at the second round in Glenrothes on 26 April.

Monies collected jointly by Rotary and the Interact Club under the 'End Polio Now, Thanks for Life' Campaign (approaching £900 in total) have been forwarded to Rotary's District 1010, to be added to funds collected by Clubs over the District. It was also confirmed that another Shelter Box had been purchased with money donated to the Haiti disaster fund. Thanks again to all who gave so generously.

Jo Middlemiss, the speaker at our meeting on 10 May gave an intriguing insight into the art of positive thinking. Her talk entitled "How to stop stinking thinking" explored the various alternatives to worrying about the problems of everyday life and questioned whether worrying about a problem had ever done any good. Much better, she suggested, to think in more effective terms and concentrate on the positive side of life. Her talk prompted a lot of questions and the vote of thanks was given by James Robb. At time of going to press, we await the return from America of the District's Group Study Exchange, led by Kinross Rotarian Barry Davies. The team will be giving presentations of their experiences to clubs throughout the District over the coming months and we eagerly await their visit to Kinross.

On 1 July, the new club officers will take up post, led by President Elect John Matthew, Senior Vice President will be Kelvin Reay, Junior Vice President John Dawson, Treasurer Bill Blanche and Secretary Neil Maclure.

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

JOE BURNS Computer Repairs & Servicing

Computer slow, virused, needing upgraded or internet problems? If you suffer from any of the above or just need advice, give me a call.

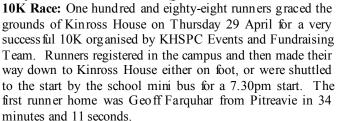
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Kinross High School Parent Council

% Kinross High School, Loch Leven Community Campus, Muirs, Kinross, KY138FQ



Huge thanks go to Miss Kinnell and Mrs Davidson of the Kinross High School Physical Education Department for all their hard work setting out the course, timing the runners and generally making sure it was a success!! The S5/6 pupils who marshalled the event did a fantastic job of cheering on the runners. Kinross Road Runners very kindly lent us their timing clock. All runners and helpers were invited back to school for sandwiches and cake, donated by EFT committee members. Tea, coffèe and orange squash was very kindly donated by Tayside Contracts. A fun run for primary/nursery children was also organised by Miss Kinnell and Mrs Davidson.

Kinross High School Citizenship Award: The annual KHSPC Citizenship Awards are presented in June of each year and are open to any pupil at KHS. The awards recognise outstanding commitment and achievement in the community by a young person or a group of young people. Please make the time to identify and nominate our deserving youngsters. Nominations and supporting evidence should be forwarded to the KHSPC no later than 1.00pm on **Tuesday 1 June 2010.**

KHS Former Pupils

A KHS Former Pupil Association is in 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.

New Purple Blazers: Sales of the new blazers continue to move apace. The blazers are manufactured from a washable polyester with the design of the girls' blazer differing from the traditional design of the boys' in that it has a more fashionable fitted style. The new blazers are comfortable, light and easy to wear, and at £40 are very reasonably priced.

Anyone wishing to buy or order a blazer may do so from the KHSPC Blazer Shop which is open on the Community Campus Street every Wednesday lunchtime until the end of term. Alternatively you may use the order form below. For further information please contact during evening hours Dora Smith the KHSPC School Shop Supervisor, on 01577 863565, or alternatively Andy Williams the KHSPC Chair.

Blazer Recycling: The KHSPC would like to invite pupils leaving the school this summer to donate their unwanted school blazers back to the school. The KHSPC will make sure the blazers are recycled and put to good use by a new owner. Anyone wishing to donate their old blazer should hand it in at the school office at the end of term.

KHSPC Annual General Meeting: This year's KHSPC AGM takes place on Tuesday 8 June at 7.15pm at the Community Campus. Parents and guardians of pupils attending KHS are welcome to attend the meeting. The KHSPC office bearers are also selected at the AGM by the parent membership.

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. 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 1 June** 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 noted above.

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.

Kinross High School Parent Council www.khspc.org.uk														
	School Un	ifo	rm	Pu	rple	Bl	aze	r - (Ord	er l	For	m		
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Chest sizes	Inches:	28	29	30	31	32	33	34	35	36	38	40	44	42
available:	Centimetres:	71	74	76	79	81	84	86	89	91	97	101	107	112

Please post or deliver your order, together with a cheque for £40, to the KHSPC School Shop, $^{\circ}$ / $_{\circ}$ Kinross High School, Loch Leven Community Campus, Muirs, Kinross, KY13 8FQ. Cheques to be made out in favour of Kinross High School Parent Council. For further information please contact: D ora SMITH on 01577 863565 or dorajsmith@btinternet.com, or Andy WILLIAMS on 01577 861682 or a.b. williams@btopenworld.com

Kinross Museum

Kinross Museum continues to develop its presence in the Loch Leven Community Campus with volunteers now manning the study room to help people with their enquiries



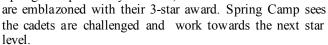
study room to help people with their enquiries on Thursdays and Saturdays during Library opening hours. Since we moved into the Campus in October a number of items have been gifted or loaned to the Museum both for safe-keeping and use as heritage resources for the community. These range from Kinross lemonade bottles to objects such as coins and buttons found in the fields around Loch Leven.

The Museum Trust is grateful to the Arthur and Margaret Thompson Trust for a grant that is enabling it to acquire proper signage, storage, computer equipment and conservation materials and plans are afoot to obtain more display cases. The Trustees and Friends of the Museum have welcomed the opportunity to be involved with community outreach in the form of reminiscence groups, a family history day and, more recently, visits by members of the Day Centre. Of special interest to many visitors is the unique collection of newspaper cuttings of wedding photographs dating back to 1930. If you would like to organise a special group visit to see items from the Museum collection please get in touch. Contact details can be found in leaflets obtainable at the Museum or via the Museum website: www.kinrossmuseum.co.uk. We would also be interested to know about any forthcoming local anniversaries that would make an interesting exhibition in the future.

Army Cadet Force

Royal Signals (Kinross) Detachment Three Stars Arising...

As the Senior cadets from Royal Signals (Kinross) Detachment return to duty after Spring Camp at Barry Buddon, their brassards



'Camp is great – the work can be hard but you get the chance to challenge yourself and achieve a lot more than you first thought,' said Corporal John Brian (16).

'I love fieldcraff, but I don't think my mum likes the washing I bring home', said Corporal Caitlin Barnes (15).

'You really have to work hard and keep on trying, the instructors are great and we do lots of preparation at our Detachment,' said Corporal John Kettles (16).

The cadets meet every Tuesday and Thursday between 7pm and 9pm at



Fromtop: C pl Caitlin Barnes , Cpl John Kettles, C pl John Brian. Photo by Lt Fiona Sekkat

the Detachment in Swanacre, Kinross. If you are interested and would like to see if the cadets are for you and you are aged between 12 - 18yrs, come along and meet us.

SSAFA Forces Help

Reg Charity SCO38056 Who Are We?

We are the Soldiers, Sailors, Airmen and Families Association – Forces Help, the national charity, which for 125 years has been helping serving and ex-service men and women, Regular and Reservist, and their families, in need. Eligibility is based on only one day's paid service.

Where Are We?

There are 91 Branches all over UK, including 22 covering all of Scotland. They all operate with a network of trained volunteers in the local area, to look into cases with understanding and sensitivity. Many of the volunteers are ex Services themselves. Locally, the Perth and Kinross Branch can be found at Queen's Barracks, Perth – courtesy of 7th Battalion the Royal Regiment of Scotland. Tel: 01738 625346. In 2009 the Branch took on 113 cases, raising over £60,000, and made 40 visits to needy clients. Our Patron is the Provost of Perth, and our President is the Lord Lieutenant-Brigadier Mel Jameson CBE.

What Do We Do?

We spring into action whenever there is hardship and need. Our help and advice is totally confidential, and we help all ages. We work closely with other agencies, and service charities, and help can vary hugely:

We may help a war widow with her bills, or an ex Serviceman with a mobility challenge, or assist a Service family with a special needs child, or a returned veteran from Iraq or Afghanistan etc. Need must be the criterion.

Last year we helped 50,000+ cases in UK, and passed on over £20 million, yes million, to our clients. We recently built, and now staff, the two wonderful Norton Homes, alongside Selly Oak and Hedley Court, so that families can stay near their loved ones, who have been wounded. We run health care for the serving community. We run holidays for children with special needs, and we run an adoption agency for Service families. Our spread is wide and varying.

How Can You Help Us?

If you need our help, or know someone who does, please get in touch by letter, phone or e-mail. We can offer:

HELP, ADVICE, FRIENDSHIP

If you'd like to help us by volunteering, or fund raising, or leaving us a legacy, please get in touch – training is given and all expenses paid. It is so worthwhile.

SSAFA >>> 125 - First In, Last Out

It is our 125th Birthday in 2010, and many events are being run throughout UK to mark this, including a Service of Thanksgiving in Westminster Abbey, a Parliamentary Reception in Holyrood, and lots of smaller events in local areas. We hope to raise an additional £1.25 M with these efforts.... if you want to get involved, please get in touch with your local Branch – we would be delighted for your help and interest.

How Can I Find SSAFA Forces Help?

You can call us - 01738 625346, or look at the national website: www.ssafa.org.uk or e-mail us at: perth@ssafa.org.uk

Patron - HM The Queen

Deadline for all Submissions 2.00 pm, MONDAY 21 June for publication on Saturday 3 July

Girlquiding in Kinross

Do something great this year! Give young women new opportunities and the chance to achieve their dreams and ambitions

We are people from all walks of life, who volunteer because we are committed to encourage girls and young women to reach their full potential, to enjoy the outdoors, experience travelling abroad, work on community projects, to gain skills which will benefit them throughout their lives. Guiding is a life-changing, life-in fluencing organisation for all of us.

Any woman between her 18th and 65th birthdays can become a Guider, as long as she is willing and able to make the Guide Promise and undertake the necessary training. If you are over 65 Guiding still welcomes you as an affiliate member of the Trefoil Guild.

Different ways of volunteering

Whether it's an hour or two every few months or a regular weekly commitment, there are lots of ways to volunteer and help Girlguiding UK put girls in the lead.

Unit Leaders and Assistant Leaders

Every Rainbow, Brownie, Guide and Senior Section unit has at least one Leader, who has completed the Girlguiding UK Leadership Qualification. Leaders have overall responsibility for the unit, although sometimes this is shared between a team. Leaders plan activities; organise outings and camps; teach craffs; and ensure that finances and paperwork are kept up to date.

Unit Leaders are female, aged 18-65. If you decide to become a Leader, you will be assigned a Mentor to help you complete your qualification, and an experienced local support network is there to help.

Unit Helpers and occasional helpers

For those who don't wish to commit to becoming a Leader but do want to work in the unit with girls and young women, the role of a Unit Helper is perfect. Helpers are vital to guiding, not least because Girlguiding UK has a recommended adult-to-child ratio.

Unit Helpers can be either male or female, aged 18-65. Occasional helpers can be any age. They can wear section wear if they choose. How often helpers work with units varies and is up to individuals; you may be part of a helpers' rota.

Support roles

Thinking of joining guiding but not sure that you have the time to commit regularly? There are plenty of important jobs that can be done in your own time and from your own home. You could:

- help with unit accounts or administration
- be the driver for an away day
- help out at a guiding shop or depot
- lend a hand with fundraising
- help out with DIY
- take part in a one-off session with your local unit, teaching the girls skills such as pilates or gardening to help them acquire a badge.

What's in it for me?

Making a difference to girls' lives and helping them achieve their potential is hugely rewarding. But there are lots of benefits for you too.

 A role in Girlguiding UK can certainly give your CV a boost! As a volunteer, you could get involved with marketing, recruiting other volunteers, raising funds, handling budgets and managing large-scale events. In the

- process, you will develop a whole range of skills such as communication and organisational skills, teamwork and leadership.
- If you become a Leader or Assistant Leader, you will take Girlguiding UK's Leadership Qualification, and will be offered lots of other training opportunities at local and national level. Perhaps you've always wanted to become qualified in First Aid or learn about event management. Volunteering with guiding can provide the opportunity.
- You'll have lots of fun! The guiding programme is packed with activities and challenges, and you'll have a chance to experience them along with the girls.

Have a look at what our volunteers say:

"It's incredibly rewarding to watch a shy and nervous girl grow more and more outgoing and confident at each unit meeting."

"I've made some wonderful friends and met people from all over the world through guiding. It's fantastic."

"Being a Leader gave me the confidence to get back out to work – I initially signed up to do it every other week. Now I'm thinking of working with children."

"It's so much fun trying out different exciting activities with the girls. I'd recommend guiding to anyone who's young at heart."

"I drive home feeling absolutely over the moon and confident I've achieved something great."

Girlguiding in the Kinross area desperately need more adult volunteers. If you can help in any way, or would like more information, please contact:

Tricia Mulrine on 01577 866 989 or e-mail Kinrossdivision@aol.com

Young Leaders

Young Leaders are aged 14 to 18 and work with a Rainbow, Brownie or Guide unit. They might be working towards their Young Leader Qualification or the adult Leadership scheme, as well as participating in other Senior Section opportunities. They are supported by a Young Leader Advisor and link with other members of the Senior Section when they choose.

What does the role involve?

The role involves enthusiasm, energy and excitement but also commitment and dedication. It's about helping those who are of a younger age and giving them fantastic opportunities and getting to know each other.

If you love working with and meeting new people, being part of a team, and most of all being active then this is for you!

You will learn so many things from so many different people and it's absolutely awesome! Everything is fun, from helping at Rainbow, Brownie or Guide meetings to international camps; you just have to put all your effort into it. Hard work pays off, so lend a hand with something and you will get something back even if it's just knowing that you've helped somebody.

If you want to, you can participate in the Young Leader qualification or Adult Leader Qualification depending on your age. The qualifications will help to develop the skills you need when working with your unit and also look great on your CV!

Kinross Division is looking for girls aged 14 plus to help out in units in Milnathort, Kinross, Glenfarg and Portmoak.

If you're interested or would like more information contact: Tricia on 01577 866989, Alison on 01577 864262, or email Kinrossdivision@aol.com

Kinross Guides enjoy some "Magic on Mull"

As part of this year's Centenary of Guiding, a weekend camp was held at Craignure on Mull, from 30 April to 2 May. I was pleased to represent our county, with three of our Guides, Bethany Grant, Christie Shackleton, and Anna Massey, who are Patrol Leaders with 2nd Kinross Guides. We met Guides and Leaders from all over Scotland, and had a great time, with a ceilidh, outdoor cooking, pioneering, and a visit to Tobermory (Balamory), and of course a campfire. Our girls were also proud to win the wide game (outdoor quiz come treasure hunt) with their friends from Edinburgh. On the Sunday, we all planted 100 small native trees in the grounds of Torosay Castle, as a lasting thank you to the island for their warm welcome, as can be seen in the photo. I was at a Guide camp for the Diamond Jubilee in 1970, and am glad to say that the traditional Guiding values of friendship and service, and enjoyment of outdoor activities, are still as strong as ever amongst our young women today.

We always need more adult helpers to support girls in Guiding activities, from Rainbows aged 5, up to Brownies and Guides. If you would like to find out more, contact Tricia Mulrine, Kinross Divisional Commissioner tel 01577 866989.



Patrol leaders from 2nd Kinross Guides plant native trees in the grounds of Torosay Castle, Mull, with Guide Leader Amanda James (back)

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Or visit our website at www.firstclasslearning.co.uk

Greyhound Rescue Fife

Website: www.grey houndrescuefife.com

Phone: 01592 890583 Email: ferniejimmyf@aol.com



Greyhound Rescue Fife Third Annual Dog Show

What a great day we all had at the third annual Greyhound Rescue Fife dog show held at Caldwell's Farm near Collessie. A big thank you to all for coming along to support our cause; all of the money raised goes to helping our homeless hounds. This year's total was an amazing £1,935.00 on the day, and two of our homeless greyhounds found their forever homes.

We were delighted to have gained sponsorship for our show with the major class prizes being donated by James Wellbeloved. This meant every single entrant left with a token prize. All the money raised therefore goes directly to saving more greyhounds. There was an array of stalls, home baking, tombola, lucky dip etc as well all the commercial stalls supporting our event.

The show ring was a hive of activity. With the place buzzing with excitement, we got the show started with our Best Junior handler class. The next class was the eagerly awaited Best Male greyhound class. The third category of the day, which produced another fine turnout, was for non-Greyhounds only and it was magnificent to see such a varied number of breeds on display and a credit to their owners.

We had a break in the competition to show off some of our homeless hounds and have the first of our two raffles of the day. We got the show back on the road again with the popular class of Best Family of Dogs; this class is open to owners of two or more dogs of any breed. Next was the Best Loveable Face class — one of our most popular. The penultimate class of the show is always one of our most contested, that of Best Female greyhound.

The second of the homeless hound parades and the second raffle were held before we came to our Best in Show final with the winners of their own classes again parading, with Kell, a 5-year old black and white male greyhound rescued from Greyhound Rescue Fife and winner of our Best Male Greyhound class to be crowned 2010 King of our show.

A virtual dog show as well as information of our monthly walks can be found on our website. **The next walk is Sunday 6 June** at 11am, Lochore Meadows Country Park, Lochore. All dogs are welcome to come along to our walks, not just Greyhounds.



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Kinross-shire Local Events Organisation

Beatles and Diva tributes at Kinross House

Come along and pitch your gazebo in front of Kinross House at the **Kinross Gazebo Gathering** – a music festival for the whole family!

On Saturday 4 September from 12 noon-7pm we will have various bands to entertain you: a couple of local bands, the Gary Sutherland Ceilidh Band and also two Tribute Bands – Them Beatles and a Diva Tribute (Madonna, Shakira, Lady Gaga and Shania) – who will all perform



Diva tribute's Lady Gaga

in front of the wonderful setting of Kinross House. There will be various children's activities arranged, so that you can let them play while you relax on the lawn with the music. Food and drink stalls will be available on site.

Tickets: A significant number of people took advantage of our Early Bird ticket offer at the Feel Good Fair at the Loch Leven Half Marathon and at the Scottish e-Bike Centre. However, the Early Bird offer is now closed. Tickets are available from the Scottish eBike Centre (open Tue-Sun):

£17.50 for adults (16 and over on 4 September),

£10.00 for a child (15 and under, under 5's are free)

£45 for a family ticket (two adults and two children).

You can hire a Premier Gazebo (an already pitched gazebo in first two front lines) for £30. However, tickets for these are limited. Other already pitched gazebos (Secondary Gazebos) can be hired for £20.

You can also pitch your own gazebo for £1.

Tickets going fast, please don't delay if you want to come.

Volunteers: To make this event happen we are looking for a number of volunteers to help. This is a chance to enjoy the event for FREE. All volunteers will work in shifts, allowing time off to enjoy everything this music event offers. Food and drink will be provided during your shift.

If you would like to volunteer or for more information contact Bouwien Bennet, bouwien@kleo.org.uk

Feel Good Fair at Loch Leven Half Marathon

We hope you enjoyed our Feel Good Fair at the Loch Leven Half Marathon. Many thanks for those who helped out and for everyone who attended. Special thanks to the Army Cadets who helped to erect the marquees and helped the stall-holders with their deliveries.

Film 'AVATAR' (12A) at Community Campus

The next film we will show at the Community Campus (Friday 18 June) will be 'Avatar' (2D version).

Avatar is the story of an ex-Marine who finds himself thrust into hostilities on an alien planet filled with exotic life forms. As an Avatar, a human mind in an alien body, he finds himself torn between two worlds, in a desperate fight for his own survival and that of the indigenous people.

Film starts at 6.40pm (doors open at 6.30pm), duration 162 mins. Tickets (£3 for 18 and under and £5 for adults) are available from Sporting Chance (High Street, Kinross), a week before the film, and at the door on the evening. Children (15 and under) have to be accompanied by an adult. Space is limited, so please book your space early.

For more details about KLEO events you can visit www.kleo.org.uk

Common Grounds

The song goes "never mind the weather", but we do when it is as cold as we have endured. It's simply another



Buchan's cold spell, we are told. With regret to our patrons our opening times are erratic due to volunteer shortages. Please bear with us, it hopefully will improve soon or we may have to change our opening hours.

Project: Our current project is Intercare. This is a charity set up in 1974 by two GPs to make the best use of surplus medicines by collecting and redistributing them to rural Health Clinics throughout Africa. Further, since 1996 they fund and support the Kom to Anoyice Diabetic Clinic in Kumasi, Ghana.

Project lunch: A report on the Project Lunch and its speaker Olivia Giles from 500 Miles will be in the July Newsletter.

Recent and Forthcoming events: Many thanks to Alex Cant and the Queich Consort who entertained us on 15 May with their recorder music. A vote of thanks was given by Claudia Pleass, our Vice Convener, for a very enjoyable recital.

A Car Boot Sale is to be held at the Guide and Scout Hall, Church Street, Milnathort on **Saturday 5 June** 9am to 12 Noon. Tables are £7 and we hope for a dry day. To book a table call James on 01577 864452 or his Mobile 07933633539. Also on the afternoon of the 5th Nigel Ewen will be playing his classical guitar music, 1pm – 3pm.

Book Club: The book club meets on the first Tuesday of the month 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.

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

We still require Volunteers and a Treasurer, please help if

Our opening hours for the present are still 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.

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The Kinross-shire Civic Trust



THE ANNUAL MID-SUMMER WALK – DON'T MISS IT – SUNDAY 27 JUNE

The Mid-summer Walk will be taking place, led by Professor David Munro, the Trust's President, on Sunday 27 June. The walk will be along the Loch Leven Heritage Trail from the Fishery Pier through to Loch Leven's Larder. The 'Round the Loch' bus can transport you back near to the beginning of the walk. This will be an excellent opportunity to hear all about the history around the loch shore from David's encyclopaedic knowledge, and see also the nature and wildliæ in and adjacent to the shore; you might even see those magnificent Sea Eagles. The date has been changed from the advertised date of Sunday 20 June, to the following SUNDAY 27 JUNE. Assembly time will be at the Fishery Pier at 2.00pm and the walk should take about $2\frac{1}{2}$ hours.

Annual Best Kept Village Awards

The Judging for the Annual Best Kept Village Awards will take place in late July this year.

The Awards are divided into two categories, Villages and Small Hamlets. This is a very popular annual event and the Trust would encourage all villages and small hamlets to take part. The Awards committee would particularly welcome entries from Crook of Devon and Powmill, who have not entered in recent years. Forms can be obtained from Mrs Bridget Lindsay, Civic Trusts Awards Committee, telephone 01592 840252.

The Kinross Show

The Trust will have a stand at the Kinross Show this year. The theme of our stand will probably be the new Kinross Area Local Plan, which is under preparation, and the Environment.

Annual Subscription

Members are reminded that the Annual Subscription of £10.00 per household is now due and should be sent to Ken Miles, Turfhills House, KINROSS KY13 0NQ.

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Buildings of Interest in Kinross-shire The County Buildings

As the population of Kinross Parish grew in the 19th century and the town extended northwards towards The Muirs, new public buildings emerged in the more spacious open countryside to the north of old Kinross. For over two centuries the County of Kinross had been administered from the Old County Buildings at The Cross before a decision was made to abandon the cramped space afforded by the compact medieval burgh where houses stood shoulder to shoulder, and erect a fine new neo-classical building more fitting for a county seat.



The County Buildings, Kinross

Said to have been designed by Thomas Brown (c.1781-1850). Superintendent of the City Works in Edinburgh, the £2,000 cost of the project was raised by a voluntary assessment on the Heritors of the county, topped up with a grant of £750 from the government. Work began at 21-25 High Street in 1825 and within a year a fine Georgian building in the style of Robert Adam had been completed. What emerged was a well-balanced, two-storey ashlar building with five bays, the end two being set slightly forward of the three central bays. Above the doors on each of the end bays are rectangular fanlights and triangular pediments while the doorway of the central bay is flanked by Doric columns and surmounted by a semicircular fanlight. The two windows on either side of the central doorway provide an elegant symmetrical setting to the door and its fanlight. The clock within the triangular pediment above the north bay is likewise mirrored on the south bay by an empty circle.

When it was built, the County Buildings included two apartments for the Sheriff Clerk, a court room, a witness room, a record room, three debtors' rooms, two prison cells and a guard room. Later additions to the building complex included a mortuary in the small garden at the rear and a war memorial in the form of a mark et cross facing the High Street.

Notable events drawing crowds to the County Buildings have included the formation of the Kinross-shire Volunteer Corps on 7 December 1859, the announcement of the verdict of the Lochleven Right of Way and Fishings Case in the courtroom on 17 January 1860 and the visit of Her Majesty The Queen in May 1960. While the County Buildings remain in use as Council offices today, they not only occupy an important focal point in the townscape of Kinross but also symbolise the pride that many still feel in belonging to the former County of Kinross-shire.

Milnathort Primary School Parent Council

Summary of a meeting held on Monday 10 May 2010

Present: Mark Koziel, Anne Dalziel, Graham Irwin, Lorraine Holdsworth, Susan Park, Fiona Duff, Gillian Sands, Chris Edwards, Gerrold Kuijpers, Deirdre Hutson, Lesley McCormick. Apologies were received from Gavin Anderson, Neil Fuller, Lynne Dunn.

Anne Dalziel, Services Manager was present at the meeting to give updates to the parent council about certain school matters. Class structures will not be confirmed until early June due to placing requests and appeals being taken into consideration. A very lengthy discussion was held with regards to feelings about composite classes and as expected, there were no two people with the same views. The outcome of the discussion was that a meeting will be held in the school on Tuesday 25 May for all parents of children in the P2/1 composite classes.

Headteacher Report

CFE – children are spread across school in various groups and committees, so composite classes do work together with other groups. School has been really busy, with eco litter picking - pictures will be put up on the eco wall. P5/4 have gone swimming and cricket tasters /quick cricket have been available for some year groups.

Fiona Duff appointed acting Head Teacher. Hannah Williamson (P3/2 class teacher) appointed acting Depute Head Teacher. Mrs Sweeney to take Mrs Williamson's class for part of the week while she carries out other duties.

New Business

School security/safety: Anne Dalziel has suggested that a Risk Assessment of the whole school environment be carried out as part of Heath and Safety of children in school grounds. FD to arrange.

Book ex change: LH suggested a stall at the summer fair. Note to go out to parents. Children will be given a token for each book they bring in which they can use at the stall to choose another book. FD to discuss with staff about where books should be left (office/classrooms) until the fair.

Workplan

Parent council website: The address is

www.milnathortprimary.org.uk

Music group: Mrs Doyle has offered her assistance with the violin. Note out to parents in newsletter to see if anyone has any musical talents they could offer the school.

Communication: Minutes of the meeting have been circulated to all email addresses received. It was agreed that a group photo of the PC should be up at school and on the PC website, to assist parents who may not know who we are. LM to contact GA with regards taking the photo.

Other business

P2/1: MK to send out a letter survey with regards to how parents feel about the lining up of P2/1 at front door. It seems however, that most parents are happy with the current arrangements.

School dinners: Feedback regarding payment options to be given from AH on her return

School patrol crossing: LM to contact PKC in this regard. MSA Update: It was agreed that we possibly have a joint PC/MSA stall at the summer fair, to increase knowledge of what we do and to try and encourage helpers for future functions. Parents to be made aware that they can also volunteer to help at one function, but do not necessarily have to be part of the MSA.

Next meeting: provisionally scheduled for Monday 14 June at 1900h in the school.

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

Kinross in Bloom

We hope you have enjoyed the pansies and hyacinths in the tubs and tiered planters around the town. These will soon be replaced with summer planting. The hanging baskets are now



planted up and are being looked after by volunteers until they are hung out on the evening of Friday 18 June.

The tubs will planted up on Saturday 19 June. If you would like to help then come along to County Buildings at 10am.

We are appealing for more volunteers to help with watering the baskets and tubs during the summer. Training is given to use the watering buggy.

If you can spare a few hours a month to help then please contact Aileen Sorbie, 01577 861477.

The **Annual General Meeting** of Kinross in Bloom will be held on **Wednesday 9 June** at 7.30pm in the Green Hotel – everyone welcome.

200 Club May winners

£20 Bill Sinclair £10 Ellen Milne £5 Jill Whitfield £5 Edna Nelson

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

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Sports News



Kinross Road Runners

Photos: David Bauchop, www.roadrunpics.com Here is just a snapshot of what Kinross Road Runners have been getting up to lately.



Cateran Trail Race, 8 May

The Cateran Trail is part of a 64 mile circular waymarked route through Perthshire glens along which cattle rustlers would drive stolen cattle. A 23 mile relay race on part of the route takes in some stunning scenery and varied terrain. Our club entered a Mixed Team this year, consisting of Bill Nouillan, Sarah Eaton, Norman Smith, Keith Logan, Anne MacIntyre and Gordon Hill. The team's total time was 5.20.38 hrs, which put them in 19th place.

As well as the relay, there is the option for individuals to run the full 23 miles of the race route. Our own Judith Dobson did this and was the first lady home in her class and second overall out of 35 runners with a time of 4.05.11 hrs.

Prague Marathon, 9 May

Ronnie Ritchie celebrated his birthday weekend in style by achieving a personal best time of 3.29.31 at the Prague Marathon.



Loch Leven Half Marathon - a perfect day for a run!

Loch Leven Half Marathon, 15 May

Around 500 runners took part in this year's bright and breezy Loch Leven Half Marathon, organised by Kinross Road Runners. The overall winner was Michael Carroll of Perth Road Runners. 26 members of our club took part. Andy Laycock was the first male Kinross Road Runner home and Patricia Milne the first lady, with times of 1:20:17 and 1:32:51 respectively. Our coach Roger Stark came first in his age category with a time of 1:49:53.

Well done to all those who took part!

This highlight in our club calendar couldn't take place without lots of work behind the scenes. A big thank you to all those who contributed, including the members of the club who ran the race **and** helped to set up and take down!

Coming up - Milnathort Dash, 24 June

This is a fun 5.5 mile race organised by our club and open to everyone. It is an uphill run for the first half but with a nice fast downhill finish towards the sandwiches and cakes! The race starts at Milnathort town hall at 7.30pm and you

can register from 6.30pm.

Training schedule

We are taking advantage of the lengthening summer evenings and enjoying a variety of runs. On Tuesday evenings, we meet at 7pm at the east end of Kirkgate Park for some speed training sessions. This is except for the first Tuesday in the month when we meet at the old health centre car park at 7pm for a 2 mile time trial. Afterwards we go to Roger's for the all-important hot chocolate.

On Wednesday evenings we meet at the former health centre at 6.45pm and go for an off-road or hill run. More informally, there are long Sunday morning runs, again starting at the old health centre at 9am.

As always, we welcome runners **of all abilities**. Please come along – we pride ourselves on being a very friendly club.



Loch Leven Half Marathon - a great turnout yet again



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Sports News 34

Orwell Bowling Club

In our first friendly of the season, Orwell managed to squeak home with 63 shots to Strathmiglo's 62.

Our winning Charity Pairs at Tillicoultry last year, Sandra and Jean, although not on the podium this year, were consoled by the fact that they had contributed to a creditable £550 raised on the day for the charity Crossroads. On the evening of May 6th, Orwell kindly supplied six players to the visiting Kinross team who arrived with six too few. Under overcast and thundery skies the "Orwell Six" played rather too well, resulting in 49 shots to Kinross and 40 to Orwell. The sandwiches, delicious home-baking and hot tea never tasted so good, after a very chilly evening's play. A loss at Alloa Co-op's home green on 8 May by a mere five shots, (54-49) and a repeat performance on the 9th at Freuchie - this time by only 4 shots (53-49), meant that the excuses were wearing thin, and the President no longer accepted that blue fingers and cramped hands were affecting play. We then discovered pocket warmers resembling teabags, produced by club Patron Jock Taylor, just hope they are Made in the UK and our GDP will rise accordingly. Two rinks of brave Orwell ladies set forth on Tuesday 11 May, and down came the rain immediately upon arrival at Perth Bowling Club. Twelve ends were planned, but after the eighth - it snowed, then hailed - a green was never cleared so quickly. Over hot tea and cakes, we watched forlornly as the green nestled under its white blanket. A rather hollow victory for Orwell at 12 shots to 9 overall.

Weather notwithstanding, remember that every Tuesday evening at 7.00 prompt, we hold "hat night" - come along as a guest to Orwell Bowling Club, where shoes, bowls and coaching if necessary will be provided. Also please remember that friendly games are played both home and away on many week-ends throughout the season.

Kinross Squash Club

The main squash season has now ended but you can maintain your fitness levels by playing summer squash. Playing over the



summer period is an excellent way to retain fitness and stops squash technique and the "eye for the ball" from fading. Courts are easy to book at this time of year and the warmer weather ensures games are livelier with increased bounce from the ball.

It is hoped that the "winter squash season" will recommence this September so now may be the chance to get back into playing squash before the winter leagues start in earnest.

If you want to join the leagues simply add your name and phone number to the bottom of the league tables on the squash notice board which is to the rear of the squash courts in Loch Leven Leisure Centre. Alternatively contact Peter Hookham on 01577 861033.

When the winter leagues commence the position of the players will be based on their placing in the final table of the season played during May. Your position in the summer league will not automatically guarantee you a higher place in the winter leagues when they recommence.

League winners for April

ic winners for April	
Premier League	Phil Shore
League 1	Jim Blyth/Scott Finnie
League 2	Elspeth Young
League 3	Barry Davies
League 4	Allister Johnston
League 5	John Colbourn

Kinross Ladies Hockey Club

That's the season now over for Kinross Ladies with the 1XI finishing top of the Midlands First Division and the 2XI



finishing fourth in the Midlands Second Division. It has been a great season for both teams.

The First XI travelled to Aberdeen on 25 April for the semi-final in the District Cup. Kinross came out on top, beating Aberdeen Ladies 2-1 after an exciting game sending us through to the Final against Orkney at Peffermill on 9 May. After many chances by both teams at getting on the scoreboard, Orkney won 1-0. It was a well-fought game with chances right up until the final whistle.

The rescheduled final for the Midlands Knock Out Cup was played 5 May against Dundee Wanderers 2nds. With only ten players, Kinross went 0-1 up with the score at half time being 2-1 to Wanderers. After a penalty stroke in the second half to Wanderers, the final score finished Wanderers 3 – Kinross 1.

The Second XI played their final game on 28 April against St Andrews Uni 4. After an exciting game of Kinross going 2-0 up then St Andrews Uni coming back to make it 2-2, Kinross pulled out another two goals making the final score 4-2. It was a great way to end the season.

Other Matters

With the 1XI making it to the District Cup Final on 9 May, we were unable to take a team down to Newcastle to defend our trophy at the Newcastle Ladies Charity Shield Tournament. There's always next year though.

We still have our tour to Skye to look forward to at the end of May with our Tour Kits in tow!

Ladies training has finished for the season, restarting again on 4 August. In the meantime there is mixed hockey taking place on a Wednesday night 6.30pm-8pm at the KGV.

If you would like any further information on Kinross Ladies Hockey Club, please visit our website at www.kinrossladieshockey.co.uk

Enjoy-a-ball

Happy 1st Anniversary

Enjoy-a-ball is a sports coaching programme for girls and boys aged between 3 and 9. All lessons are taught in a caring, positive, fun-filled environment and there are never more than 10 children in a class. Our objective is to make children's first experiences in a sports coaching environment happy and memorable.

Enjoy-a-ball has now been running within Kinross and Portmoak for the past year and the numbers of children attending within this area are now up to nearly 80 per week and they are loving it!!!........ just ask them.

I would like to take this opportunity to thank family, friends, parents and most of all the children within Kinrossshire for all your support during the last year – it's been fantastic!!

Now is a great time to think about giving your child the chance to join this fun and greatly beneficial programme within your community. Further classes are planned within Millbridge Hall in Kinross, Portmoak Village Hall in Kinnesswood and a **new** venue at Milnathort Town Hall.

To give your child a great start in a sports environment and all the fun they could hope for contact Gary Slater on 08452 262694 or e-mail gary.slater@enjoy-a-ball.com as soon as possible.

Milnathort Golf Club Senior Section

The Seniors programme of events has continued despite the sometimes very chilly, windy conditions. Some members unexpectedly found themselves available for play when their flights to far off places were cancelled due to the volcanic dust clouds. (Who said that clouds do not have a silver lining?)

On 22 April, we held a 'Greensome' sweep when the winners were Graham Penman and Charlie Macari, with Phil Leiper and Ron Macdonald taking second place.

On 29 April, round one of the Seniors Quaich was played with Roy Stevens winning the round ahead of Donald Brown and Jim Fraser.

On 6 May, The second round of the Charlie Macari Seniors Trophy was played on a chilly course and this Round was won by Bob Tolson (69) ahead of Donald Brown and Roy Cogbill.

On 13 May, the Seniors held a Strokeplay sweep game which was won by Jack Ford, with Phil Leiper runner-up and Jim Johnston third.

The 20 May will see the Seniors Section entertain Dunning Golf Club Senior Section to a friendly match at Milnathort.

'Player of the Month' accolade for April was awarded to Jim Johnston.

We now look forward to more favourable weather, and hopefully more sunshine, to finish off the month and propel us into a 'flaming' June.

Centenary Year 1910 - 2010

The Centenary celebrations continued on Thursday 13 May when twenty five past captains were welcomed by Centenary President Jim Strathie for a most enjoyable round of golf followed by a reception and buffet in the clubhouse. Centenary Lady President Maureen Given presented Quaichs to the winning Lady, Isobel Murphy (39 points) and Gent, Ken Dziennik (44 points) and centenary golf balls to the runners up, Sue Jones and Allan Dearing.

The Ladies Two Ball Open was held on Sunday 2 May with a large entry. The scratch winners were P Simpson, Lundin Ladies and D McLachlan, St Regulus (84 bih) with the handicap prize going to R Rickard and K Luke, both Falkirk Carmuirs (net 68.5). Milnathort ladies took many of the minor places with Rosemary Braid and

partner winning the Centenary Quaich. Ladies, Gents, Seniors and Juniors competitions continue as usual and ladies can play in occasional 9 hole qualifying competitions if they have health or commitment restraints making 18 holes difficult.

Our juniors go from strength to strength. Both Jamie Arthur and Thomas White reached the 4th round of the Scottish Boys at West Kilbride and both have been selected for the elite SGU Junior Tour (2 from only 39). Sam Craigon won the P&K Junior Matchplay event at Crieff and Russell Malcolm won the P&K under 14 event. Junior lessons continue every Wednesday evening.

We welcome applications for all classes of membership and Juniors in particular will be given great encouragement to progress.



Past Captains celebrating Milnathort Golf Club's centenary year

Kinross Volleyball Club

The club took part in an invitation tournament at Bell's Sports Centre on Sunday 16 May playing against Dundee University, Linlithgow, Arbroath, Mental Blocks and a Perth Select.

The club took the opportunity of blooding a number of youngsters, as a number of first team players were unavailable.

There will be three Kinross teams participating in the 25th Scottish Open Volleyball Tournament at Perth's North Inch over the last weekend in May. Over 100 teams will be participating from a far a field as the USA, Germany, Czechoslovaki a and the Faroe Islands.

The club **AGM** will take place at Kinross Chinese Restaurant on **Monday 7 June** starting at 8pm.

Outdoor training at KGV Park will commence on Monday 14 June from 7 till 9pm in preparation for the club's participation in the De Haan Tournament in Belgium in mid August. New members always welcome - no specialised kit required, just you and a bit of enthusiasm.

Kinross Cavaliers Basketball Club

Kinross Cavaliers Basketball Club was back in action at the Tayside & Fife Under 14 tournament on Sunday 2 May at DISC, Dundee. It was the largest and final tournament this season, with teams from Dunfermline Reign, Montrose Ravens, Angus Development Squad, Glenrothes Giants, Highland Bears and Menzieshill Madsons. We all had fun, played well, and enjoyed the day. Many thanks to Kieran Carruthers and Craig Bell for coaching the teams, and to all parents who helped with transport.

Weekly training continues within the large Sports Hall at the new Loch Leven Community Campus on Tuesdays, from 6.00pm – 8.00pm. Coaching is provided to boys and girls from P7 to S2, however, anyone currently in Primary 6. is welcome to attend.

If you would like to get involved or would like any further information, please email kinrosscavaliers@btinternet.com or call Karen Nicholson on 01577 862623.

Glenfarg Ladies Curling Club

Glen farg Ladies Curling Club jointly, with Glenfarg Men's Curling Club, held their annual dinner and prizegiving at the Glen farg Hotel, Glen farg on Friday 23 April. Gordon Walker warmly welcomed everyone including two guests, Alan Taylor and Jim Smith with their wives. The club was honoured to mark the 40 year annivers ary of Alan and Jim's membership of Glen farg Men's Club. Jim, later in the evening, replied to the toast commenting in particular about the pleasurable evenings shared with the Ladies Club over the years.

The Ladies Club winners are as follows:

Hamilton Cup Winners: C McGregor, Skip; F Rutherford, Third; A Bennie, Second; H McInroy, Lead. Wooden Spoon: J Milne, Skip

Jessie Deas Winners: H McInroy, Skip; J Milne, Third; A Johnston, Second; M Tait, Lead.

Bette Pirie (Novice Skip) Winners: E Buchan, Skip; A Bogie, Third; L Mclachlan, Second; M Jenkins, Lead.

Pairs High Road Winners: C McGregor, Skip; S Reid.

Pairs Low Road Winners: M White, Skip, C Melville.

Points: Winner: M Jenkins.

Ladies Challenge (Highest up rink) Winners: Men: G Walker, Skip; L Findlay, Third; D Burgess, Second; D Wyllie. Lead.

Glen farg Ladies club would like to welcome along any potential new members from juniors to all ages. Please note that we play mainly in the evenings at Kinross with the occasional games at Perth. For further information please contact our secretary Christine Melville on 01738 850860.

Kinross Badminton Club

With attendance slightly decreasing due to members wanting to make the most of the lighter nights, the committee has decided to move the last club night forward to 27 May. However there are still enough people turning up to make everyone's night fun and worthwhile.

Our annual club tournament has come to an end and produced some very exciting and entertaining matches. The results were as follows:

	Winner/s	Runner/s up
Gents singles	Rory Cooper	Alan Johnson
Ladies singles	Alison Scott	Maureen Macpherson
Gents Doubles	Alan Johnson &	Chris Cole &
	Charles Nurick	Charles Mackinnon
Ladies Doubles	Maureen Macpherson	Alison Scott &
	& Sue Knowles	Christine Sorbie
Mixed Doubles	Alan Johnson &	Mark Moran &
	Maureen Macpherson	Alison Walker

Well done to everyone who took part in the competition and congratulations to the winners. To celebrate the end of the tournament there will be a BBQ and presentation at Bill Macdonald's house on **19 June** from 4pm. All members are welcome to attend, even if they did not participate in the tournament. There will also be a prize awarded for the winner of the golf competition that will be held for members who are willing to take part. This will be held in the morning on the same day as the presentation (19 June).

For more information regarding the club log onto our website; www.kinrossbadmintonclub.com or contact our president Bill Macdonald on 01577 862592.

Kinross Tennis Club

The tennis season is well and truly underway and the club has a full programme of coaching sessions and matches – it's great to



see so much activity on the courts. If you have not yet managed down to the club to renew your membership now is the time! New members are always welcome and information can be obtained from Aileen Jones (Secretary) on 07881 594093 or Gail Nelson (Treasurer) on 07703 132105.

Juniors: coaching is taking place on Tuesdays and Fridays from now until the end of June, thereafter the popular Summer Coaching Camps will take place from 12 to 16 July, and from 2 to 6 August Further information can be obtained from Gillian McCloskey on 01577 861525. Junior Club night has also been really well attended – this is an adult supervised session for club members only and runs from 5.30pm till 7pm on Tuesdays. Our juniors have also played their first Perth & District league match, and though the opposition from Crieff were strong, congratulations to Kinross members for a great effort and good luck with the next matches.

Seniors: club sessions run all year round on Wednesdays from 6.30pm and Sundays from 10.30am. A block of adult coaching is currently underway on Tuesday evenings, beginners from 7pm till 8pm, and improvers from 8pm till 9pm - if you are interested in adult coaching please contact Aileen Jones on 07881 594093 for further information.

Our ladies, gents and mixed teams already have matches under their belts in the Tennis Tayside and Perth & District leagues – and forthcoming home matches are as follows:

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Ladies Division 2	Monday 7 June	v Duffus
	Monday 28 June	v Darnhall
Gents Division 5	Thursday 3 June	v Lundin Sports
	Thursday 17 June	v Duffus 2
	Thursday 1 July	v Craigmuir 2
P&D Mixed Div 2	Thursday 10 June	v Blairgowrie 2
	Thursday 24 June	v Aberfeldy
	Thursday 8 July	v Kinnoull

The next social event will be our Summer BBQ on **5 June from 2pm**. We will be running a round robin tournament to whet your appetites, so arrive promptly if you want to play, otherwise pop down and enjoy the good food – hopefully in glorious sunshine like last year!

For further information please contact any of the above mentioned people, pop down to the club or check our website: www.kinrosstennisclub.org

INFINITY SWIM SCHOOL OPENING SOON IN KINROSS

Due to popular demand Cameron is now looking to expand the provision of private swimming lessons in Kinross Pre-School Lessons aged 3-5 Morning and Afternoon Lessons Available

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Kinross United AFC

Another long and difficult season draws to a close. The last few months has seen us get back on track with some good results. Although the league is now finished we still have one more Cup

quarter-final at home to Cupar Hearts on 1st June.

We may be losing three of our top players to Junior Clubs next season. Although nothing has been finalised as yet, it's nice to know that we have been a stepping stone in their football careers. Thanks Gavin, Ryan and Allan for your commitment to Kinross AFC and we wish you all the best for the future.

Once again the Club are forced to recruit a new Manager/ Coach due to the resignations of Steven McInroy & Bruce Deas. Due to family and business commitments Stevie and Bruce will leave the Club at the end of the season. We would like to thank them both for their support and commitment over the last two years and wish them both well in the future.

Would you like to be considered as a replacement? We are also in need on a First Aider/Physio who would be willing to help us out on match days. Any interested parties, please see contact details below.

The Club is looking forward to the annual Player of the Year Awards. This year the event will be held at the Thistle Hotel in Milnathort. At least we should be guaranteed a good dinner as the Head Chef is our centre half Ritchie Daeth!

Due to the difficult winter period, finances are strained and we appreciate the support of our sponsors:

Salutation Hotel, Lochleven Motor Engineers, Nicholson Decorators, G & S Joinery, Adol to Mol fino, Fishers Laundry Services and last, but not least, Koronka's. Without their continuing support we would have been in dire straights.

Although Scotland will not be in South Africa for the World Cup, we are promoting a football forecast sheet for the tournament, at a modest £2 per sheet. Test you football knowledge and all proceeds will go to Club funds.

As always if you would like any information on the above, please contact Sandy Fraser on 01577 865762 or Alan Fraser on 01577 862018.

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

Kinross Golf Club

All roads led to Kinross the weekend of 15 and 16 May, be it to run in the Loch Leven Half Marathon or compete in the Scottish Area Team Golf Championship, held at Kinross for the first time over the Bruce and Montgomery courses. In total sixteen regions competed with the country's top amateurs playing. The semi-final and final were both contested over the Montgomery course with an resounding win in the final for the North East region over Renfrewshire, the holders by $4\frac{1}{2} - \frac{1}{2}$. This is the first win by the North East since 1992. The play off for the third and fourth places saw Lothian beat Ayrshire by the same margin 4½ - ½. A great golfing weekend, good weather, an idyllic setting, what more could the competitors have wished for!

Mail on Sunday: Unfortunately the Ladies' run in this year's competition has come to an end being beaten by Glenbervie at home by $3\frac{1}{2}$ - $1\frac{1}{2}$. A really close match, which could have gone either way but, there's always next

Meanwhile the Men soldier on winning at home against Culcrieff $3\frac{1}{2}$ - $1\frac{1}{2}$ in their fourth round tie. Well done.

Men: Sunday 6 June: Men's Open over the Montgomery Course. Sunday 13 June: Club Championship and Beveridge Cup Qualifier, 2nd round.

Kinross Mixed Open Foursomes The best net, 65.5 returned by Kinross members Charlie Taylor and Alexis Craw ford.

Ladies: Rena Duncan and Alexis Crawford have received a bye in the third round of the Daily Mail Foursomes. Rena Duncan and Heather Gough meanwhile have won their round in the SLGA foursomes against Dunblane. This year, the Ladies' outing, on Sunday 6 June, will be to Glenbervie G.C. Details in the Locker room.

Seniors: Two home matches scheduled for June at home, Pitreavie on Monday 7th and Canmore on Monday 28th.

A date for your diary - Friday 18 June. The Millennium Cup, tee off 4.30pm to 6pm. Each team will consist of a Gent/Lady or Gent/Junior. This competition grows in strength year on year and is an ideal opportunity for all sections to meet up for an enjoyable evening of golf. An entry sheet will be displayed in each of the Lockers Rooms please add your name to join us for a fun evening.

Social: The Charity Quiz night on 1 May made £630 with all proceeds going to CHAS. The raffle alone made £240 and a big thank you to everyone who donated prizes. What a great evening. Obviously some of us spend too much time on the golf course, whilst others spend their time watching quiz shows! Please Mr Quiz Master, can we have a section dedicated to golfnext year?

DOG-GONE-WALKIN'

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

Tel. 01577 830588 / 07983 118757 E-mail: d-g-w@tiscali.co.uk

Kinross Men's Hockey Club

Mixed Summer Hockey has started – Wednesday nights at KGV from 6.30pm to 8.00pm and you are all most welcome to join in the fun no matter what your skills level. Apart from Wednesday nights there are regular games against other clubs as well as 6-a-side tournaments.

Kobra (U14) training for both boys and girls is on Thursday evenings 6.30 to 7.30pm, its free and all are most welcome with coaching from Shaun Masson.

Over 30 attended the annual dinner at the Thistle Hotel, Milnathort on Friday 7 May and a great evening was had by all. The following awards were presented:

Players' Player of the Year: Gordon Balfour for his outstanding contribution to the 1sts, both in defence and attack.

Most Improved Player of the Year: Jonathon Sloan who has won man of the match awards for both teams last season. Runner up, along with Paul Hartmann, in Players' Player of the Year.

Ists Most Valuable Player of the Year: Mike Wilson, who just squeezed ahead of Gordon Bal four in the final match of the season

2nds Most Valuable Player of the Year: Ian Clark, another player who won man of the match awards for both teams last season.

1sts Top Gun: Bradley Harrison.

2nds Top Gun: Andy Stevenson, even though he only played half the season due to injury.

Most Significant Contribution to the Club: Andy MacIntyre, our club treasurer.

Regular golf outings are being organised by Dave Goodenough on local courses at competitive rates.

For further in formation why not contact Chris Benningwood on e-mail: captain@kinrosshockey.co.uk or Gordon Bal four at secretary@kinrosshockey.co.uk or check our website at www.kinrosshockey.co.uk for further information.

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Kinross Cricket Club

We are very much in the early season swing with many matches being played across all sections of the club.



1ct XI

The senior 1st XI has continued its winning ways from last year, having won the first three league games in division 1. This means the team has won 13 consecutive league matches which equals the previous run of wins. In all, the team has won 26 of the last 27 league matches as well as a host of Scottish Cup games against teams from higher divisions. Hopefully that record can be expanded, although the move to Saturday cricket has not been without its challenges. Several of last season's key players have not been able to make the switch due to work or school commitments and the 1st XI are always keen to find local cricket ers who would like to play on Saturdays.

2nd XI

The 2nds are still to win their first game of the season but they have put up very spirited performances against Almond Valley and Falkland. The team is looking to build up numbers once the school exams finish and more of the u-16 players can make Sunday games.

The Ladies

The ladies teams continue to impress. Having already won the two main Scottish indoor tournaments early in the season the ladies team had a satisfying win in the first outdoor match of the season against East of Scotland women at Kinross House on Sunday 15 May. East of Scotland were bowled out for 51 with Jill Sweeney, Claire Jackson and Zoe Conway sharing success as the key bowlers. Kinross raced to 52 for 3 in 14 overs to secure their first outdoor win of the season.

Juniors

The U15's were extremely unlucky to draw Grange, the 2009 Scottish Champions, in the first round of this year's cup run. In a great game Kinross kept Grange to 112 in their 20 overs. A great batting performance of 48 not out from Rory Weir had Kinross chasing all the way only to find the weather turn against us and the match have to be abandoned due to bad light. Under the cup rules Grange were awarded the win due to their better run rate. A disappointing loss for the U15 team but they look forward to success in the league matches

The U13's had better fortunes in their first round match against near neighbours Freuchie. A solid performance saw Kinross win with 8 wickets to spare. The opening partnership of 86 from Callum Weir and Robbie Tree was the cornerstone of the win. The result of the next round game against Stirling County will be in next month's newsletter.

The club is keen to bring new senior players into the club. Are you one of the many dads who played cricket at school and haven't played since? Most of our current senior team fall into this category and we would like to get more players on our team lists. We play two senior teams at the weekend and have a 20/20 side playing on Tuesday nights throughout June and July. Why not come down and join in with the senior nets on a Thursday night from 6.30pm till dark. More information on club nights and future fixtures can be found on the club website www.kinrosscc.co.uk

Sports News

Kinross Otters

National Swimathon, Kinross Leisure Pool, 17 April

Over the weekend of 17 April over 20,000 swimmers from across the UK took part in the annual **Swimathon** event which seeks to raise money on behalf of **Marie Curie Cancer Care**. The Kinross Otters were well represented by **Christopher Wilcox**, **Cameron Nelson**, **Conor McCormick** and **Cameron McClos key**.

Together the boys raised in excess of £450 and are to be congratulated for putting their talents to such good use. They all took part in the Individual 5km, a distance that none of them had ever swum continuously before. It was fair to say that they were slightly tired at the conclusion of the event!!

An unexpected bonus came in the form of **Cameron McCloskey**, who finished in a superb time of 1 hr 23 mins and 2 secs and as such was the fastest swimmer over the whole weekend at Kinross (including adults). Despite having just turned 12, he managed to come 12th in the whole of the UK in his age group.

Well done again to these young Otters who aim to raise more money and do even better next year.



Swimathon swimmers: back row second from right Cameron Nelson; back row at right Cameron McCloskey; foreground in pool, Conor McCor mick

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InCAS Distance Meet,

Mercat Swimming Pool, Kirkcaldy, 1 and 2 May

The Mercat Swimming Pool in Kirkcaldy played host to the annual quality InCAS Distance Meet over the first weekend in May. All the local clubs were in attendance as well as clubs from all over Scotland, such as Oban and Nairn. Kinross Otters sent a small team of five swimmers as distance is perhaps not quite their thing? Nevertheless, three of the five swimmers got medals by achieving top six finishes.

Conor McCormick was the star Otter of the weekend by coming 4th in both the 8-10 yr old Boys 200m Breaststroke in 3.30.13 secs (taking a remarkable 21 secs off his personal best and gaining an all important Bronze Squad qualification time in the process) and 200m Backstroke in 3.17.61 secs. He also managed a 5th place in the 400m Freestyle in 6.13.10 secs.

Mhairi Boyle also came 5th in the 11-12 yr old Girls 200m Freestyle in 3.34.52 secs and again achieving that Bronze Squad qualification time after a few near misses recently.

Her younger brother, **Euan Boyle**, kept up the medal theme within the Boyle household by coming 6th in the 8-10 yr old 200m Backstroke in 3.25.87 secs.

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



L to r: medal winners Euan Boyle, Conor McCormick and Mhairi Boyle

KINROSS

Kinross Adult Otters

Did you know there was an adult swim club in Kinross? Kinross Adult Otters is an active and enthusiastic swim club with swimmers of a wide range of abilities and more importantly with a wide range of reasons for actively swimming. Swimming is a superb pastime and sport to keep you fit. It is also an excellent activity if you are coming out of injury and an ideal way of complementing training for a wide range of other sports.

I hear some of you saying: - Oh, I am not fast enough; Oh, I can not swim very well; I am not good enough; etc, etc.

You may come up with a dozen reasons why you think an adult swim club is not for you when really you may get great benefit and enjoyment from participating. If you can swim 4 or 6 lengths then why not come down and give us a try. The hardest part is taking that deep breath and coming to try out that first session. All sessions have a coach to give advice. Lanes are structured to level of ability. Sessions are very varied. Lots of help is given to develop your stroke. We meet every Tuesday night at 8pm for an hour's swim at the Loch Leven Leisure Centre. We look forward to seeing some new faces. Just make yoursel fknown by the pool side and give it a go.

Health and Fitness

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

Stretching: What is it good for?

Stretching is a natural human and animal response. It can often occur instinctively, when waking for example, or after long periods of relative

d dr. Alboy, ee

inactivity. However, concern here is focused on utilising stretching as a planned part of an exercise programme to improve muscle elasticity, flexibility, range of movement (ROM) and muscle tone.

Currently there is considerable scientific and academic dispute over the benefits or otherwise of pre-exercise stretching. Many consider it important because it can reduce the risk of injury during the main exercise activity, but also because they believe it can prevent post-exercise muscle soreness and delay its onset. Runners in particular tend to pre-stretch in an attempt to reduce injuries and improve performance.

Nevertheless other studies have shown that pre-exercise stretching can lead to reduce muscle strength and performance and even enhance the risk of injury, particularly where the warm-up has been insufficient. Ballastic stretching (Bouncing) in particular can be very high-risk activity and should only be used under expert supervision.

Gender has a part to play in that women tend to be generally more flexible than men, however the benefits of preexercise stretching remain to be proven.

Post-exercise stretching is far more beneficial as the muscles are already pre-warmed and supple. After exercise you should slowly bring your heart rate down before you begin stretching in order to avoid blood pooling within your muscles leading to possible cramp and dizziness.

Static stretching is essentially pushing your muscles to a greater range of movement. As such, all stretches should be performed slowly, encouraging rather than forcing the action. The stretch should be placed on the muscle whilst exhaling and the final position held for 20-30 seconds whilst breathing normally. You should feel a comfortable stretch but no pain.

Partner stretching is an alternative that can be used but requires good communication between one another, as overstretching is easily possible. PNF stretching is the most obvious example here.

Dynamic stretches are those that involve bodily movement. It usually uses the body's full range of motion at either single or multiple joints and makes the stretch more functional, as it involves a combination of several different fitness components including stretching, muscle contraction, muscle control and movement rehearsal. So these types of stretches are utilised immediately after warmup as preparation for the main exercise activity, starting with a static stretch and progressing gradually to dynamic stretching through increased speed of movement.

Passive stretching occurs when movements are accomplished through the use of an outside (external) force such as that provided by a partner, gravity or that provided by pulling on your own body part with another limb.

PNF (Propriceptive neuromuscular facilitation) stretching works by first putting the targeted muscle on a stretch that is fairly intense. The intensity of the stretch is at, or approaches the elastic limit of the muscle fascia. Then a maximal force is generated in the muscle that is on stretch. This procedure can activate a sensory organ, the Golgi tendon organ which causes the muscle to relax. A muscle that is relaxed or free of tension will more easily allow the muscle fascia to be further stretched.

For most people, a solid set of post-exercise full body stretches covering the main muscles groups is all you will need. Building stretching into your exercise programme whether indoors or outdoors is essential. Your muscles will thank you for it and you will significantly reduce the risk of injury!

Many of the gains in any fitness component are often related to an individual's effort, focus, concentration, and consistency in the effort. Their approach to flexibility training should be no different. A sensible combination of active, passive and static stretching, with or without stimulating the GTO response, may best improve overall flexibility.

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: Personal Trainers: a luxury item?

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News from the Rurals



POWMILL - President Mrs Janie Buchan an welcomed members and friends to the meeting on Wednesday 21 April and introduced Mrs Joan Blue who gave a talk entitled "Music and Me". Joan told us lots of stories about her varied life as a pianist playing in bands and of well known musicians she had accompanied and also spoke of her participation in the Council for Music in Hospitals as well as entertaining us by playing a varied selection of well known tunes. Vice President Mrs M Thorn gave a well deserved vote of thanks and a delicious supper was provided by Mrs M Broomfield and Mrs E Shand.

Many thanks to everyone who supported the Bingo Tea on Wednesday 31 March.

Competitions:

Cranach an in a glass - Mrs J Buchanan Small musical instrument - Mrs M Thorn Garden Gem - Mrs M Wilson

BISHOPSHIRE – At the AGM all past committee members were thanked and the new committee appointed:

President - Sylvia Herrington; Vice-President - Wilma Barclay; Secretary - Joanne Cowan; Treasurer - Margaret Wilson; Committee - Ann Hughes, Avril Rodger, Norma Smith

Trophies for the year were presented:

Most points - Norma Smith
Runner-up - Ann Hughes
Most entries - Sylvia Herrington
Quaich, special competition
(pair of child's mitts)

GLENFARG - Ursula Stewart, President, chaired the AGM and welcomed Jean Paterson and Vi Todd from Milnathort as tellers.

Andzia Scott, Treasurer and Lesley Murison, gave their final reports as they both demit office this year. They both reported on a busy and successful year for Glenfarg and were thanked for their hard work over the past three years.

Catherine Fairweather, Margaret Cummings, Margot Moran and Liz Yull were voted on to the committee.

David Watt and Bob Watson then entertained the members with a selection of songs and music.

Catherine Fairweather proposed the vote of thanks. Competitions:

Flower of the Month - Allison Messenger Best covered book - Lillias Johnson Macaroon bar - Allison Messenger

Jubilee cup for 2009-2010 - Liz Yull

Quartermaine Quaich - Allison Messenger Flower of the Month 2009-2010 - Sheila Harley.

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. **CROOK OF DEVON -** President Mrs Margaret Arbuckle welcomed members and two tellers from Powmill Rural to our AGM. Retiring member Grace Legge was warmly thanked for all her help on the committee. Recent new member to our rural, Mrs Jean Jackson was elected the new committee member and was warmly welcomed.

Competition Cup Winners were:

Most points - Isobel Mechan Rose Bowl - Isabelle White

Mrs Arbuckle then introduced Ann Munroe, who held a Floral Art Workshop. Members produced some lovely displays with Ann's help. A most enjoyable evening. A vote of thanks was given by Mrs Betty Paterson.

Competitions:

Flower Picture - M Walsh Flower of the Month - S Lamont

CLEISH - President Mrs Margaret Kilpatrick welcomed members to the May 2010 AGM. The teller was from Blairingone Rural. Satisfactory reports for the year were given by Secretary, Mrs Sandra Webster, Treasurer, Mrs Effie Wallace and President Mrs Margaret Kilpatrick who, as retiring President, thanked the committee and all members for their support throughout her time as President.

Points Prize Trophy - Mrs Margaret Nelson Flower of the Month Trophy - Mrs Margaret Nelson The results of the ballot for President and committee was as

follows: President – Mrs Dorothy Morris; Members – Mrs Fiona Barnfather, Mrs Marion Bissett, Mrs Alison Morris, Mrs Margaret Nelson, Mrs Effie Wallace, Mrs Sandra Webster.

We then enjoyed an excellent supper thanked by Mrs M Kilpatrick.

CARNBO – President Mrs Eileen Thomason welcomed everyone to the AGM. After completion of business, the members enjoyed a Beetle Drive, showing off their artistic talents with some very unusual beetles. The winners in joint first place were Mrs D Fyfe and Mrs N Winyard.

The President thanked Mrs Margaret Arbuckle and Mrs Alice Johnston who came along to be tellers for the night. A new committee was elected and Mrs Thomson closed the meeting.

Competitions:

Flower of the month - Mrs Elizabeth Campbell

Floral arrangement in

a small kitchen utensil - Mrs Elizabeth Campbell

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Out & About



Vane Farm

Ha ha summers like it's mibee here at last wi the sun peltin doon as a write, we even hiv a modicum o heat as weel, boot time enaw, hope it lasts!



The better weather hiz stirred the birds in tae action wi breedin noo in full swing. We hiv picturs oan oor nest cams o incubatin swans n a bonny wee blue tit which hiz jist hatched oot fouer wee chicks wi a few eggs still tae go, time ye read this they shid be growin like wee mushrooms.

Oan the reserve lapwing nests are weel up compairt tae last year wi high concentrations around the meadow field. Chris oor warden chappie is positively ecstatic aboot lapwings, unhealthily so in ma opinion, bizarre breed them wardens, ne'er mind, if he's happy that's guid. Suppose it means awe the hard work wi land management that went oan ower the winter is payin aff.

Summer migrants ur still comin through the main yins hiv arrived. The reserve is foo o singin willow warblers. blackcap, tree pipits n the like. Osprey kin still be seen ower the loch quite regularly, wan day vin plummeted richt in tae oor lagoons wi a sooster splash hopin tae catch a fish.

The ither highlight fur visitors lately hiv been the tawny owl chicks hingin around the centre, three wee fluffy baws sittin up a tree. They ur the maist photographed owls in Scotland at the minute, wi hunners o fowk clickin awa. Cute wee things tho, "n" no easily seen durin the day, so nae wunner the visitors hiv been delightit tae see them. Awe, aint it braw!



oor regulars, J McHale

The shop's special offers fur this month are up tae £3.50 aff 3kg bags n tubs "o" Buggy, Fruity n High Energy sprinkles, we are also offerin 25% discoont oan the range "o" Ella Peters butterfly design aprons, tea towels, mugs, napkins and bag fur life. Fair braw n awfa eve catchin.

In the Coffee shop Dougie n Lynn hiv been concoctin recipes fur hame made soops (gettin fair gallous that pair) which hiv been gettin glowin reports fae customers (guess they must be daen sumthin richt then) so alang wi the hame made scones it's worth comin in and hivin a taste. No at the same time tho, dinnae ken mind, mibee dunkin yer scone in yer soup micht be a new culinary experience waitin tae happen....hmmm?

Next events on the horizon are **Puppet Makin & Storytellin** oan Saturday 19 June fae 11am – 1pm fur makin puppets and the storytelling fae 2 – 4pm. Celebrated puppeteer, artist n teacher Sylvia Troon will help your kids mak puppets in the morning then she brings her puppets tae life when telling stories in the effermane. Costs are £3 per bairn per session or £5 fur baith includin the cost o' the materials which the kids tak hame. Advance booking is essential since places are limited and they must be aged 5 years + Phone the usual number tae book 01577 862355.

Richt then think that's it again, enjoy the sunshine, see ya next time.

Colin Ta ta

Loch Leven NNR

Our perch project is now in full swing with lots of volunteers, including some from RSPB Vane Farm helping Fish Monitoring Officer Neil Robins with the daily checking of the traps.

Neil has been placing the lobster pot style traps in about 2m of water around the loch shore and islands. We've only had a couple of days with no fish, and our maximum haul was over one hundred in a single trap!! When the fish have been brought ashore they are weighed and measured before being released back into the loch. The resulting project report should give us a good idea of the size and age groups of Loch Leven's perch population.



Trapped perch ready to be weighed and measured

At the end of April we were very lucky to have Alan Stewart, Tayside Police Wildlife Crime Officer, to give an interesting and entertaining insight into the varied work of a wildlife crime officer with a talk to our volunteers. For our next talk in July we are looking forward to local history expert David Munro giving us some clues to the past lives of Loch Leven.

As the weather warms and the flowers and plants of Loch Leven start to flourish we've got another opportunity to explore the flora of the reserve. Expert botanist Alistair God frey will be joining Liz Lavery and SNH staff on Friday 4 June from 3 to 5pm for an afternoon stroll through Levenmouth woods. If you would like to come and join us, please book by phoning the office 01577 864439 or emailing me - alison.couch@snh.gov.uk. Don't forget to bring a flower ID guide and hand lens if you have them!

We've had some excellent wildlife sightings this month too with a reed warbler spotted at Carsehall and the first of our mallard broods appearing on the loch. We've also seen tree sparrows using the nest boxes at Levenmouth and greatcrested grebes investigating the nesting rafts made by our volunteers last year!

Just a little reminder that as our breeding birds raise their young, please remember to consider the wildlife as you explore the reserve. If you are out walking please keep to the Heritage Trail and ensure dogs are on leads or at heel and if you are exploring the loch by canoe, please keep at least 200m from the shore and islands.

One last thing to mention: the Levenmouth bird hide is now open again, sporting a lovely new access ramp so more people can enjoy a quite moment watching the world pass by at Levenmouth pools.

Farming



Well, the big rush to get the spring work done has all but finished, with great relief after a good spell of dry weather. It was just what was needed after the winter snow delayed fieldwork for so long. There is a lot of pride taken when sowing crops, to make the rows as straight as possible as this is seen as a display of the skill of the tractor driver. In particular, it is vital that fields which are in view of a main road or a neighbouring farmer are perfect as there is fierce competition amongst farmers to seek out squint tramlines, missed bits or signs of other problems and indulge in a bit of agricultural banter. Sowing seed is quite a nerve racking job as you don't know for sure how good a job you've made until the plants have germinated and the tell-tale signs are there for all to see, by which time its too late to rectify any problems. Of course there is a practical reason for having rows nice and straight. Quite simply, an evenly sown crop will grow evenly and produce a consistent quality product which is easier to sell – vital in the modern market.

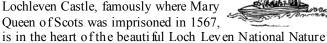
Although it has been quite dry recently, it has also been very cold. This is having a huge effect, in particular on livestock farmers as grass just isn't growing as fast as it should be at this time of year. This means that sheep, which have endured a particularly tough winter, don't have much grass to produce plenty of milk for their lambs, so are needing supplementary feeding for much longer. It also means that cattle are having to be kept in their sheds for longer while being fed full winter rations. This is putting extra pressure on supplies of winter feed and many farmers are having to buy in extra feed to cover their unusually high demands. Here, at Backward Farm, I would hope that by the time you are reading this article all our livestock will be outside grazing good supplies of grass so they can lie contentedly, chewing their cud while admiring my nice straight tramlines! Comments on a postcard to the usual address!

John

Local Attraction Opening Times

Lochleven Castle, Kinross

Lochleven Castle, famously where Mary Queen of Scots was imprisoned in 1567,



Reserve. Historic Scotland runs a regular boat service, which departs from the fishery pier. Opening times for 2010

1 April to 30 September: Daily, 9.30am to last outward

sailing at 4.30pm.

1 to 31 October: Daily, 9.30am to last outward

sailing at 3.30pm.

Admission prices (includes boat trip): Adult £4.70, Child £2.80, Concessions £3.80, HS members free.

There are car parking facilities, toilets and a café close to the ferry departure point. The boat is not equipped to carry passengers in wheelchairs. There are benches, lawns, a gift shop and toilets on the island. Larger groups should contact the site manager on the island (phone 01577 862670) beforehand.

Burleigh Castle, Milnathort

A fascinating tower house dating from around 1500. The grounds are open during daylight hours. The keep can be opened on request. Please follow signs on site for key. In the care of Historic Scotland.

Weather



April Weather Report From Carnbo

April weather this year lived up to its reputation of very changeable weather with plenty of showers and fluctuating temperatures, ground frost nights higher than normal.

Rainfall for month 76.8 mm (132% of normal)

Heaviest fall 14.9 mm (5th) Highest temperature 18°C (18th) Lowest temperature -4°C (2nd) Average temperature 6.6°C

7 days with maximum temperature above 15°C 10 days with maximum temperature below 10°C

Lowest maximum 7°C (1st) Highest minimum

Snow not recorded

Air Frost 5 nights Ground Frost 22 nights Cloud cover 50%

Thunder not recorded

Hill of Tarvit mansion house

Last year, Hill of Tarvit, an Edwardian mansion house near Cupar, faced an uncertain future when it was closed temporarily as its owners, the National Trust for Scotland, faced budgetary difficulties. The National Trust for Scotland has now developed a three-year business plan for the property, focusing on promoting the mansion house as a prime venue for functions.

The good news is that this year the house is open to the public on selected dates each month throughout the main visitor season. The dates for the remainder of the season are as follows:

17-22 June 15-20 July 29 July-2 August 26-31 August 16-21 September 14-19 October The house, tearoom and shop are open 1pm to 5pm on these

dates. The garden and grounds are open all year, daily, closing at dusk.

The mansion house was built in 1906 by Sir Robert Lorimer for a Dundee industrialist, to house his superb collection of furniture and artwork. Lorimer also designed the garden, with formal lawns, colourful borders and sunken rose garden. The grounds contain a recently reinstated 9-hole hickory golf course. If you have not been before, Hill of Tarvit is well worth a visit.

Special Events - Open Air Theatre Productions

Bring your own picnic and low-backed seating and wrap up warmly to enjoy the following performances:

An Ideal Husband by Oscar Wilde, performed by Heartbreak Productions. A Wilde favourite, full of intrigue, romance and razor-sharp wit. **Saturday 12 June**, 7.15pm. (Gates open at 6pm. Approx finish time 10pm.) Adult: £14, Child: £8. Box office: 0844 4932185.

The Tempest by William Shakespeare, performed by The Festival Players Theatre Company. Saturday 7 August, 7.15pm. (Gates open at 6pm. Approx finish time 9pm.) Adult: £14, Child: £8. Box office: 0844 4932185.

Kinross-shire Visitor Information Points

Loch Leven Fishing Pier; Robertson's of Milnathort; Kinnesswood Village Store; Fossoway Stores, Crook of Devon

Gardens Open

More information about these gardens can be found on our website, www.kinrossnewsletter.org Leisure info also on www.kinross.cc



Gardens, and some properties, open regularly not too far from				Admis	ssion	Disabled	Contact
Kinross	Opening Arran	gements		Adult	Child	Access	Number
Kinross House gardens (not house)	1 Apr - 30 Sept	daily	1000-1900	£3.00	free	yes	01577 862900
Falkland Palace & garden (NTS)	to 31 Oct	Mon-Sat	1100-1700	£10.50	£7.50	$gdn\ only$	0844 4932186
		Sun	1300-1700				0844 4932186
Hill of Tarvit mansionhouse & gdns (NTS)	17 Jun - 22 Jun	Thu-Tue	1300-1700	£8.50	£5.50	gdn	0844 4932185
Grounds only at Hill of Tarvit (NTS)	all year	daily	to dusk	£2.00		yes	0844 4932185
Kellie Castle & garden (NTS)	to 27 Sep	Thu-Mon	1300-1700	£8.50	£5.50	partial	0844 4932184
Garden & Estate only at Kellie Castle (NTS)	to 31 Oct	daily	1000-1700	£3.00	£2.00	yes	0844 4932184
Culross Palace, study, town hse and gdns (NTS)	1 Jun - 30 Aug	daily	1200-1700	£8.50	£5.50	no	0844 4932189
Gardens only at Culross Palace	1 Jun - 30 Aug	daily	1000-1800			diffi cult	0844 4932189
Branklyn Gardens, Dundee Rd, Perth (NTS)	to 31 Oct	daily	1000-1700	£5.50	£4.50	partial	0844 4932193
Glendoick Gardens, Glencarse, PH2 7NS (SGS)	5 Apr-11 Jun	Mon-Fri	1000-1600	£4.00	free	partial	01738 860640
Scone Palace grounds only	1 Apr-31 Oct	daily	0930-1745	£5.10	£3.50	limited	01738 552300
Braco Castle gardens, Braco, FK15 9LA (SGS)	1 Feb-31 Oct	daily	1000-1700	£3.00	free	partial	01786 880437
Drummond Castle Gardens, Crieff	1 May-31 Oct	daily	1300-1800	£4.00	£2.00	restr	01764 681433
Botanic Garden, Canongate, St Andrews, KY16 8RT	Apr-Sept	daily	1000-1900	£2.00	£1.00	yes	01334 477178
Pittencrei ff Park, Dunfermline	all year	daily	dawn-dusk	free	free	yes	01383 720285

Notes: Other prices may be available, eg Concessions, Family. NTS = National Trust for Scotland (entry free to members). At some gardens there are plants for sale and refreshments available. Some gardens do not allow dogs.

Scotland's Gardens Scheme

Around 475 gardens (mostly private) in Scotland are opened to the public for a day or more each year under the auspices of SGS to raise funds for charity. 60% of entry fees benefit SGS's chosen charities* and 40% of entry fees go to a charitable cause chosen by the garden owner.

Full details of all gardens are available in the handbook *Gardens of Scotland 2010* or on the website www.gardensofscotland.org

*Principally: The Queen's Nursing Institute, Gardens Fund of the National Trust for Scotland and Maggie's Cancer Caring Centres. The Gardeners' Royal Benevolent Society and The Royal Fund for Gardeners' Children also receive support.

Special Days Open in June

On Saturday 5 June, admission fees at Kellie Castle gardens (see also chart above) are donated to SGS charities. The Arts and Crafts style garden has a selection of old-fashioned roses and herbaceous plants cultivated organically and an amazing 30 varieties of rhubarb and 75 different types of apple. Take a tour with the Head Gardener and learn about organic vegetable production. Special Open Day hours 12pm-5pm. Fresh garden produce available to purchase throughout the summer. Location: road B9171, 3m NNW of Pittenweem.

New to SGS, eight gardens inWestfield Road, Cupar, are open on Sunday 6 June, 12pm-5pm. Cupar is a 'Beautiful Scotland' award winning medium town. The gardens range from very old large walled gardens to very modern on a new development. Admission £4.50, children free. 40% to Rotary Club of Cupar. Tickets and maps available at the Bonnygate car park and at certain gardens. Homemade teas in a marquee at Belmore Lodge.

On **Sunday 13 June**, from 10am to 5pm, admissions at the garden at **Culross Palace** are donated to SGS. A model 17th century garden includes vegetables, herbs soft fruits and ornamental shrubs. Guided walks around the garden. Admission: £5, includes tea/coffee and cakes.

A wide variety of gardens in **Blebo Craigs**, a former quarry and farm village, are open on **Saturday 19 and Sunday 20 June**, from 12pm to 5pm. Admission: £4.50. 40% to the village hall fund. Plant sales, partial disabled access, dogs on leads welcome, children's activities, homemade teas. Route: from Cupar: B940 and take left at Pitscottie then after 2 miles left at sign onto B939.

The Scotlandwell Community Allotments at Young's Moss, The Causeway, Scotlandwell are open under SGS on **Sunday 20 June**, 10am-4pm. Admission £3.50 (40% to Rachel House). Plant sales, disabled access, dogs on leads welcome, carriage driving, refreshments.

The Cottage, Longforgan (36 Main Street) is open on Sunday 27 June, 2pm-5pm. It is a two-acre garden with views of the Tay and Fife hills. It has rhododendron and azalea beds, herbaceous borders, roses, water features and interesting trees. Admission: £3, children 50p. 40% to Barnardo's. Plant sales, disabled access, no dogs, raffle, homemade teas, cake and candy. Route: Turn off A90 at Longforgan sign between Perth (15 miles) and Dundee. Parking on street.

More information about gardens open can also be found on our website, www.kinrossnewsletter.org

Congratulations



Congratulations to **ANDREW JACKSON** and **JENNIFER GRAHAM** on the occasion of their marriage which took place in Kinross Parish Church on 30 April 2010. The service was conducted by Rev. Alan Reid.

Ewan and Laura **PATERSON** are pleased to announce the safe arrival of their son **KYLE** on Friday 5 March 2010. A little brother for Lauren and second grandchild for Bill & Betty Smith and George & Josephine Paterson, and great grandchild for Ruby Paterson.

Cath and Chris **DEVANNY** are delighted to announce the birth of their second son, **EUAN ALEXANDER** on 21 April 2010. Fourth grandchild to Heather and Jim Devanny and sixth grandson for Frances and Sandy Garden.

Ellie and Michael **OSBORNE**, now living in Windermere, are delighted with the safe arrival of their second son, **JAMIE ELLIOT** on 16 May 2010. Seventh grandson for Frances and Sandy Garden.

Russell and Sharon **PAYNE** are delighted to announce the birth of their daughter **BETHANY HELEN PATRICIA** on Thursday 6 May 2010. Bethany is the first grandchild of David and Patricia Payne of Lathro Park.

KIRSTEEN ROSS has been appointed the new Perth and Kinross Cricket Development Officer, and will be based at Bell's Sports Centre in Perth. Kirsteen is Secretary, a coach and player with Kinross Cricket Club.

KINROSS GARDEN SERVICES

For domestic and commercial garden maintenance and soft landscaping

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

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

For contracts and orders phone Jim Oswald on 01577 864020

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Thanks



BOB CRAIG, Cleish would like to thank all those who sponsored him in the Etape Caledonia cycle race in Pitlochry on 16 May 2010, completed in 4 hours 50mins (2005th out of 4500 entrants – not bad for an amateur!) A BIG THANK YOU for raising £500 for Macmillan Cancer Support.

WILMA DALRYMPLE, Milnathort wishes to thank family, friends and neighbours for their visits, their kindness and enquiries by telephone, also Orwell Church for the lovely flowers.

JIM GREIG, Milnathort wishes to thank everyone who very kindly sent cards and visited him during his long stay in hospital. It was very much appreciated.

Members of **Portmoak football team**, Kinnesswood, donated £100 to the **Gilven Employability Project**, which works with Fife main Homeless Hostel providers to support homeless young people to develop employability skills and organise activities. Allan McDonald from Portmoak said, "We are delighted to support the project. We became aware of their work following the release of the film *Journey Through The System*." Bert Thomson, Employability worker, said, "It is great to get any donation, but for a group outwith Fife to recognise us is fantastic."



Port moak football team hand over their £100 cheque

ALLOTMENTS FOR RENT SCOTLANDWELL

90ft X 30ft in size

No stones, rotovated, ploughed and power harrowed
Never more than 30 ft. from water
Luxury Clubhouse with coal fire & fitted kitchen
Free tea & coffee at all times
Ladies & gents flushing toilets
Good security & large car park

GARDEN NURSERY NOW OPEN

Bedding plants, bushes, shrubs & herbs for sale.

01592 568964 mob: 07976066831 www.scottishallotments.co.uk

Newsletter Deadlines

A list of future deadlines can be found on our website **www.kinrossnewsletter.org**

Kinross-shire Churches Together



Kinross Parish Church of Scotland

Station Road, Kinross (Charity number SC012555)

Rev Alan D. Reid MA, BD
Reader: Margaret Michie
Session Clerk: Jaffrey Weir
Church E-mail:
Church website:

Tel: (01577) 862952
Tel: (01592) 840602
Tel: (01577) 865780
kinpc@tiscali.co.uk
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.

Regular Services

Sundays 10.30 Moming Service

Sundays 19.30 Church Centre: Crossfire, for S1 age upwards

Tuesdays 10.00 Pram Service

2.30pm Whyte Court - Service (First Tuesday of month) 2.30pm Causeway Court - Service

(last Tuesday of month)

Wednesdays 10.45 Midweek Worship: Reading Room, Church

Centre, 30mins.

12 noon Mid-week and Mid-day: Time to Pray:

30 mins

Other Services

May

Sat 29 Church Ceilidh, Church Centre 7 – 11pm Sun 30 10.30am Morning Service: 'Jews and Gentiles' 6.30pm Informal Evening Service

June

Sun 6 10.30am Morning Service, followed by informal communion

Mon 7 8am Meditation (30min.)

8pm Heaven and Earth café, Muirs Inn

Sat 12 8.30am Prayer Break fast –simple break fast and share areas of concern for prayer (1 hr.)

Thu 17 9pm Time to Pray – 'Compline': a short service with readings and responsive prayer

Tues 22 8pm Prayer Meeting (1 hr.)

Sun 27 10.30am Morning Service 6.30pm Informal Evening Service

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 cafe 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. The church welcomes the use of its premises by the wider community. It provides a suite of halls, meeting rooms and a kitchen at the church centre and the main auditorium and two meeting rooms at the church (contact Helena Cant- tel 862923 or email helenacant@aol.com

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 Corsar 07795313864

St Paul's Scottish Episcopal Church

Muirs, Kinross, KY 13 8AY

Rev Dr Marion Keston Telephone: (01577) 866834

Website: www.stpauls-kinross.co.uk

June Services

Sun 6 2nd After Pentecost, 8.30am, Holy Communion. 11.00am, Sung Eucharist with Baptism (family service).

Sun 13 3rd Affer Pentecost, 8.30am, Holy Communion. 11.00am, Sung Eucharist

Sun 20 4th After Pentecost, 8.30am, Holy Communion. 11.00am, Sung Eucharist with Confirmation. Family service,

Preacher Most Rev David Chillingworth
Thu 24 9.30am, Service of Prayers for Healing.

Sun 27 5th After Pentecost, 8.30am Holy Communion. 11.00am, Sung Eucharist.

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.

St James's R C Church

5 High Street, Kinross, KY138AW

Father Colin Golden Telephone: (01577) 863329

Mass TimesSaturday Vigil7.00pmSunday9.30am

Please look out for other information on other parish activities in the Sunday newsletter.

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

United Service 6:30pm in Orwell Hall

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

Oasis Ladies' meeting in Portmoak New Room.

10.15 - 11.45am last Friday of the month.

Youth Drop In Tuesdays 7pm till 8:30pm.

5 & 6 June Milnathort Festival 27 June - 4 July Portmoak Festival

Sunday 4July Service in Portmoak Festival Marquee

in Kinnesswood at 10:30am

Sunday 4 July Michael Bruce Memorial Service

Portmoak Church at 6:30pm

Come and visit our new shop at 29 South Street, Milnathort. Open Mon – Sat. 10 am 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@y ahoo.co.uk

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 Services11.15amCrèche11.15amJunior Church11.15am

May

Sun 30 11.15am Sacrament of Lord's Supper

June

Sun 6 11.15am Preacher: Reader, Brian OgilvieSun 13 11.15am Preacher: Rev. Joanne Finlay

Sun 20 10am Early Birds Family Worship

11.15am Traditional Service,

Preacher: Rev. Joanne Finlay

Sun 27 11.15am Preacher: Rev. Joanne Finlay

Fossoway Parish Church Church of Scotland

Rev Joanne Finlay Telephone: (01577) 850231

E-mail joanne.finlay 196@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, 9.30am
Café Refresh: Every Thursday, church hall, 2-4pm
Yoga classes: Wednesdays 9.30am and Mondays

May

Sun 30 9.45am Sacrament of Lord's Supper

June

Sun 6 9.45am Preacher, Reader Brian Ogilvie
Sun 13 9.45am Promotion Sunday, All Age Worship
Sun 20 9.45am Preacher, Rev. Joanne Finlay

Sun 27 9.45am Preacher, Rev. Joanne Finlay

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

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

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.

Obituaries

BARNES – Peacefully, at Moncrei ffe Nursing Home, Bridge of Earn, Perth, on Sunday 11April 2010, Patricia Barnes, aged 90, formerly of Shaftesbury, Dorset and Ashley House, Milnathort. Beloved wife of the late Ivor, dearly loved mother of Richard and Douglas and a dear grandmother of Sarah, Lucy, Kirsty, Christopher and Michael. Funeral service was at Perth Crematorium on Monday 19 April.

MACLACHLAN – Peacefully, at 2 Nan Walker Wynd, Kinross on Sunday 25 April 2010, after a long illness fought with great strength and courage, **Helen Rose MacLachlan**, wonderful wife, much loved daughter, precious mother of Duncan, Eilidh and Cameron and treasured sister, auntie and friend.

Helen and her family moved to Kinross almost 15 years ago. She quickly involved herself in the community, through various events involving her children such as Family Week and latterly as a teacher in Kinross and Fossoway primary schools. Teaching was a job which Helen was passionate about. She inspired many pupils who have fond memories of her classroom activities and the fun learning which was part of the day-to-day routine. In more recent times Helen had been involved with the setting up of the drop-in centre at the Millbridge Hall; a safe place for teen agers to come and spend Friday nights away from street corners. Helen's life touched many people from the very young to the not so young; she made many special friends who will miss her. A wonderful celebration service of Helen's life was held at Kinross Parish Church on Monday 3 May 2010 which was extremely well attended. It was a special occasion to celebrate Helen's life and the things which she held dear: Family, Friends, Faith, Fossoway Primary School (and teaching, in general). Her husband, Duncan and their children will miss her greatly but are comforted by the many memories which they have of Helen's warmth, kindness and generosity.

Acknowledgements

MACLACHLAN – The family of Helen MacLachlan would like to thank everyone for their many kind expressions of sympathy received following Helen's death.

Our thanks to the Health Care team from Loch Leven Health Centre whose standard of care for Helen was exemplary. Thanks also to all who came to celebrate Helen's life at Kinross Parish Church, on Monday 3 May 2010. Finally, a special thank you to family, friends, staff and pupils from Fossoway Primary School and the many people who helped organise and take part in the Celebration Service.

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)

Playgroups & Nurseries

PORTMOAK UNDER 5s

Portmoak Hall – between Kinnesswood and Scotlandwell

(only 10 mins from Milnathort and Kinross)

Babies and Toddlers (birth – 3yrs) Tues 10:00am - 11:30am

Playgroup (2yrs onwards) Mon & Fri 10:00am – 12noon

Contact Carolyn Robertson 01383 831129

LOCHLEVEN BABIES & TODDLERS

Masonic Hall, The Muirs, Kinross Session times

Tuesdays 9.30 - 11.15, Fridays 9.30 - 11.15 Contact - Caroline 07507 204731 All Mothers, Fathers, and Carers with children aged birth to 3 years are welcome to attend.

LOCHLEVEN TWOS CLUB

Masonic Hall, The Muirs, Kinross Thursdays 9.30 to 11.15 (term time only)

Suitable for children from about 18 months to preschool. 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

SWANS ACRE PLAYGROUP 21-23 Swansacre, Kin ross

Kinross-shire Playgroup Association aka Swansacre Playgroup Registered Scottish Charity Number SCO 17748

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 Julia Slater 07810 742046 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, Milnathort

Milnathort Babies and Toddlers offer a relaxed, friendly environment.

Tea/co ffee for mums, dads and carers, healthy snack and fun for the children.

Children aged birth to 3 years (5 years if attending with younger sibling) are welcome.

Thursday & Friday, 10am – 11.30am.

For more information please contact Susan Britton on 01577 863385, 07737 461 293 or e-mail susanjbritton@yahoo.co.uk.

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



Milnathort School Association

Milnathort Primary School

Summer Fair 2010

1pm – 4pm, School grounds **SATURDAY 5 JUNE**

As part of the festivities for the Milnathort Festival Weekend, there will be many local organisations in attendance, including Orwell Church.

Our £5 Children's Day Pass (available on the day) allows unlimited use of the Giant Inflatable 16' Slide, Inflatable Gladiator, Beat the Goalie and Hook a Duck. Great value for money!

Fun attractions such as Under 4's Play Area with Bouncy Castle, Mini Zoo, Putting Green, Ice-cream, BBQ, Pocket Money Stall, Face Painting, Tattoos, Nail Bar, Hair Braiding, Gardening Club Stall, Make a Muffin, Raffle, Tombola and much more!!

Donations for the Raffle and Tombola would be greatly appreciated and can be left in the school office.

There will be Craff Stalls including jewellery by Fiona and Silver Experience, Phoenix Trading Cards, Ye Old Sweetie Shoppe, Mark it with B Cupcakes, Candle Lite and Book Stall.

There will also be Community Stalls and displays from Matthew Dance School, JKS Scotland Karate and Majorettes!

It will truly be a community day out, so come along and join the fun!

Summer Ceilidh

6pm – 10pm, Marquee, School grounds **SATURDAY 5 JUNE**

This year the Summer Ceilidh will take place after the Summer Fair, so we can relax enjoying a Family Ceilidh in the floored marquee.

There will be a bar serving so ft drinks and feel free to bring a bottle or two along! Scott's Hospitality will be there to provide a variety of hot food and ice-cream (not included in the ticket price).

We have a Ceilidh Band followed by a Disco (plus disco dancing competition for the kids!) including an auction of some fantastic prizes during the evening, and it is set to make a super end to a great day!

Family Tickets are £16, Adult Ticket £6 and Child Ticket £3, available through the school office or from any MSA committee member, but are going fast!

Looking forward to seeing you on the 5 June!

Remember www.easyfundraising.org.uk/milnathortsa

when making your online purchases and we will receive a small percentage of your spend back, at no extra cost to you. If you wish to contact the MSA, please contact Penny Quinn on 01577 866819 or pjq@hotmail.co.uk

Thanks for your support.

Looking for Contact Details?

For listings of local clubs, businesses, public services and more, visit **www.kinross.cc**

Scottish National Blood Transfusion Service

The next blood donor sessions at the Millbridge Halls, Kinross will take place on

 Monday 21 June
 3.30pm to 8.00pm

 Tuesday 22 June
 5.00pm to 8.00pm

The Service is most grateful for the support received from Kinross-shire.

Milnathort Filmhouse

Milnathort Town Hall

The 'Big Screen' has returned to Milnathort!

'The Filmhouse for the whole family'

Come and enjoy our Saturday Night Cinema and Family

Funday Sunday Matinee.

Screenings for 2010:

June

Sun 20th 3pm ET (instead of 'Cars', previously advertised)

Sep

Sat 4th 8pm Cinema Paradiso (PG) Sun 5th 3pm Alvin and the Chipmunks 2:

The Squeakquel (U)

Oct (Halloween Weekend Special)

Sat 30th 8pm Beetlejuice (15) Sun 31st 3pm Casper (PG)

Dec

care-

Sat 4th 8pm The Shawshank Redemption (15)

Sun 5th 3pm The Polar Express (U)

Doors open 45 mins before screening. Tuck Shop. Licensed Bar (tbc).

Tickets available from Heaven Scent and Milnathort Post Office (2 weeks before the film).

Ticket prices: Adult £5 (*£6); Child (2-15yrs) £3 (*£3.50); Family (2a+3c) £12.50 (*£15); Adultsaver (4 Adults) £18 (*n/a) (*on the door Price)

milnathortcinema@btinternet.com or Kathleen on 01577 862805/07849 766243.

RACE NIGHT

to raise funds for Clare and Sue Trek Peru 2010 in aid of
Breast Cancer Care
FRIDAY 11 JUNE

7.30pm at The Well Country Inn, Scotlandwell If you would like to donate £5 to sponsor a horse, please telephone 01592 840318.

www.justgiving.co.uk/clareandsuetrekperubreas

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-shire Local **Events Organisation**



Film 'AVATAR' (12A) at Community Campus Friday 18 June

at 6.40pm (doors open at 6.30pm) Tickets (£3 for 18 and under and £5 for adults) are available from Sporting Chance from 11 June onwards and tickets will be sold on the evening at the door. www.kleo.org.uk

Fossoway Primary School Fete

Saturday 19 June 1 – 4pm

At Fossoway Primary School Playing Fields, Drum

All welcome, entry is free

Attractions will include: Pony Rides Live Music Face Painting Street Football Stalls Refreshments Plants Homebaking Displays from local groups/clubs And much much more...

Help for Heroes Fun BBQ at Tullibole Castle

Wednesday 2 June, 4pm - 9pm

In support of eleven riders cycling from Land's End to John O'Groats, stopping overnight at Tullibole Castle. Music Raffle Treasure Trail Witches Maze Display of Military Vehicles Barbecue Refreshments Tickets: Adults £15, Children £5 Available from: Fossoway Garage, Robertson's of Milnathort, Sands the Ironmongers or tel 01577 840236 Come and support the cyclists and enjoy the beautiful grounds of Tullibole Castle. Sorry no dogs, only working assistance dogs.

Networking and getting to know your community



Perth and Kinross Council Community Learning & Development at Loch Leven Campus are inviting local community groups and voluntary organisations to attend a networking evening

THURSDAY 24 JUNE, 6.30pm – 8.30pm

Loch Leven Community Campus, The Muirs, Kinross, KY13 8FQ

Free refreshments

Perth & Kinross Leisure will provide activities for school age children (P1-P7) for the duration of the networking event – booking essential as only 20 places available.

To book your place at this training evening please contact

Tracey Ramsay

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

> or **Shona Fowler**

sfowl er@pk c.gov.uk 01577 867218 Community Learning Assistant

PORTMOAK GALA

Saturday 26 June, 2.00pm Well Green, Scotlandwell

Come along and enjoy an afternoon of fun for all the family. Join the Fancy Dress Parade (1.45pm Church Car Park), and follow the Gala Queen down to the Well Green.

Bouncy Castle, Bric a Brac, Books, Plants, Cake & Candy. Dog Agility Display - bring your dog to try out!

* plus lots, lots more besides *

A great afternoon's entertainment for the whole family. Donations of bric a brac, plants, books, bottles, cake & candy will be most welcome.

Please contact Sandra Davidson 07900 196742 if you would like to help on the day or make any donations.

Bishopshire Horticultural Society

Best Kept Garden Competition July 1-7 Annual Flower Show - Saturday August 21

Following a review of arrangements for promoting the above events the committee has decided to cease 'door to door' visits. Regular patrons and intending competitors can pay the annual membership fee by contacting any of these committee members:

Lorna Ainsworth 840571 Sylvia Herrington 840519 Janette Gardiner 840352 Shelagh Goudie 840200 David Martin 840216 Eleanor White 840681

We will be delighted to welcome new members to the society and look forward to seeing our regular exhibitors again this year. We hope that you will be able to give us your continued support

Ceilidh Classes

Come along and join in the fun and learn some round the room and a few easy set dances, ceilidh style, not scottish country. Every Monday from 2pm-3pm in the Scout Hall, Milnathort. Tel 01577 863244 for more details. All welcome.

1st Orwell Rainbows

Unit Leader and Young Leader urgently needed

Rainbows, the youngest group in Girl Guiding, are girls aged 5-7. They meet once a week and follow a varied programme called the Rainbow jigsaw. Everything a Rainbow does helps her to develop -it's an opportunity to Look, Learn, Laugh and love.

As a guider, you will receive training and support from Girl Guiding UK on both a local, national and international level. No previous knowledge is necessary, but patience and a sense of fun are important. Experience as a Guider is valued by professional childcare organisations.

If you have had experience in Girl Guiding or would like to gain experience we are looking for Leaders/Helpers in the area. If interested, phone Alison on 01577 864262.

Orwell Bowling Club

presents

AN EVENING WITH GORDON MENZIES Saturday 17 July at 8.00pm

Entry £6 per head Ticket Only

Tickets behind bar at the club

Community Councils

Kinross: Secy: Mrs M Scott (01577) 862945

KinrossCommunityCouncil@pkc.govuk

Cleish & Blairadam: Secy: Mrs M Traylor (01383)830059,

CleishCommunityCouncil@pkc.gov.uk Milnathort: Chair: Mr J Giacopazzi (01577) 864025

MilnathortCommunityCouncil@pkc.gov.uk

Fossoway & District. Secy: Trudy Duffy-Wigman (01577) 840669,

FossowayCommunityCouncil@pkc.gov.uk

Portmoak: Secy: Mr J Bird (01592) 840368,

PortmoakCommunityCouncil@pkc.gov.uk

Kinross Community Councillors

Margaret Blyth	6 Muir Grove	
David Colliar	10 Rannoch Place	864037
Dave Cuthbert	Highfield Circle	861001
Barry M Davies (Vice Chair)	60 Lathro Park	865004
Ian Jack (Treasurer)	Burnbrae Grange	863980
Laura Mackay	Brunthill Farm	07872499145
Dot Mackay	29 Green Park	864635
Joe Richardson	47/49 High Street	863152
Margaret Scott (Secy)	21 Ross Street	862945
Campbell Watson (Chair)	7 Gallowhill Garden	s 861544
Bill Freeman	64 Muirs	865045

Perth and Kinross Councillors

Kathleen Baird, Easter Clunie, Newburgh, Fife, KY14 6EJ

Tel (home): 01337 840218. Email: kbaird@pkcgov.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: wbrobertson@pkcgov.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.

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: fccoffice@btinternet.com

Regular Library Sessions for Young Children

At Loch Leven Community Library.

No need to book, just come along.

Story Telling

every Monday morning 10.15 – 10.45 am nd 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: 2 June)

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 concems you may have, please contact the constituency office: telephone 01259 721536, fax 01259 216761 or write to 49-51 High Street, Alloa, FK 10 1JF.

MSP for Ochil Constituency Keith Brown MSP

will beholding regular

surgeries throughout his constituency area.

For information on dates, locations and to book an appointment time, please contact his assistant on 01259 219333.

Keith can also be contacted by email at keith.brown.msp@scottish.parliament.uk

or by writing to 80 Mill Street, Alloa, FK10 1DY

Members of the Scottish Parliament

All MSPs can be contacted at the following address: The Scottish Parliament, Edinburgh, EH99 1SP

MSPs for Mid Scotland and Fife Region

Claire Baker MSP (Scot Labour) Tel: 0131 348 6759

Email: Claire.Baker.msp@scottish.parliament.uk

Ted Brocklebank MSP (Scot Cons) Tel: 0131 348 5610

Email: Ted.Brocklebank.msp@scottish.parliament.uk

Murdo Fraser MSP (Scot Cons) Tel: 0131 348 5293

Email: Murdo.Fraser.msp@scottish.parliament.uk Christopher Harvie MSP(SNP) Tel: 0131 348 6765

Email: Christopher Harvie.msp@scottish.parliament.uk

John Park MSP (Scot Lab) Tel: 0131 348 6753

Email: John.Park.msp@scottish.parliament.uk

Dr Richard Simpson MSP (Scot Lab) Tel: 0131 348 6756 Email: Richard.Simpson.msp@scottish.parliament.uk Elizabeth Smith MSP (Scot Cons) Tel: 0131 348 6762 Email: Elizabeth.Smith.msp@scottish.parliament.uk

Mobile Library – Blairingone and Milnathort

Every Second Wednesday

Next visits: 2, 16 and 30 June

Blairingone 9.30am - 9.45am Westerloan, Milnathort 2.10pm - 3pm Bridge fauld Road, Milnathort 3.05pm - 4pm Any queries telephone AK Bell Library 01738 444949

Loch Leven Community Library

Loch Leven Community Campus, Muirs, Kinross, KY 13 8FQ Telephone: 01577 867205

Email: kinrosslibrary@pkcgov.uk

Opening Times

 $\begin{array}{ll} \mbox{Monday} & 10\mbox{am} - 6\mbox{pm} \\ \mbox{Tuesday, Wednesday, Thursday} & 10\mbox{am} - 8\mbox{pm} \\ \mbox{Friday} & 10\mbox{am} - 6\mbox{pm} \\ \mbox{Saturday} & 10\mbox{am} - 3\mbox{pm} \end{array}$

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 Tuesday	Elderberries Bingo	1.30 pm 1.30 pm		
We dnes day	Moming Service Dominoes	10.45 am, 1.30 pm	Quiz Afternoon Scrabble	1.30 pm 1.30 pm
Thursday	Art Class Dominoes	1.30 pm, 1.30pm	Film Afternoon	1.30 pm
Friday	Carpet Bowls	10.30 am,	Scrabble	1.30 pm

Additional Events for June

Afternoon Trip
We dnesday 9th at 1.30 pm
Prize Bingo Tea
Tuesday 15th at 1.30pm



Coffee Bar open 9 am - 4 pm, Senior Citizens Lunches Daily Telephone: 01577 863869

LOCAL CHEMIST INFORMATION



Rowlands Pharmacy, Kinross

(opposite David Sands)

Mon - Fri: 9.00 am - 6.00 pm Saturday: 9.00 am - 5.00 pm **Sunday: 12.00 - 1.00 pm** Tel: 862422

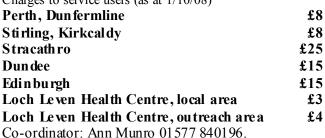
Davidson's Chemist, Milnathort

Mon to Fri: 9.00 am - 1.00 pm & 2.00 pm - 6.00 pm Saturday: 9.00 am - 12.30 pm Tel: 862219



Kinross-shire Volunteer Group and Rural Outreach Scheme

Registered Charity No. SC015642 Charges to service users (as at 1/10/08)



Grants and Funding Websites

www.pkgrantsdirect.com www.scottishcf.org

School Holidays 2009-2010

A cademic year ends Fri 2 July 2010

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

Kinross Garden Group Gardens of Ireland

We are going to Gardens of Irel and Sunday 12 to Saturday 18 September 2010 and still have twin/double rooms available.

Coach from Kinross. All welcome to join us.

Contact Mrs C Rodger 01577 863785 for more details.

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

Situations Vacant

In conjunction with www.kinross.cc, the Newsletter is pleased to publish local situations vacant. Please go to the 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').

Exercise to Music Instructors, Loch Leven Leisure and Loch Leven Community Campus, Kinross (part-time)

We are looking for friendly, outgoing individuals who are not afraid of hard work and enjoy interaction with other people. Relief hours available. £21.53 per hour (dependent on qualifications and experience). You will deliver aerobic classes in accordance with the centre's class programme, ensuring the safety of class participants within session and arrange appropriate equipment set up for classes. Exercise to Music Certificate or equivalent is essential

Application forms available from: Company Head Office, Caledonia House, Hay Street, Perth, PH1 5HS. Tel: 01738 492440 or apply online at www.liveac

Cook, wrap and pack assistant (part-time)

Based in Kinross the assistant will be expected to assist with the manufacture of a variety of Chocolates and other items. Hours will vary week to week according to demand. Training will be provided with support from existing staff. Hours will be flexible by agreement. Qualifications: Foundation certificate in Food Hygiene would be a positive but not essential.

Send CVs to laura@lauraschocolates.com For any other questions contact Laura on $01577\ 861001$ or $07793\ 546381$.

Perth & Kinross Council	www.pkc.gov.uk
Kinross Area Office	Tel: 01577 862351

21 High St, Kinross

Customer Service Centre Tel: 01738 475000

(Mon to Fri, 8am-6pm)

Out of Hours Emergencies Tel: 01738 625411

(Roads, flooding, environmental health and dangerous buildings) **Clarence** (for non-emergency

road and lighting defects)

Tel: 0800 232323

Blythswood Care

Sainsbury's Car Park

(if car park is full, van will park nearby, e.g. Park & Ride or Ochil View)

Tuesday 22 June between 10.30 am and 11 am

Further details from 862258

Enquire

Are you looking for information about your child's rights to support in School?

If so, contact **Enquire**, the national advice and information service for additional support for learning.

Enquire offer: a confidential telephone helpline and online enquiry service, practical guides, fact sheets and newsletters, helpful materials for children and young people with additional support needs.

For more information contact: tel 0845 123 2303

Website: www.enquire.org.uk

Enquire is funded by the Scottish Government and managed by Children in Scotland

Classified Adverts

The Newsletter publishes items for sale listed on the 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

Two single beds £35.00

1 Dorlux, with underbed storage, 1 Slumberland. Identical pine headboards. Mattresses available if required.

Seller Details: Marion Todd 01577 866794

iandmtodd@talktalk.net

Vogue Catania basin (1 tap hole) £200.00 ono with Cubo base unit

480 (w) x 480(d) x 150(h) – Basin

500(w) x 480(d) x 700(h) – Base unit (mahogany finish) Seller details: Hazel Kemp 01577830012

hazelkemp@aol.com

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.

Michael Bruce Trust Michael Bruce Service of Commemoration Sunday 4 July

Each summer, the Michael Bruce Trust invites people from Kinross-shire and beyond to celebrate the life and work of the "Gentle Poet of Loch Leven", Michael Bruce (1747-1767), in a service of commemoration. This year's service, which rounds off the annual Portmoak Festival, will be held at 6.30pm on **Sunday 4 July** in Portmoak Parish Church, a mile from the poet's birth place in the village of Kinnesswood. The service will be conducted by the Rev. Robert Pickles and the guest speaker will be the Rev. Alan D Reid, Minister of Kinross Parish Church. Tea will be served in Portmoak Hall after the laying of the wreath on the poet's grave by Professor David Munro, Chairman of the Michael Bruce Trust. All are welcome.

Allotments available

The new Health Centre sits on quite a large plot of land and a section at the rear of the building may be suitable for 4-5 allotments. These would not be rented on a commercial basis, but a small charge would be made for the use of water.

If anyone is interested in this, please contact the Practice Manager, Jane Macnaughton on 01577 862112.

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