



Kinross Newsletter



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DEADLINE for the December Issue

**2.00 pm, Monday
21 November 2011**

for publication on
Saturday 3 December 2011

Contributions for inclusion in the Newsletter

The Newsletter welcomes items from community organisations and individuals for publication. This is free of charge (we only charge for business advertising – see below right). All items may be subject to editing and we reserve the right not to publish an item. Please also see our Letters Policy and Notes 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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CONTENTS

From the Editor	2
Letters	2
News and Articles	3
Police Box.....	13
Community Councils.....	14
Club & Community Group News	22
Sport	34
News from the Rurals	41
Out & About.....	42
Congratulations and Thanks.....	44
Church Information.....	45
Playgroups & Nurseries.....	48
Notices.....	49
Day Centre & Chemists.....	56
Classified Adverts, Situations Vacant.....	57
Diary.....	58

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. The deadline for new Display ads or changes to Display ads is three days before the normal monthly deadline for copy, so the deadline for display ads is **Friday 18 November**.

Typed Adverts

A typed advert may be placed for one or more months. These adverts are text only (no graphics allowed). Prices shown are effective from April 2011 issue. There are two rates:

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

TEN to FIFTEEN lines (including blank lines) £13.00 per insertion

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

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

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

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

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

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

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



Letters

Editorial

Farewell

There are some changes to our staffing arrangements this month. We are sorry to say goodbye to Glenn and Kirsty Neve who, for the last two years, have distributed the Newsletter to our outlets and have looked after the subscriptions. We thank them for all they have done during their time with the Newsletter.

Lee Scammacca of Cree8, our printers, will take over responsibility for the distribution.

Julia Fulton, our word-processing assistant, is going to look after the subscriptions.

Note to club secretaries

This is a reminder that we do not publish a Newsletter at the start of January. Instead, we have a joint January/February issue, which will be published on 21 January. Therefore, if there are any events happening in the first three weeks of January that you would like to publicise in the Newsletter, you will need to submit them for the December issue (deadline: 21 November).

Note to Contributors

A great deal of the Newsletter comprises reports supplied by local clubs and other organisations. These reports are accepted in good faith. Clubs etc should ensure that reports are factually accurate and do not contain material which could cause legal proceedings to be taken against the Newsletter.

Letters Policy

Senders must supply their name and address, which will be published with the letter. Letters should be truthful and not contain matter which could cause legal proceedings to be taken against the Newsletter. The Newsletter does not necessarily agree with any of the views expressed on the Letters pages. In *special circumstances* addresses may be withheld from publication on request (but must still be supplied to the editor).

Note to Readers: Advertising

Inclusion of advertisements in the Newsletter does not imply any particular endorsement or recommendation of services or companies by Kinross CC or Kinross Newsletter Ltd.

Abbreviations:

PKC: Perth & Kinross Council

CC: Community Council

CIlr: Councillor

CCIIr: Community Councillor

Clocks go back one hour

**British Summer Time ends at 0100 GMT on
Sunday 30 October 2011**

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Reminder from Kinross Police

Halloween and Bonfire Night

Remember that throwing eggs or flour is bullying and could be classed as criminal. Throwing anything at property or vehicles also can frighten residents and cause damage, which also could be classed as criminal.

Also, it is illegal to:

buy fireworks under the age of 18

set fireworks off irresponsibly in a public place.

Above all: **Be safe, enjoy Halloween and Bonfire night and act responsibly, considering others.**

Car Incident, Milnathort

Saturday 8 October

Would the lady in the red car which reversed into a red Citroen C3, (causing a small amount of damage) at 12.25 on **Saturday 8 October** in the Thistle Hotel car park, please phone 01577 862241.

The hotel has CCTV footage monitoring the whole episode.

Councillor Kathleen Baird

Children at Risk

The protection of children is uppermost in most people's minds at all times but sadly at recent CC meetings I have heard once again that children in our community are at risk.

"Children at Risk" is the headline no one wants to see. Sadly car drivers every day are driving and parking badly near schools. Every parent wants to park as near to the school as possible, unfortunately this can not happen.

Parent councils have tried to inform parents, pupil councils have made posters. It is always someone else's car that is causing the problem.

PKC encourages pupils to walk to school where possible. Cars blocking pavements is not helpful.

We are approaching winter and the problem will get worse.

On behalf of all the children, please think before you park; it may mean parking on a street further away but it may save a child's life.

Car parking seems to be the topic of the month. The infrastructure in small villages was not designed for the two-car family, home delivery of every commodity and the seasonal farm machinery which gets bigger by the year. Parked cars can help slow speeding cars, provided they are parked in an appropriate place.

Inconsiderate parking in towns and villages is mainly caused by local people who want to park as near as they can to their home. Please look at where you park and think of the other road users: you may be blocking an entrance, or preventing emergency services gaining access.

I urge all road users to be extra careful in the winter months, remembering that not all roads can be gritted before you go to work.

Community Councils in Kinross shire are alive and well and no elections are required on 3 November. I hope all those who sought re-election will have the support of their communities.

Councillor Kathleen Baird



News & Articles

CC nomination results

Elections are not necessary for any of our local Community Councils this year.

Following new legislation, local authorities are now responsible for organising all CC elections in their own authority area. The deadline for nominations in Perth & Kinross was 29 September with a planned election date of 3 November if required. Elections will take place every four years.

All CCs in the Newsletter circulation area received sufficient nominations to allow CCs to be formed, though not all reached their full complement of members. The nomination results were as follows:

Kinross: Eleven nominations for eleven places:

Margaret Blyth, David Colliar, David Cuthbert, Barry Davies, William Freeman, Ian Jack, Dorothy MacKay, Laura MacKay, Margaret Scott, Campbell Watson and David West.

Milnathort: Seven nominations for eight places:

Lynne Bennet, David Cottingham, Joseph Giacomazzi, Robert Halford, Bruce Hamilton, William Smith and Dorothy Thomson.

Portmoak: Seven nominations for eight places:

John Bird, Robert Cairncross, Susan Forde, Malcolm Parkin, Thomas Smith, Malcolm Strang Steel and Richard Williamson.

Fossoway: Five nominations for eight places:

Kevin Borthwick, Geertuida Duffy-Wigman, Alastair Lavery, Alexander Morrison and Roderick Paterson.

Cleish & Blairadam: Three nominations for six places:

Patricia Fraser, Ron Kitchin and Hugh Somerville.

Glenfarg: Eight nominations for nine places:

Gillian Vaughan, Catherine Armstrong, David Arnold, Alexander Johnston, Donald MacKenzie, William MacPherson, Margaret Ponton and Janet Watson.

Under the Scheme of Establishment of Community Councils in the Perth & Kinross Council area, the above nominees are declared elected unopposed. They take up their appointment on 3 November 2011.

Only one CC in the whole of Perth & Kinross received a greater number of nominations than seats available, thereby triggering an election (Mid Atholl, Strathtay & Grandtully CC). In six CC areas in Perth & Kinross, CCs will not be established as too few nominations were received (i.e. fewer than 50% of the proposed CC membership). Four of those CCs are in the town of Perth and two are rural CCs north of Perth.

MSP welcomes broadband boost

Welcoming improvements announced for Crieff and Kinross exchanges, Ms Roseanna Cunningham MSP, Member of the Scottish Parliament for Perthshire South & Kinross-shire said:

"I am pleased to learn that the Crieff and Kinross exchanges in my constituency are to be upgraded. This improvement in the service available will be warmly welcomed and will be a real boost for businesses and individuals alike.

"Whilst achievable download speeds will still depend on cable length from the exchange, this is still a significant advance in the service provided to these communities."

Tourism in Kinross-shire

The Kinross-shire Partnership has been asked to facilitate the re-establishment of a tourism group in Kinross-shire, given that one of the main objectives of the Partnership is 'to identify, promote and encourage opportunities of economic and tourist development in Kinross-shire'. An initial meeting is set for **Wednesday 23 November** at 6pm. The Montgomery Hotel Group has kindly agreed to host the first meeting in The Windlestrae Hotel. We hope that as many people as possible who either own or work in a tourism business, or just have an interest in promoting tourism in Kinross-shire, will attend. The purpose of the first meeting is to establish the levels of interest in such a group and what the aims and objectives should be.



A group to promote tourism in Kinross-shire is to be re-established

We hope to have representatives from Visit Scotland, Blairgowrie & East Perthshire Tourist Association (BEPTA) and Highland Perthshire Destination Management Organisation to give advice and to share best practices. It is worth looking at the following web-sites to see what can be achieved by local tourism groups: <http://www.bepta.com> and <http://www.highlandperthshire.org>

If all the tourism businesses work together, we can successfully promote the area to a wide audience both at home and abroad. Kinross-shire is an area of outstanding natural beauty and wildlife. We need to make sure that all visitors know what Kinross-shire has to offer.

To register interest in attending the first meeting, or to find out more, contact Fiona Craigon, Director, Kinross-shire Partnership on 01577 865679 or fiona@fionacraigon-marketing.co.uk

First meeting of The Kinross-shire Tourism Forum: Wednesday 23 November, Windlestrae Hotel, 6pm.

Fiona Craigon, Director
Kinross-shire Partnership

Community Website

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

Exciting climax of Kinross-shire Music Festival

17 – 20 November

'French Wives' and 'Dante' on final night!

We are delighted to announce that our packed programme of events during our forthcoming music festival in November will be brought to a rousing conclusion with the Scottish bands **'Dante'** and **'French Wives'** on **20 November** at the Community Campus in Kinross.



French Wives

'French Wives' harness a bittersweet, literary sound that blends indie-pop, folk and epic melodies that make your heart jump. I for one am a fan!" says Vic Galloway of BBC Radio 1/Radio Scotland.

Mixing traditional and contemporary elements, **Dante** draw on indie rock and electronica as well as traditional Scots and Irish music to produce something that is new and original.

Local band **Blue Fuse** will be the support act and will start at 7pm (doors open 6.30pm).

Tickets, £7.50, will be available from Sands Ironmongers (Kinross), the Post Office (Milnathort) and www.k-m-f.org.uk

Sold out!

The Big Dance, *Strictly* for dancing with the Scottish Swing Orchestra led by **Dave Batchelor** and guest appearance of singing swingster and local butcher **Iain Hunter** is sold out!

BUT there are still tickets available for:

Gaberlunzie & Friends (Sat 19 Nov 8pm, Windlestrae Hotel). Robin Watson and Gordon Menzies are well known for producing an exciting blend of modern and traditional songs.

Tickets £12.50

The Fell Clarinet Quartet (Sun 20 Nov 7.30pm, Kinross Church). This Woodwind Ensemble will be demonstrating once more the galaxy of sounds possible from the various members of the clarinet family.

Tickets £10 (adult) £5 (child)

Tickets for music events

The programme includes a wide variety of acts at different venues, a kids' disco and a family ceilidh. Some of the acts will be free, others will be for a £2.50 entrance fee (which you can pay at the door). You can also buy a Rover Ticket for £10 which gives you unlimited access to all the £2.50 events.

Tickets for the main events and the Rover ticket are for sale via Sands Ironmongers in Kinross, the Post Office in Milnathort and our website www.k-m-f.org.uk.

Music and Dance Workshops

Come and try one of our music and dance workshops during the music festival. These workshops are open for children and adults (unless stated differently). Most workshops are free but booking a place is advisable. Please go to the website www.k-m-f.org.uk for more information about the workshops (time/venue) and to download a booking form.

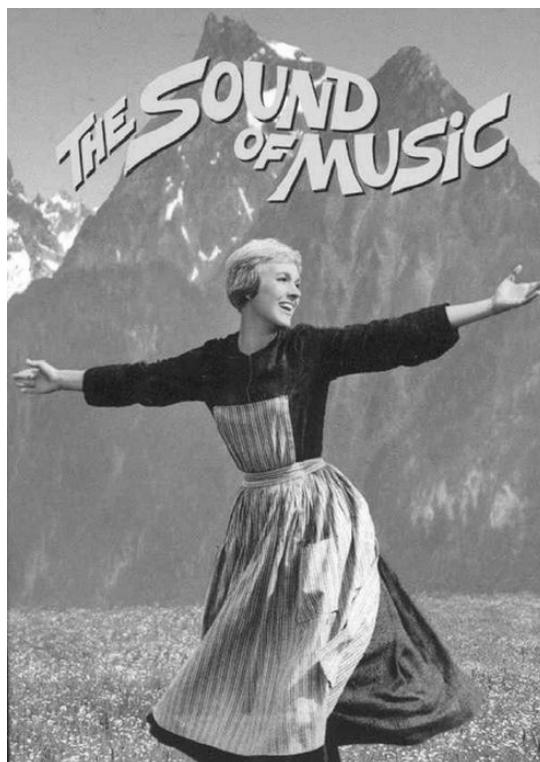
The Kinross-shire Music Festival is part-financed by Awards for ALL and the Scottish Government and the European Community Rural Tayside LEADER 2007-2013 Programme.

Film 'The Sound of Music' (U) at the Community Campus

To get in the mood for the music festival we will show 'The Sound of Music' on **Sunday 13 November at 2.30pm** (doors open 2pm).

A woman leaves an Austrian convent to become a governess to the children of a Naval officer widower.

For this event a special reduced price....all tickets £3 are available at the door.



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Music at Kinross Parish Church

There will be two big concerts at the Church in the Kinross Music Festival, on 19 and 20 November. On the Saturday at 4.00pm will be the Festival Home Bru with tickets available at £2.50 at the door (or buy a £10 Rover ticket from Sands the Ironmongers, Milnathort Post Office or from the website www.k-m-f.org.uk, which gives admission to all the music events with an entrance fee of £2.50).

The programme will be an extremely varied one with all ages participating and all kinds of music (don't be fooled by the 'classical music' label!). On the Sunday evening at 7.30pm the Festival rounds off with a concert by the Fell Clarinet Quartet. All four players are graduates of Royal Northern College of Music and they have at least two prize-winning CDs of their playing behind them. Their concerts display entertaining virtuosity and insights into Hungarian and klezmer folk music amongst other styles. They have commissioned many pieces and have made some arrangements of their own to provide an ear- and eye-opening experience of the music of the clarinet family. Tickets are £10/£5 for adults and children from the same sources as above.

On the Friday following the festival (ie. 25 November), we are to have a visit from **Paul Livingston's St Patrick's Ensemble** on the eve of a very exciting concert in the Usher Hall in Edinburgh. Steve Burnett is an Edinburgh violin maker, and he has made a quartet of instruments from a tree which used to grow next to Arthur Conan-Doyle's childhood home. Paul's Ensemble is to give the inaugural recital on the 'Conan-Doyle Quartet' and that will be in Kinross! He is bringing Ani Batikian, an exciting young violinist, who is making a name for herself as a soloist (see her website). The other players are variously from the Royal Conservatoire in Glasgow and from Berlin. The programme will be salon pieces from films (including 'The Titanic') and short quartet movements by Dvorak and Hans Gal, who as a refugee, settled in Edinburgh for most of his adult life. It will be a pleasure to see Paul back again in Kinross. Tickets will be available at the door on 25 November at 7.30pm.

A quick word about two free concerts in the Festival: at 1.00pm in the Gallery of the Grouse and Claret on **Saturday 19 November**, the **Queich Recorder Consort** is teaming up with the Kilmagadwood Players to give a programme on the theme of dance, and at 2pm on **Sunday 20 November**, Kinross's Singing Dentist, **Bartek Matuszek**, accompanied by Alex Cant, will give a recital of music for tenor in the dining room of the Kirklands Hotel.

Looking ahead to December, we will be welcoming **Bruce Davies**, the singer/guitarist, who will give a Christmas Concert of songs and carols for all the family. The concert will be in the Church and Christmas refreshments will be provided, and there will be a chance to buy Bruce's CDs as presents for all those friends who have everything! **Friday 16 December** is the date and 7.30pm starting time.

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Light Up Kinross Christmas Light Switch On

Monday 5 December

The procession, led by Kinross & District Pipe Band, will leave from the Church Centre at 6.45pm and will parade up the High Street to the County Buildings, with the switch on at 7pm. Craig Levein, Scotland Football Team Manager, has been invited to switch on the Christmas lights. There will also be a short fireworks display. A collection for Light Up Kinross will be held on the evening. Please give generously; all contributions help towards providing a better display for the town.

We are grateful to the businesses in the town for their continued support, without which we would be unable to cover the costs of erecting the lights each year. As well as circulating on the evening, collection boxes are displayed in a number of shops in the town throughout the year; any contributions are appreciated.

M Scott, LUK Committee

New series of books reveal a picture of life in medieval Perth

A series of publications, 'Excavations at 75-95 High Street, Perth', sponsored by Historic Scotland, was launched in Perth Museum and Art Gallery on 20 October. The series reveals a fascinating insight into Perth's largest ever medieval excavations.

The archaeological dig, which took place in Perth's High Street in the mid 1970s, unearthed the remains of up to 29 wooden buildings, textiles, Spanish silks, metalwork, leather, wooden and bone objects as well as medieval pottery and animal bone.

There will be four books in the series. The first two will detail the history, excavation, excavated buildings and the environmental and zoological evidence. The third and fourth will be published next year and will describe the ceramics, metalwork, religious objects and wooden objects, leather and textiles.

The finds from the excavations are part of the collections of Perth Museum & Art Gallery, Perth & Kinross Council.

For further information on how to purchase the books, contact Derek Hall, TAFAC Asst Editor, 34 Glenfarg Terrace, Perth, PH2 0AP or email derek.hall1@blueyonder.co.uk

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Kinross businesses quick to respond to wake-up call

By Karen Elwis, Euroword

Ask yourself the question: is it really worth dragging yourself out of bed on a chilly autumnal morning to attend a business meeting at 7.30am?

It certainly is if that meeting offers you an opportunity to interact with a lively group of like-minded local business people. And, all the more so, if the meeting place is a local culinary hotspot such as Loch Leven's Larder – with the prospect of fresh orange juice, piping hot coffee, muesli and cereal, followed by a full cooked breakfast.

So it was that on 5 October, representatives from 35 Kinross-shire businesses made their way around the loch, through the early morning mist, and arrived wide awake and ready to network.

What never ceases to amaze on such occasions is the sheer diversity of entrepreneurial talent in Kinross-shire, as evidenced by the eclectic expertise gathered around each of the breakfast tables. Amongst others, the services represented ranged from provision of financial and business advice to building services and commercial cleaning, from renewable energy to wedding venues and digital media, and from self-storage to deer farming, golfing holidays, electric bikes and yoga.

Of course, the *raison d'être* of such get-togethers is that companies are essentially there to promote their own business. Yet far from feeling even remotely pressurised, the atmosphere was extremely relaxed, and it was fascinating to hear at first hand what fellow Kinross-shire businesses have to offer.

Organised by the Kinross-shire Partnership, the networking event was undoubtedly a resounding success. Not only did all the early birds who attended have the opportunity to tell a wide range of other Kinross businesses about their products and services, they also enjoyed a Loch Leven's Larder breakfast par excellence – and all for the modest sum of £10 per head.

If for any reason you didn't make it along to this inaugural breakfast meeting, have no fear... there will be another similar early morning networking opportunity on Wednesday 2 November: same time, same place. And if you did come along last time, we'd be delighted to see you again.

PS: Please remember to email Kinross-shire Partnership's administrator, Sandra Ralston, to let her know you're coming along. (*See notice at right.*) That way she can make sure there's plenty for everyone to chew over on the day – both literally and metaphorically speaking!

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Business Breakfasts

Open to all Kinross-shire Businesses

Kinross-shire Partnership is hosting two more Business Breakfasts at Loch Leven's Larder after a very successful launch attended by over 30 businesses.

They will take place on

Wednesday 2 November and Wednesday 7 December
from **7.30am to 9am**

The aim is to allow local businesses of all sizes to network and to share business goals. Everyone will have the opportunity to introduce their business. Please bring your business cards and any brochures you wish to display.

The cost of attending with Breakfast will be £10 per person and will include a full Scottish Breakfast, cereal, fresh juice, fresh fruit, toast, coffee and tea. Please pay by cash on the day. Receipts will be issued.

To register to attend one of the Breakfasts, please email Sandra Ralston, Kinross-shire Partnership Administrator, at mail@kinrosspartnership.org.uk or call 07774181768

www.kinrosspartnership.org.uk www.kinross.cc

More members wanted for Campus Partnership

As part of the ongoing development of the Loch Leven Community Campus, the Partnership group was established to ensure the views of the users and the community are heard and also to influence change and services delivered via the campus. It is important its membership represents the diversity of the community and reflects as wide a cross-section of campus users and local community organisations as possible, for example: local Arts and Cultural groups, Sport, Young People, Older People, Community Councils and Residents Association.

This is an opportunity for local people to be involved in shaping the future of the campus and its services and to help ensure the campus plays a key role in community life. As the role of the campus and its activities increase, it is important the local community informs future developments. The local Community Capacity Building Worker will attend Partnership meetings in order to provide support.

We are currently looking to extend the group's membership and if your organisation would like to be involved in this key area of the campus development, or require more information, please contact your local Community Capacity Building Worker: Tracey Ramsay, Senior Community Capacity Building Worker, Loch Leven Community Campus, Muirs, KINROSS, KY13 8FQ. Telephone 01577 867124. Email: Tramsay@pkc.gov.uk
Or for more information about the Loch Leven Community Campus, visit <http://www.pkc.gov.uk>



Local dental practice offers free mouth cancer screening

Mouth Cancer Action Month is an annual campaign organised by the British Dental Health Foundation to help raise awareness of the symptoms and those most at risk.

With this in mind, **Gault & Oliphant Dental Practice** is welcoming both existing patients and non-patients for a free mouth cancer screening every Wednesday morning throughout November.

The examination will involve a soft tissue check as well as discussing any concerns the patient may have such as mouth ulcers that haven't healed within three weeks, red or white patches or other unusual lumps or swellings in their mouth.

"It is estimated that 6,000 people alone this year will be diagnosed with mouth cancer and diagnosing the symptoms early could extend the lives of 5,400 of them," said Dr Nigel Carter, Chief Executive of the British Dental Health Foundation. "To check if you might be at risk, visit www.mouthcancer.org"

To book your FREE mouth cancer screening this November at Gault & Oliphant Dental Practice call **01577 862273**.

Screening is for mouth cancer and does not replace a normal dental check-up. Screenings may vary but would typically consist of an examination of the tongue, gums, lips, inside cheeks, and the roof and floor of the mouth.

Did you know...?

... around a fifth of the UK's population smoke and the habit is still considered the leading cause of mouth cancer. According to the World Health Organisation, up to half of current smokers will eventually die of a tobacco-related disease, including mouth cancer.

... drinking to excess can increase mouth cancer risks by four times.

... as alcohol aids the absorption of tobacco into the mouth, those who smoke and drink to excess are up to 30 times more likely to develop the disease.

Although mouth cancer is more likely to affect people over 40 years of age, an increasing number of young people are developing the condition.

Kinross Parish Church's ShelterBox support

Kinross Parish Church has raised the fantastic sum of £1956 for ShelterBox at its Communion and Harvest Sunday appeals, which will enable three of these potentially life-saving boxes to be purchased and distributed to those in need.

'Before the appeal, we had an actual ShelterBox in the church at one of our services, which enabled people to see what they were giving towards. I think that made a big difference', said Rev Alan Reid.

Set up by a Cornish Rotary Club (and strongly supported by the local Rotary Club of Kinross and District), ShelterBox is an international disaster relief charity that delivers emergency shelter, warmth and dignity to people affected by disaster worldwide. Among other life-saving work, ShelterBox is currently supporting families in Ethiopia and Kenya after the worst drought in 60 years.

Stop smoking support at Rowlands

Members of staff from Tayside Smoke Free Services, along with stop smoking mascot 'Big Cig', were on hand at Rowlands Pharmacy in Kinross on 23 September to give advice and information on giving up smoking.

Smokers were able to sign up to the stop smoking service provided by the pharmacy which includes free Nicotine Replacement Therapy and one-to-one support on a weekly basis in the pharmacy's new consultation room.

If you are interested in finding out more about the stop smoking service that the pharmacy provides then pop in and have a chat with the staff when it's convenient.

It is estimated that there are 23,000 adult smokers in Perth & Kinross, 22% of the region's population. Giving up smoking is the single most important lifestyle decision that anyone can make to improve their health immediately.

For more information on all of NHS Tayside's Smoke Free Services, contact 0845 600 999 6.



l to r: Tracey Furness, NHS Development Worker, Kirsteen Howie, Pharmacist. 'Big Cig' was Sarah Sinclair, Dispenser Assistant

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Newsletter Deadlines

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

The Eco House at Milnathort one year on *By Joseph Giacopazzi*

Last November we moved into our eco house at Milnathort, newly completed by the Good House Company. Apart from the high quality finishings and first-rate build quality, what impressed us most were the unexpected bonuses of eco house living.

We were delighted by the absence of noise from outside; an outcome, we learned, of the sound deadening effect of the thickly insulated walls and the triple glazing. Also, as the heating is under floor, there are none of the noises associated with a central heating system. Although this house is mechanically ventilated, the sound from the fans is hardly noticeable when on their lowest setting. It can be heard on higher settings, but is never excessive.

Mechanical ventilation, a concept relatively new to the UK, ensures the delivery of filtered fresh air to the house. It removes cooking smells rapidly. Also, when showering, the bathroom mirrors and windows do not steam up as damp air is quickly expelled. The bathrooms never have a damp smell and towels dry rapidly. One is aware of a degree of freshness in any room as all the air is automatically replaced every couple of hours.

Under floor heating brought immediate, unexpected benefits. Unlike radiator based systems which require water temperatures of around 70 degrees, under floor systems need only 30 degrees or less; yet the ambient temperature of the principal rooms in our house remained at a constant 21 degrees all through the winter. The heating system automatically compensates for changes in outdoor temperature so that there is no alteration to thermostats once they have been set. In this way the house enjoys its own consistent 'micro climate' with hardly any variation in temperature whatever the season. The upstairs rooms, despite having no central heating of any kind, also remain at a comfortable temperature.

Thanks to the accuracy with which the triple glazed windows are fitted, the house is entirely free of draughts, so adding to the level of comfort.


The house is fitted with a state of the art air source heat pump, which takes low grade heat from the outside air and turns it into usable heat for the house. While the system uses electricity, it does so in an efficient way; indeed for every unit of electricity the heat pump uses, it produces on average about two and a half times as much heat. While there is no doubt that ground source heat pumps are more efficient and give better returns, it was decided to fit an air source heat pump to reduce the initial outlay. Air source heat pumps are about half the price of ground sourced ones.

Although gas central heating still remains the cheapest option where available, heat pumps offer a more affordable alternative to heating oil, particularly so where a house is well insulated.

The house benefits from an installation of Photovoltaic Panels by Solar Energy Scotland Ltd, a local company. Based on the figures for 11 months, the indications are that the system should provide about 5,000 kilowatt hours of electricity in a full year. This would mean a return of around £2,200 annually, more than enough to pay all the £1,700 energy costs involved in providing electricity for heating, cooking, hot water and running the domestic appliances. This represents a considerable bonus in view of the likely increase in energy prices.

It is worth noting that although the house produces more income from generating electricity than is spent, the actual usage of power exceeds the production. This anomaly arises from the generous subsidy which the government gives to domestic solar photovoltaic installations, currently at the rate of 43 pence per kilowatt hour. This deal is index linked, tax free and guaranteed for 25 years.

If anyone is planning a similar project I'd be happy to share information with them.



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News from the Health Centre



Flu Appointments

Our Flu Clinics are running on Saturdays again this year. They will be on the following dates:

Saturday 5 November	8.30 am to 5.00 pm
Saturday 12 November	9.00 am to 1.00 pm
Saturday 19 November	9.00 am to 1.00 pm

Appointments are being booked up quickly. If you are eligible for the flu injection and have not yet made an appointment, please call Reception on 01577 862112 and book an appointment.

We are keen for all those who are eligible to have the vaccination. This applies particularly to those under 65 in any of the At Risk groups shown below. Uptake amongst these patients has not been high over past years, but we are pleased that it is now increasing. Flu can make chronic health problems worse and it is therefore important for those with any of the conditions listed to make an appointment for the flu vaccination.

Clinicians will visit the day centre, and the residential and nursing homes as usual.

Over 65s	Those over 65 by 31 March 2012
Those aged 6 months or over in clinical 'At Risk' Groups	Chronic respiratory disease and asthma that requires continuous or repeated use of inhaled or systemic steroids or with previous hospital admissions. Chronic heart disease Chronic kidney disease Chronic liver disease Chronic neurological disease Diabetes Immunosuppression
Pregnant women	Pregnant women at any stage of pregnancy
Long stay residential	Those living in long stay residential care homes or other long stay care facilities
Unpaid Carers and young carers	Those who, without payment, provide help and support to a partner, child, relative, friend or neighbour who could not manage without this help. This could be due to age, physical or mental illness, addiction or disability. Young carers are those under 18 who carry out significant caring tasks and assume a level of responsibility for another person which would normally be taken by an adult.

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Loch Leven Community Library

Loch Leven Community Campus, Muirs, Kinross
Telephone: 01577 867205

Children's author and storyteller **Tony Bonning** will be visiting the library on **Saturday 12 November**. Between 11.30am and 12 noon, children aged four to 11 years old can enjoy some of his spooky tales.

Tony grew up in Ayrshire and studied engineering before turning to writing. Among his popular books for youngsters are *Stone Soup*, *Another Fine Mess* and *The Great Goat Cheese*.

Doors open in the Lecture Theatre at 11.15am. Tickets, priced at £3.50 each, are available from the library in person, or by telephoning (see heading).

Popular crime writer **Aline Templeton** will visit Kinross on **Tuesday 22 November** to share her experiences of writing popular crime fiction.

Aline is a very experienced author with a successful series of crime novels featuring DI Marjory Fleming. Her latest novel, 'Cradle to the Grave' is the sixth in the series and was published last year.

Aline grew up in Anstruther, and the memories of beautiful scenery and a close community inspired her to set the DI Fleming series in a similar place - rural Galloway in the south-west of Scotland.

As well as talking about her work, Aline will also answer questions. Doors open at 7.15pm for the 7.30pm talk. Tickets costing £5 are available from the library, or by telephoning (see heading).

Christmas card-making workshops for children

The library will be holding two free festive-themed craft workshops for children and families on **Saturday 3 December** and **Saturday 10 December**. On both days between 1.45pm and 2.45pm, there will be the chance to design and make your own Christmas cards. Library staff will be on hand to help and all materials will be provided. Why not come along and enjoy some creative fun?

Youngsters may also like to make a greetings card for one of the library's housebound users. These cards will be delivered before Christmas as part of the Books on Wheels programme run with the WRVS.

Booking is not required for the sessions. For further information, please telephone the library (see heading).

The Tale of Rapunzel will be told in a fun adaptation by **Clydebuilt Puppet Theatre** on **Saturday 17 December**.

Youngsters aged three to seven years old are being invited, accompanied by their parents, to visit Dame Gothel's garden and let their hair down with Rapunzel. All the elements of the classic fairy story are included: the witch, the beautiful girl locked in a tall tower and the handsome prince who tries to save her.

The show will be held between 11am and 12 noon on **Saturday 17 December** in the theatre at the campus.

Tickets, priced at £3.50, go on sale from Saturday 5 November and will be available from the library in person, or by telephoning (see heading).

Contributors

Please write or type clearly
Leave a margin
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Kinross Cycling Club donate two bikes to local Police



Sportive Kinross organisers, Kinross Cycle Club, have announced they are donating two mountain bikes for exclusive use by the community Police officers in Kinross. The bikes will be supplied by Loch Leven Cycles of Kinross and will be Raleigh Freeride AT20s. The bikes are 21-speed hard tail MTBs and provide the sizing and specification options required by the Police for community use.

KCC Chairman and Event Director of Sportive Kinross said:

“The idea for the donation came about at the event in April this year after a conversation with one of the Police Special Constables.”

Entries for the club's flagship event, Sportive Kinross, are already at a maximum for 2012.



KCC Chairman Paul Zarb in Sportive Kinross kit, raising money for Red Nose Day

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www.kinross.cc

Local MP condemns cut to Winter Fuel Allowance

Gordon Banks, MP for Ochil and South Perthshire, has condemned the Coalition Government's intentions to scrap the temporary increase to the winter fuel payment of £50 for households with a pensioner up to 79 and £100 for someone aged over 80.

The Labour government had renewed the temporary top-up every year since introducing it in 2008. George Osborne failed to mention that the uplift would not be renewed in his budget speech, nor was it included in the budget document. Gordon Banks previously led a successful campaign to have a new cold weather monitoring station introduced in the Strathallan area in South Perthshire, to ensure that locals did not lose out on Cold Weather Payments.

Gordon Banks MP said: “I am very concerned about pensioners because at a time when energy and food prices are rising, the poorest may have to make a choice between eating and heating. The past two winters have been extremely cold and with winter approaching, to allow this top-up to “expire” is downright irresponsible on the government's part.”

Community Environment Challenge Fund opens for applications

Community groups and organisations around Perth and Kinross have the opportunity to apply for financial support from the Council's new Community Environment Challenge Fund. The initiative will provide £100,000 a year for the next five years for projects to physically improve the environment of local towns and villages.

Set up as part of the Council's 2011-12 Capital Budget, the Fund is intended to build on the success and experience gained through Placecheck and other community-led, Council-supported initiatives.

The Fund opens this week with a **first deadline** for submitting applications on **11 November** with a decision expected on 13 December. There will be a **second deadline** on **27 January 2012** with a decision expected on 28 February. Community groups will have further opportunities to apply as deadlines will be regularly announced.

Environment Convener, Councillor Alan Grant encouraged communities to apply for support: “The Fund is designed to give communities the chance to address key environmental issues in their local area. We want to see projects designed to improve the quality of life and I would urge groups and organisations to come forward with their proposals.”

Funding will be administered through Perth and Kinross Grants Direct. For further information or to obtain a copy of the single grants application form, please call 0845 605 2000 or go online to www.pkgrantsdirect.com

MSP visits Portmoak Primary

Annabelle Ewing, Member of the Scottish Parliament representing Mid Scotland & Fife, paid a visit recently to Portmoak Primary School, Kinnesswood, accompanied by local Councillor Sandy Miller.

During the visit Ms Ewing heard details of Portmoak Primary School's campaign to gather as many votes as possible for their RBS community project. They are trying to raise funds for a new library/multi-sensory room.

New Guide to Local Churches

By Gordon McFarlane

'Sacred Perthshire and the Tay Valley' is a new guide book to churches open to visitors in this area, including Kinross-shire (despite the title!). Costing £7.99 and published by Saint Andrew Press (ISBN 978 0 7152 0956 1) this would make a good Christmas present for those with a local connection or an interest in historic buildings.

The book starts with an introduction to the architecture and history of church building in the area and then provides information on all 128 individual churches in Perth and Kinross, Dundee and Angus that are members of 'Scotland's Churches Scheme', an ecumenical charitable trust (registered no. SC022868). This aims to *'provide an opportunity to access the nation's living heritage of faith by assisting the 'living' churches in membership to ... open their doors with a welcoming presence.'*

Part of helping churches open up to the wider community is the preparation of guide books to the many churches waiting to be explored all over Scotland. Such has been the growth of the movement that the original single guidebook for the country has had to be replaced by nine regional guides, of which the last three, including the Tayside volume, have just been published. Information on all these churches and on the charity itself is also available at www.sacredscotland.org.uk. Within Kinross-shire, four churches participate in the scheme and are in the new guide book, with historical information, opening details and illustrations. Remarkably, three of these – Cleish, Portmoak and Kinross Parish Churches – were all built in the same year: 1832. The fourth, Orwell, dates from a century before.

All three 1832 churches are mentioned in the book's introduction as one of a group of churches which *'have Tudor windows with flattened arched heads, which became popular briefly in the 1830s.'* Despite its 1832 date, Cleish Parish Church occupies a site for worship dating back to the 13th century. Its tower was added in 1897. Kinross Parish Church, the largest of the group, is the local example of the *'tall, rectangular Gothic church with a pinnacled tower'* which, according to the new guide, emerged as a distinct type in Perth and Kinross between 1810 and 1840. Portmoak Parish Church, between Scotlandwell and Kinnesswood, is the only church in the county featured in the book 'Scotland's Best Churches' by John Hume, where it is included because it is a typical, little altered example of a common type of rural church.

The earlier church of Orwell, Milnathort, which dates from 1729, is also mentioned in the book's introduction as its construction *'may well reflect prosperity based on linen manufacture and better farming'* in the early eighteenth century in this area.

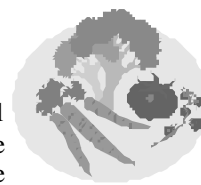
Outwith Kinross-shire, the grandest churches listed are the old cathedrals at Dunkeld and Brechin, the great burgh churches of St John's, Perth and St Mary's, Dundee and the Victorian cathedrals built by the Scottish Episcopal Church in Dundee and Perth. However there are also numerous delights to visit among the less well-known smaller churches listed in the book.

The 'Kinross Churches Together' pages in this Newsletter list the events over the next month in the local churches mentioned in the book (and others in Kinross-shire not included) and also give contact details if you want to arrange a visit at another time.

Countdown to Christmas

By Alisa V Wilson

Between the present shopping, school pantomimes, nights out to planning the perfect dinner, the run up to the festivities can be exhausting for most Mums. Follow these stress-breaking tips to help you to stay sane, healthy, and full of energy come the big day.



1. **Eat Well** – A stressed body uses up nutrients at almost twice the rate as normal, so eat a healthy balanced diet. B vitamins in particular are vital for energy and are burned up quickly, so eat plenty of B-vitamin rich foods such as oily fish, eggs and brown rice. Antioxidants found in fresh fruit and veg can also help to combat stress, as can essential fatty acids, so make a delicious vegetable juice every day and add some Omega seed mix.
2. **Balance Blood Sugar for Energy** – Keep blood sugar levels stable by eating plenty of foods that release energy slowly throughout the day. Replace white bread, pasta and rice with wholegrain and switch from processed cereals to unrefined, such as oats. Instead of potatoes choose brown pasta or legumes and use brown basmati rice to accompany warming festive curries. Eating smaller quantities at each meal and having a small snack between meals is vital to stabilising blood sugar. Having a healthy snack, such as fresh fruit with a handful of nuts or seeds or oatcakes with hummus mid morning and mid afternoon, will enable you to maintain energy levels.
3. **Watch Your Digestion** – Rich foods and over-indulgence can have a detrimental effect on the digestive system. Heartburn, indigestion and constipation are common at this time of year. Avoid bad digestive habits – try not to overeat, stick to regular mealtimes and avoid snacks on the run.
4. **Boost Your Immunity** – Now is the time to build up your natural defences. Regular doses of milk thistle and artichoke can help to support the liver and Echinacea may help to boost immunity. Consider a Vitamin D supplement, as recent research is proving that deficient vitamin D levels will significantly impair the immune response and increase susceptibility to contracting colds, flu, and other respiratory infections.
5. **Beat the Hangover** – It can be difficult to avoid a hangover or two over the festivities, but there are ways to limit the damage. If you have had one too many, brew up a cup of lemon and honey tea before turning in and drink as much water as you can. The tea will help to hydrate you and honey is thought to help the liver process alcohol faster. In the morning have a mug of warm water and lemon before breakfast.
6. **Say No to Stress** – Christmas preparations can be stressful, which can lead to family rows. Learn to say no and let go. Let go of trying to create the perfect celebration for the whole family and focus on what you are looking forward to – children opening their stockings, visiting relatives or just sitting at the dinner table chatting while the kids play with their new toys.

Alisa Wilson is a qualified Naturopathic Nutritionist (Dip.Nutritional Therapy). She runs a local consultancy, Nutritionalise. Website: nutritionalise.com

Stretching our Comfort Zone

By Caroline Winn

I was reminded today about how challenging things can feel and how emotional our behaviour can become when we're operating outside of our comfort zones.



Everyone has a comfort zone – even personal development coaches! In our comfort zones, we feel safe and secure, comfortable and relaxed; we use tried and tested solutions and behaviours. Many people never go outside of their comfort zone, preferring to stay in the world they know. Yet a comfort zone can also represent boredom, lack of challenge, routine or stagnation. A great person once said, “if you do what you’ve always done, you’ll get what you’ve always got”. Think about your situation for a moment. If you really want something different, then you’ll have to change something, and that means moving out of your comfort zone!

Outside of our comfort zone we may feel vulnerable, fearful, stressed, uncomfortable and at risk. We can also feel excited, challenged, energised and alive. Which emotions dominate links to how far outside of the comfort zone we’re operating: go too far outside, and we get to a danger zone, where the fear and stress dominate, we stop being able to cope, and survival becomes our main focus. When this happens we can react very emotionally and even irrationally. Recognising this point is key - we can then take a few steps back into our comfort zone, before deciding where to go next.

So how can we stretch our comfort zones without entering the danger zone? One of the world’s great explorers and motivational speakers is Miles Hilton-Barber, who went blind in his early twenties. Despite this, he’s completed many of the world’s most gruelling challenges, challenges that most sighted people would not even consider. Miles explains that when he feels challenged and out of his comfort zone, he says to himself, “OK, I may feel scared by this situation, but what is even bigger than this – what is the greatest possible challenge I could consider? How can I “push the circle” of my comfort zone?” For example, for many, running a marathon is way too big a challenge.

“Pushing the circle” out from here could be running the “toughest foot-race on Earth”, 150 miles across the Sahara Desert; completing the “coldest marathon on Earth” - the Siberian Ice Marathon; or competing in the “hottest ultra-marathon on Earth” across Death Valley, California – all challenges that Miles has completed. Compared to these extreme challenges our “normal” marathon appears so much more do-able – it’s “only” 26 miles in comfortable, UK temperatures and weather.

Stretching our comfort zone could be compared to climbing a mountain. We may know our destination: the top; we may have a plan of how to get there: to follow the path. Yet sometimes, we may come across a rockfall blocking our route. We might have to go sideways, or even backwards to find our way round the blockage. Sometimes the route may be so rocky and steep that we get scared, we can’t look down for fear of falling, so we hang on tightly to the rock. We may even change our route to avoid the impossibly steep section above. Sometimes, we get so scared we decide to go back down. On turning around to admire the view, we recognise how far we have come from the start, and perhaps see another way around the difficult sections. The next time we try, most of the route is familiar and much less scary, and we’ve a new path to follow round the difficult section, so at last, we make it to the top. What an achievement! We can see so far, and see so many other mountains that we want to climb next!

The keys to stretching our comfort zone include being flexible in our plan whilst keeping the destination or goal in mind; “pushing the circle”, reducing our fear factor by considering other even greater challenges; remembering to look back to notice our growth and learning; remaining open to new options and opportunities that were not apparent at the start; and remembering that the journey is often more important than the goal. Sometimes just starting is enough. Every step we take is a step in the right direction. The only limits in our lives are those we accept ourselves.

So where are you going next?

Caroline Winn is a qualified Master Practitioner of NLP, Time Line Therapy and Hypnosis, and a Master Coach at Ascent NLP Ltd, www.ascentnlp.co.uk. Her coaching services are also available through The Zen Zone in Milnathort.

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Police Box



2011 Be Safe for Autumn Campaign

“Tackling Vandalism, Youth related disorder and Alcohol related crime to reassure the public and reduce alarm and distress to the community”

This campaign has been running in the Perth and Kinross area during the period 29 September to 13 November. The aims of the campaign are similar to previous divisional initiatives such as Homesafe, Operation Dry Up and After Dark.

Analysis has shown that vandalism, youth-related disorder and alcohol related crime peaked during October last year and the ‘Be Safe for Autumn Campaign’ will give sections the opportunity to plan preventative measures to address same.

The objectives for the ‘Be Safe for Autumn Campaign’ are:

- To increase community confidence by providing a reassuring high visibility police presence to the communities of Perth and Kinross
- To reduce incidence of Vandalism
- To reduce Alcohol related crime
- To reduce Youth related disorder
- To reduce weapon carrying/knife crime
- To reduce Hate Crime

Farm Security

Over the past few weeks there have been a number of thefts from rural farm properties in the Kinross-shire area. With this being a rural area it is can be more susceptible to crimes like these and potential thieves may use the opportunity that these rural locations present to steal items such as vehicles, plant, tools and fuel.

Where there are a number of access roads allowing entry to farms, these should be kept to a minimum and main access roads should be secured by locking gates. If suspicious persons or vehicles are seen in or around farms, the Police and neighbouring farms should be informed. Farmhouses, steadings and other outbuildings, should, where possible, be alarmed and secured with suitable locks.

Farm and plant machinery is very attractive to thieves due to its high value and is routinely reported stolen from farms, building sites and other rural locations. It is therefore recommended that where possible such machinery is kept out of view and locked away when not in use. Consideration should also be given to property marking and ensure that all keys are kept in a separate location.

Also vehicles such as quad bikes, motor bikes and other 4x4 vehicles are often subject to thefts. It is advisable to keep such vehicles locked away when not in use. These vehicles should be kept as close to occupied farm buildings where practical.

The majority of tools used on farms can easily be lifted and placed within a vehicle, and may not be missed for some time after a crime has taken place. It is advisable to property mark all tools and ensure that they are not left lying about and lock them away when not in use. It is also advisable to keep an inventory of tools which can be used for insurance purposes.

Fuel tanks are also a regular target for thieves and must be kept locked, especially where located in remote position.

Clock Change

Around the time this article is published, the clocks change and we will have less daylight in the evenings, which means that potential thieves can hide under the cover of darkness for longer. We would urge householders to be more vigilant with regard to the security of their homes and remember a house that looks unoccupied is tempting to criminals.

Householders may be well advised to consider the following crime prevention measures:

- Set timers on internal lights.
- Fit or check external security lights.
- Lock ALL doors, windows, sheds, garages and other outbuildings.
- Put away garden tools and ladders.
- Install an intruder alarm AND REMEMBER TO USE IT.
- Set blinds and curtains to deter “window shopping”.
- Mark valuables with your postcode and house number.
- Finally, be a good neighbour. If you see something suspicious, contact the police immediately!

Stolen bikes

There have been some recent incidents of push bikes being stolen in the area. Please do not leave bikes insecure outside housing at any time day or night. Keep them locked away in sheds or garages or padlock them if you have to leave them outside. Keep your property safe.

Winter vehicle checks

Drivers and motorcyclists are encouraged to carry out daily safety checks on their vehicles and to incorporate these as normal practice prior to driving.

Vehicle owners should take the time now to check their vehicles are ready for winter.

- Tyres should be checked in respect of tread depth, condition and pressure.
- Windscreen washers should be filled and wiper blades in good working order. All lamps, reflectors and windows should be clean and free from obstruction.
- Consideration should be given during poor weather conditions to the inappropriate use of speed, and the misuse of both front and rear fog lamps. Inappropriate use of fog lamps can cause unnecessary dazzle, especially in dark and wet conditions.

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

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

Constable Sadie Allan	Kinross and Milnathort
Constable Victoria Riches	Kinross landward
Constable Euan Mitchell	Abernethy, Bridge of Earn and Glenfarg areas.

Community Council News



The Community Council News is based on draft minutes of local CC meetings. Full draft minutes are posted on local websites and notice boards. In addition, Kinross CC minutes are lodged in the community library. Please note, the Community Council News is not a verbatim reproduction of CC minutes.

Kinross Community Council

News from the October Meeting

Present at the meeting held on 5 October were: CCllrs M Blyth, D Colliar, W Freeman, M Scott and C Watson. Also in attendance were P&K Cllrs S Miller, W Robertson and K Baird and four members of the public. Apologies were noted from CCllrs D Mackay, B Davies, L MacKay, I Jack and D Cuthbert.

Police Report: There was no police representative. A report received prior to the meeting was read out.

Recent incidents in the area included: vandalism to the fence at the Primary School; a break-in to two sheds on the Kinross to Cleish Road; a break in to a car in Montgomery Way and attempted break in to a car in Ochil View; theft of diesel from an unattended vehicle at MOTO car park; theft of a bike from the High Street; bogus workmen incident in Green Road; vandalism to a front door (spray painted) in Sandport and theft of metal from the roof of the Clydesdale Bank. All these are under enquiry.

Regular speed checks are being carried out on local arterial routes with warnings and conditional offers issued.

Nominated Neighbour Scheme: information given. *See Police Box, October 2011 Newsletter for details.*

Be Safe For Autumn Campaign: *See Police Box, p. 21.*

Heritage Trail: George Lawrie from TRACKS provided an update on the current position. A small section from Kinross Pier to the Mill is about to be officially opened. Although involving a short distance, this part of the project proved quite taxing as it included a major bridge over the Queich and a substantial bird hide. Work is progressing on the remaining route to complete the circle. Negotiations with landowners continue and it is hopeful that an agreement will be reached by the end of this year, the route being established by 2012 and construction being put in place thereafter. Funding from the Heritage Lottery has to be utilised by 2012.

Core Paths: Mr Lawrie advised that TRACKS have also been active in relation to the core paths. Signage is to be erected round the paths with money provided by the Council. This will also include links towards the Heritage Trail in areas such as Burleigh and Sunnypark.

Visitor numbers: The second stage of an ongoing survey will be conducted from 6/10/11 for four days. This will take place at the Pier. The results of the earlier survey taken during the summer over a two-hour period recorded 234 on the first day and 204 on the second. It was noted that all were visitors, not locals.

Future of Kinross Buildings

County Buildings: A proposal is on the table from a prospective purchaser. The CC and Partnership agreed to postpone any further involvement at this time and await further development. However, we have requested an assurance from the Council that if this purchase fails to materialise we would be able to recommence negotiations with them with a view to leasing the building.

Former High School: The property is to be remarketed for sale. Cllrs Robertson and Baird will raise this with the Council next week.

Mill Street: The CC has requested that this site be cleared and used for car parking. Cllrs Baird and Robertson will follow this up with the Council.

Swansacre: Work on this site is progressing well and the area is much improved.

Former Health Centre: NHS have confirmed that they are negotiating with a prospective purchaser who wishes to construct a Care Home on this site.

Common Good Review

CCllr Cuthbert asked that the Secretary read out this note:

“Firstly, I have to say that I am pleased that Perth and Kinross Council are carrying out a review of Common Good Properties throughout their administrative area. In my view, this is well overdue and should have been carried out in 1975, following the 1973 Local Government Act. If this had been done then the CC would NOT have had to face the Council in Court over the Town Hall and it is possible the property could have been sold and developed several years ago. Common Good is not something covered by Statute, but is governed by Case Law. This Case Law is complex and I will not go into it now. Suffice to say that the repeated message throughout Case Law and indeed supported by Minister’s answers at the Scottish Parliament is that all property acquired by a Burgh is Common Good unless it was acquired by “Statutory Powers”. The review being carried out by the Council uses a different test to determine whether a property is Common Good. The test they are applying is whether a property has been bought for a “Statutory Purpose”. This is a quite different test and not supported by either Case Law or Minister’s answers. It is my view that the CC should put this point to the Council and I would be happy to draft such a letter for approval by the Council on my return. The reason this matters, is that many properties will not be included in the Common Good Fund, when they should be. This means that the Kinross Common Good Fund is liable to be left with little or no income and little or no prospect of capital sales. Hence, the reason why I think we should object to the test currently being applied by Perth and Kinross Council.”

It was agreed that CCllr Cuthbert should draft out a letter to the Council.

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The Chairman stated that there was quite an extensive list of Common Good property, which included the Potager Garden, the play area at Green Road, Town Hall, County Buildings and the Myre. CCllr Colliar added that it would include virtually anything owned by Kinross Town Council/County Council and taken over by PKC.

Planning Application Submitted

11/01608/FLL Plots 1 - 84 Station Road, Kinross: Change of house types to plots 44- 46 and 59 – 62.

Planning Applications Approved by PKC

11/01112/FLL The Cottage, The Stables: Formation of walled garden enclosure along site boundary and erection of a greenhouse.

11/01171/FLL 94 Muirs: Alterations and extension.

11/01269/FLL 6 Emslie Drive: Conservatory.

11/00947/FLL Hallyard House, Wood of Coldrain: Change of Use of existing domestic dog kennels into commercial dog boarding kennels.

11/01050/LBC The Stables: Alterations, partial demolition and change of use of stables to form four guest accommodation units.

11/01113/LBC Kinross House: Alterations and extension to gatehouse.

Planning Application Refused by PKC

11/00872/FLL 31 Springfield Park: Extension to dwelling house. Refused.

Reports by Perth and Kinross Councillors

Cllr Baird reported on the Business Breakfast in Kinross which she attended.

Cllr Robertson advised that tenders are now being invited for the Relief Road. He explained that the delay was due partly to the negotiations in relation to the purchase of the land and SEPA issues that had to be addressed.

The Council Budget process for next year is starting now. Cllr Robertson added that again this would be a very difficult budget with a number of cuts being adopted in certain areas.

Cllr Miller reported that Smith Street would be closed for repairs on 14 December. This is to improve drainage and flooding issues in the street.

Portmoak Primary School has entered into a competition organised by the Royal Bank for funding for reading facilities. Councillor Miller asked that we log on to the Friends of Portmoak Primary School website and register our votes. The Secretary will arrange for this information to be placed on the Kinross cc website.

Charity Bags: CC Colliar asked if it was possible for the Council to control the amount of charity bags circulated. He commented that four or five bags can be received in a week.

Kirkgate Park: A member of the public reported that the toilets at the park are in need of repair.

Correspondence

Convention/Council Meeting: It was suggested that the Council provide a Directory of Council Departments listing their functions and providing appropriate contact details. It was agreed that the Convention would formally submit its proposal, that where a CC objects to a planning application, but planning officers are minded to approve, the final decision should always be made by the Development Control Committee.

Core Paths: Dave Stubbs of PKC advises that in the next couple of weeks he is planning to order new fingerpost signs and arrow way marker discs to provide direction to many of the proposed core paths around Kinross and Milnathort. The focus is on providing direction to some of the paths linking to the Heritage Trail but they are picking up some other paths too. Consultation with the landowners has taken place and Mr Stubbs does not anticipate objections to the proposals. He has also asked George Lawrie from TRACKS to follow this up. An email was also received from a member of the public who stated that it would appear to be limited to the immediate vicinity of Milnathort/Kinross and asked if there are any planned for the country areas? Mr Lawrie added that some of the names have been changed, explaining that the majority of people would not know where the Black Bridge was located (i.e. Sunnypark).

Disabled Person's Parking Places Order 2011: The Disabled Persons Parking Places Act of 2009 requires the Council to promote or vary their existing Road Traffic Orders for waiting restrictions to allow the enforcement of all Disabled Persons Parking Places. The parking spaces are in Avenue Road (3), Green Park (2), High Street, Ochil View (2), Sandport and Whyte Court. The Council forwarded a copy of the advert to be inserted in the Courier on 13 September. Full details may be examined at the campus.

CLD Group Meeting: Proposed date for Better Place to Live Fair is 3 March 2012. A link has been placed on the Kinross website. The next meeting is Monday 24 October at 10am.

Display at bus stop: Mr Warrington has approached Adshel and he awaits confirmation on whether they will agree to a second display board at the Town Hall. If agreed, the Public Transport Unit will fund the installation. If not, PKC will proceed with an information case in PKC's shelter outside Kirklands.

Forum Meeting: CCllr West attended this, however he was not present at the CC meeting to provide a report. The next meeting was suggested for January 2012 with the Local Plan to be the topic of discussion. No decision can be reached at the Forum Meetings. CCllrs attending will inform their CC of the discussions held.

Following on this discussion, a comment was made that a number of the public have no perception of what or who the Partnership or other similar organisations are or of their aims and purposes.

Other Matters

Election: All 11 members will be elected unopposed with effect from 3 November 2011. All relevant paperwork is to be signed by the new office bearers at the first meeting of the new CC after 3 November 2011. This meeting will take place on 7 December.

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A90 junction: CCllr Jack asked if we could approach BEAR to request repair of the fencing at the junction with the M90. The fencing on the south side of the junction side of Station Road is broken and requires attention. It was commented that the other side is broken as well. It was agreed that we should approach BEAR and report this matter.

Remembrance Sunday: 13 November. Approval for the Parade has been applied for and a meeting is to be held on 27 October.

Wallace Land: Two residents from Argyll Road commented that during heavy rain Argyll Road is prone to flooding and questioned whether the proposed houses would be linked into the current system. They requested that the CC consider this should a planning application for this development be lodged. Wallace Land previously commented that drainage is to be kept separate from the existing system. Cllr Miller added that if Wallace Land come forward with a planning application then at that time it might be appropriate to improve the road.

Primary School: It was noted that the single yellow line at the top of Ross Street was removed some time ago and has never been replaced. Cllr Robertson will follow this up. The congestion of traffic during the school run was again discussed. Cllr Robertson suggested that traffic wardens visit during these times and speak to the car owners.

The Next Meeting of Kinross CC will take place on Wednesday 2 November 2011 at 7.30pm in the Masonic Hall, Muirs, Kinross.

Agenda

- 1 Apologies for absence
- 2 Minutes of the meeting held on 5 October
- 3 Police report
- 4 Matters arising from the minutes of 5 October
- 5 Future of Kinross buildings
- 6 Kinross Common Good property
- 7 CC election update
- 8 T in the Park public meeting
- 9 Planning matters
- 10 Report from Perth & Kinross Councillors
- 11 Miscellaneous correspondence
- 12 Other competent business
- 13 Date of next meeting (7 December 2011)

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.

Kinross CC minutes are posted on the webpage:
www.kinross.cc/cc.htm

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Milnathort Community Council

News from the October Meeting

CCllr Hamilton, Chairman, welcomed CCllrs Smith, Giacomazzi, Bennet, Thomson, Milne Home and Cottingham to the meeting held on 13 October. Also in attendance were P&K Councillors Baird and Robertson. Apologies were received from PC Sadie Allan.

CC Election: As only seven nominations were received for the eight places available, all candidates have been duly elected. The new Community Councillors are: CCllrs Hamilton, Smith, Giacomazzi, Bennet, Cottingham, Thomson and Halford.

As it is the intention of the CC to fill the remaining place by co-option, any resident of Area 49 wishing to serve should approach either the Chairman or Secretary before the next meeting at which time a decision will be made.

Report by P&K Councillor Baird:

She had followed up the issue of a large tree on Donaldson Park overhanging private property. She had been told that, following an inspection, as the tree did not constitute a danger, it would not be pruned as resources did not allow and that lack of TV reception was not a reason for PKC to prune the tree either. The meeting felt that the response was less than satisfactory and it was suggested that the resident could lawfully prune the tree and leave PKC to dispose of the branches.

She had also followed up on the criticism of the current system of grass cutting at Donaldson Park whereby certain areas are left uncut all summer as a habitat for wildlife and wild flowers. She had been told that the project was part of Placecheck and that many wild flowers had been planted by the school children this year. The Chairman explained the management of the new system was to cut and remove the grass once a year in the autumn as this encouraged wild flowers to grow, however the process can take several years to work. This was not universally well received by some members of the public. A further issue was raised relating to the perceived lack of consultation about the proposals and CCllr Smith agreed that perhaps some residents had missed out on the consultations.

On the neglected gardens in Crawford Place, the tenants had been warned of their duties to maintain their gardens and some progress had been made with the hedges and front lawns being cut.

Planning Applications Submitted

Extension to dwelling house at 14 Old Perth Road and erection of garage and workshop. Noted.

Alteration and extension to dwellinghouse at 23 Burleigh Road. Noted.

Planning Applications Determined

Alterations and extension to dwelling house at 23 Burleigh Road: Refused.

Erection of stable block at Hattonburn Farm: Approved.

Erection of dwellinghouse at Netherhall Farm: Approved.

Jessie's Park: A logo for a plaque at the Back Loan entrance to the park was suggested by PKC, the erection of which shall be funded within the 'Placecheck' budget. The Milnathort in Bloom Committee will be asked to establish and maintain an adjacent bed of flowers.

A suggestion was received that a bike rack should be placed near the entrance to the park to prevent parking too close to the steps as this might impede wheelchair and pushchair access. It was, however, felt that present measures were sufficient to prevent inconsiderate parking.

Placecheck: The relevant works at Wester Loan and South Street having been awarded to Tayside Contracts, are scheduled to commence in January. The CC agreed to deliver the next Placecheck Newsletter.

Benches at Tillywhally Wood & cycle path: Cllr Bennet reported that the cost of supplying and fixing four benches by PKC would amount to a total of £1,248 with a further addition of between £120 to £140 for bench plaques. It is hoped that in addition to the generous help of the Kinross Road Runners, further financing might be granted by the Kinross-shire Fund. It was agreed to go ahead with this if the grant application is successful.

Bicycle trail in Donaldson Park: A scheme has been suggested for the construction of a trail to assist the cycling proficiency of younger children. Despite a negative view being expressed by a member of the public, the CC agreed that it was worth examining the proposal to assess its merits. It was noted that other such schemes exist. Cllrs were asked to ascertain the local views on this and report back to the December meeting.

Cllr Halford joined the meeting at this point.

Kinross-shire CC network: Details of the proposal for two meetings per year of the Kinross-shire CCs were received and commented on generally, but not unanimously, in a positive manner.

Loch Leven Heritage Trail: The Chairman, Bruce Hamilton, has been invited to represent the CC at the opening of the Kinross Mill section.

T in the Park: A meeting has been arranged at the Green Hotel from 7pm to 9pm on **Wednesday 16 November** at which 'residents and interested parties' may attend and make comments.

Jim Greig: Cllr Sandy Smith announced the death of Jim Greig. Jim was on the very first Milnathort CC.

1st Orwell Brownies e-mailed to express thanks for having been allowed access to Tillywhally Wood during their moth-trapping event.

Milnathort in Bloom thanked the CC for its continued support. The Committee, which this year won a Silver Gilt award, hopes to work on the war memorial grounds next year.

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Scottish Water's pumping station at the junction of Balfour Crescent and Burleigh Road continues to pose an unnecessary impediment to safe sight lines for traffic emerging onto Burleigh Road. Cllr Robertson has asked for a meeting with Scottish Water with a view to re-site the station.

Parking: Anti social and illegal parking in **Church Street** was raised by a resident. The CC expressed concern at the lack of support from the Police and PKC in such matters and, following a discussion, Cllr Robertson agreed to take up any specific complaints in future.

The issue was raised by a member of the public concerning the narrowing of the pavement between **Hilton Farm** and **Ballingall** owing to a build up of vegetation. Cllr Robertson will investigate.

A representative of **Fossoway Football Club** informed the CC that the club intended to apply for planning permission for a 'portakabin' changing and shower room at Donaldson Park. The CC agreed to support such a move.

Road signs: Cllrs Robertson and Baird will take up the matter of the numerous temporary road signs left at Marshall Place after the completion of work there. Cllr Robertson further undertook to raise the matter of abandoned and homeless sandbags at the back of the Town Hall.

The Next Meeting of Milnathort CC will take place on Thursday 10 November at 7.30pm in Orwell Parish Church Hall. Members of the public are invited to attend.

Milnathort CC minutes are posted on

www.kinross.cc/milnathort/milnathort.htm



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Portmoak Community Council

News from the October Meeting

Present at the meeting held on 11 October were: CCllrs M Parkin (Chair), J Bird, R Cairncross, T Smith, S Forde, D Williamson and M Strang Steel. Also in attendance were P&K Cllrs Baird, Robertson and Miller and eight residents. Apologies for absence were received from Cllr Barnacle.

A Police report was sent prior to the meeting. Details of the Police's corporate message and of the 'Be Safe for Autumn Campaign' were given. (*See Police Box p. 21.*)

Recent local crime: theft of construction and DIY equipment, Country Holdings, Wellside Park overnight on 29/9/11. Three persons were arrested.

Matters Arising from Previous Meetings

Stephen's field: The CC's solicitors are presently in touch with solicitors acting for A & J Stephen Ltd, and the acquisition of the field is proceeding, albeit very slowly. The secretary has written to Stephen's regarding the broken five bar gate straining post, although users of the field are finding it easier to enter the field without the gate in place.

Kinnesswood bus shelter: The bus shelter was inspected by Mr Moray Fraser of PKC Transport Department, without any prior notice, because he had been passing through Kinnesswood, and thought to take the opportunity. He had subsequently telephoned the Chairman to say that he did not think that the roof was leaking, but it had not been raining at the time. Mr Fraser however thought it would now be unlikely that there would be money available for a new roof in any event, but PKC might undertake to remove moss from the roof and paint the internal beams with a wood treatment. At the Chairman's behest another visit is planned, with a CCllr present.

Bus stop at Scotlandwell: The Chairman had spoken to Margaret Roy at PKC Transport Department, and she will make a site visit to discuss possible re-positioning of the bus stop, as raised by CCllr Forde at the September meeting. This visit would be combined with that of Mr Moray Fraser when he returns to view the bus shelter, as they work in the same office at PKC.

Build-outs: No reflective tape has been installed as indicated by Cllr Baird at the September CC meeting, and the signage on the Scotlandwell build-out on the A911 has been demolished by traffic, and requires replacement. It seems unreasonable that the community has to wait so long for things as simple as reflective tape or a replacement bollard.

CCllr Smith had received information that a replacement for the demolished bollard had been ordered by PKC.

CCllr Cairncross raised the question of whether the build-outs were indeed as successful an idea as first thought. He had initially been in favour of them, but the problems experienced since their completion had led him to question their benefit. The solar powered lighting for the build outs was not evident in the dark.

After a lot of discussion Cllr Robertson suggested that PKC Roads dept should be asked to visit the sites in question. It was also agreed that the CC should consider all the alternatives and arrive at an agreed position regarding the viability of the build-outs.

Water level in Loch Leven: The response from Mr Keith Miller, Clerk to the River Leven Trustees, expected by the end of August has not been received, but Mr Miller has apologised for this, and has said that he was still awaiting the information he needs to respond.

Wall opposite Portmoak Hall: The grey cement rendering, chosen by residents, has been applied by PKC contractors. The CC would like to thank PKC for following up the suggestions of the community in this matter. Item closed.

Proposed Kinross-shire CC Network: On 27 September, the Chairman and CCllr Cairncross attended an exploratory meeting in Kinross, organised by Cllr Barnacle, to discuss the possibility of the formation of a Network of Kinross-shire CCS, the purpose of which would be to exchange information, to discuss best practice, and to provide mutual help for the benefit of all Kinross-shire CCs, thereby improving procedures and practices, and to provide different perspectives for consideration, all for the benefit of the County of Kinross-shire. This meeting was attended by CCllrs from five of the six Kinross-shire CCs, plus Cllr Kathleen Baird. Sufficient common interest was shown for a second meeting to be held on 18 January 2012. It was noted that PKC approve of this proposed Network, and will kindly pay for the hire of a meeting room at the campus.

CC Elections: The present seven Portmoak CCllrs were nominated, and will therefore be re-elected on 3 November 2011 for a period of four years. There were no other nominations received.

Pedestrian Footpath along A911 between Easter and Wester Balgedie: This matter is in hand on a number of fronts. The creation of this footpath is a Portmoak CC objective. A suggestion that Dryside Road could be used was considered inappropriate. Cllr Robertson said TRACKS were currently in discussion with the three landowners beside the A911.

Cllr Robertson also informed the meeting that TRACKS were in the process of finalising the part of the walkway between Portmoak Moss and Grahamstone. It was considered that the Heritage Trail brought a lot of business to the area through visitor numbers.

Lomond Country Inn: The Chairman had contacted the owner of the Inn, who indicated that it was to be included in a sale by property auctioneers based in Edinburgh, at the beginning of November.

Gritting and snow clearing: In response to CC input, and requests for information, the PKC Area Roads Engineer (South) had e-mailed on 5 October to say that a full reply would be provided for Portmoak CC by Area Roads Engineer Mr Stuart D'All. This had not been received at 11 October, but information printed in the Kinross-shire Newsletter would indicate that steps are being taken for 2011 / 2012 that include some of the Portmoak suggestions made to PKC Roads.

There was discussion relating to the lack of response to date from PKC Roads. Despite local businesses preparing for expected bad weather, it seemed that PKC were still not discussing with CCs plans which would improve services

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over last winter's response. One of the suggestions made by the CC was a self-help scheme, whereby the CC could immediately contact suitable snow clearing contractors in the area when they were required.

Sub Committee Reports

Paths, Pavements and Roads: The culvert on the Michael Bruce Way might be repaired by the contractors presently working on the Heritage Trail.

CCllr Tom Smith will attend the official opening of the Kinross Mill section of the Heritage Trail on 31 October.

Planning: There had been 34 applications to date for the planning year 2011.

Since the last meeting there had been four applications. No objections would be made by the CC to 11/01533/FLL, proposed new build at Channel Farm, Pittendreich. 11/01484/FLL, proposed new build at Newlands Farm. 11/01574/FLL, proposed extension at Clunes, Scotlandwell.

However the CC had reservations about 11/01388/FLL, proposed new build at Levenmouth, and has submitted an objection.

There had recently been an approval by PKC for three windmills, 1 km NE of Glenlomond.

CCllr Cairncross, on behalf of the CC, participated in the twice-yearly meeting of the Planning Forum hosted by PKC. The areas covered included an update on the proposed Local Development Plan and how it was to be taken forward; a number of matters relating to planning conditions including the role of Section 75 Agreements; and specific matters relating to the planning process such as pre-application consultation, and errors on the PKC website. This was a constructive meeting with contributions from developers, CCs and PKC officials.

Ongoing issues that the CC is discussing with PKC include problems associated with the back dating of information and errors on the PKC website planning portal. However there has been a recent important change to public access of the Council's planning website. Early experience suggests that this change could meet many of the concerns raised by the CC.

One issue in the planning cycle that still created problems was the acceptance of material changes by the planning officers, without further consultation. The rules regarding this were still considered to be unclear. Cllr Robertson described this area of the planning process as a democratic deficit.

Although not directly associated with the planning process, CCllr Forde raised the problems that were now associated with the building site at Scotlandwell due to the lack of purchaser interest. Cllr Robertson suggested that the CC write a letter to the builder setting out the concerns of the community, and the Chairman asked CCllr Forde to list the problems, and he would write to the builders.

With regard to the building plots at Kilmagadwood, a resident asked if they could be alerted to any changes to the present proposals for this site. CCllr Cairncross suggested that the residents would have certain safeguards because of the way the Development Control Committee report granting approval for this development had been minuted.

Reports from Perth & Kinross Councillors

The Vane Farm Road would be closed for a short period in November, while a new water pipeline was laid.

Cllr Miller suggested that residents should consider the use of winter tyres. His experience last year was that they increased road holding especially on slopes in icy weather. He was aware of the cost of these items.

The recycling centre at Kinross was having a trial period with polystyrene products.

A survey had recently been undertaken on what visitors thought about the area in terms of facilities, especially around the Heritage Trail, and what improvements could be made. Cllr Miller also noted a planning application adjacent to the Gliding Centre.

Cllr Miller also asked the public to support the Friends of Portmoak Primary School request for their vote in the RBS Community Force competition. Some residents had experienced problems with the website.

Cllr Robertson was aware that a number of proposals for additional parking places in Portmoak were associated with the Heritage Trail, but said that it should be remembered that the original concept of access to the Heritage trail was via five access points, and these had not changed. It was also important to recognise that there was a bus route serving the Heritage Trail. Although parking spaces were important in each of the Portmoak villages, these should not be automatically associated with the Heritage trail, but should be considered for the benefits they brought to specific areas.

Cllr Barnacle had submitted his report via e-mail and quoted parts of a letter he had written to PKC Roads dept.

Other Business

1. Letter received from Kinross-shire Civic Trust re Planning Aid Scotland training event.
2. It was discussed how best to limit the speed of vehicles on the south side of Scotlandwell. CCllr Forde would set out the problems and the Chairman would write to PKC Roads dept to seek a solution.
3. A resident raised the issue of speeding traffic between Auchmuirbridge and Scotlandwell. Although this area was not part of the recommendation for a restricted speed limit, there was a clear indication that drivers were travelling at excessive speed. It was suggested that the CC could hire and operate speed detecting devices to quantify and qualify the problem. The Police say that when they use speed detecting devices it is usually local residents who are to blame.
4. Election of CCllrs: Following the nationwide review of CCs and the elections administered by PKC, the next meeting of the CC will be called by a Ward Cllr. A Ward Cllr will chair the first part of the meeting, to elect officers of Portmoak CC, and thereafter the CC meeting will proceed as normal.
5. A resident at a previous meeting had raised the issue of a partially obscured double bend sign on the road from Scotlandwell to Auchmuirbridge. The CC could now report that the undergrowth has been cleared from the sign.

Communications since last Meeting

The secretary has a list of communications received since the last meeting.

Any new subjects received are raised under AOCB.

The Next Meeting of Portmoak CC will be held at 7pm on Tuesday 8 November 2011 in the Primary School and will be an Extraordinary General Meeting, held in accordance with the recently updated Rules for Community Councils in Perth and Kinross.

Portmoak CC minutes are posted on the website

www.portmoak.org

Fossoway and District CC

News from the October Meeting

Present at the meeting held on 4 October were: Sandy Morrison (Chair), Marion Anness, Ramsay Cooper, Kevin Borthwick, Angus Cheape, Alastair Lavery and Trudy Duffy-Wigman. Also in attendance were P&K Cllrs K Baird, M Barnacle, W Robertson and eleven members of the public.

Apologies were received from Sheila Anderson, Community Police Officer. There were no declarations of interest.

Community Policing: A report had been sent. The main points were: the break-in at the school with laptops and various other items stolen, incidents of vandalism and an accident at the crossing at the hall which is under investigation.

A scam letter involving a Chinese bank was highlighted.

The Sports for All on Saturday 8 October in Crook of Devon public park between 6pm and 8pm was highlighted. It was pointed out that it would be dark at that time.

A member of the public raised a problem regarding runaways from Seamab with children being on people's roofs and throwing stones at the school building. He was advised to contact the Community Police Officer at the time of any incident. The Secretary will report the matter to the Community Police Officer.

Matters Arising

Blairingone Play Park Refurbishment: revisit in December.

Blairingone War Memorial: Trudy Duffy-Wigman to contact War Memorial Commission. Community to raise money for the fee for planning application.

Dunning Glen: An article appeared in the Courier which resulted in a BBC interview with Kevin and Trudy on site. The emphasis was to look again at the access code. Thanks to Kevin and Trudy for their efforts. Clean up to take place in November.

Pollution in River Devon: Await PKC detailed response and Scottish Water response.

Biomass Plant: There has been no further action from the developer. Marion Anness to contact Forestry Commission.

Church Car Park, Crook of Devon: Plans of area now agreed. Church to submit planning application.

Core Paths: Still going through final representations and the Reporter has to come back with his findings. An issue re Canbo was raised and will be dealt with locally.

Canbo Bus Shelter: Branches have been cut back.

Hedge Cutting: The hedge opposite Fossoway School has still not been cut. Local landowner has been contacted. The Council will not cut hedges in summer unless they are a hazard because of wildlife.

Presentation: Jenny from the Forestry Commission gave a presentation regarding future plans for access to the forest area. Two maps were circulated. The commission was currently negotiating with two landowners re access and had considerable plans for further access. There was also some discussion re tree planting and she confirmed it would be conifers and broadleaf.

East Coast 400KV Reinforcement Project: Cllr Barnacle has written to SSE.

CC Business

Elections: Five nominations had been received for Fossoway: Sandy, Trudy, Alistair, Kevin and Rod Paterson. It was understood that Sheila and Angus were willing to continue but were on holiday when the forms were issued and therefore could not sign them. They can both be co-opted.

The Chair requested volunteers for the remaining vacancy. He thanked Marion and Ramsay for their contributions to date and regretted that they were unable to continue as CC members.

Kinross-shire Forum: Alistair, Kevin and Sandy had attended a meeting. It was attended by Cllr Baird and all Kinross-shire CCs apart from Glenfarg.

The meeting agreed that it would be useful to explore the formation of a Kinross-shire CC Network for the purpose of exchanging information, discussing best practice, providing mutual help and assistance to CCs and when necessary co-ordinating actions by CCs for the benefit of Kinross-shire.

It would be a discussion network, not an executive or decision-making body. The meetings would include representatives from all Kinross-shire CCs and ward Councillors. Glenfarg CC would be invited to re-consider its position. The KCCN is approved of by PKC and room hire for two meetings a year will be paid for by PKC.

A further meeting to progress the matter will be held in January 2012. The CC recommended that Fossoway should take part and this was agreed.

Sandy would be attending a **Planning Users' Forum** at Pullar House on 5/10/11. He stated that he understood the planners were recommending a major development in Crook of Devon at the Deer Farm which was at total variance with what the community wanted and had made clear through a petition and submission by the CC regarding the Local Development Plan. He did not expect the Councillors to comment as this matter was not yet in the public domain.

There was considerable discussion and comment from all present. It was felt that the developer involved in Crook of Devon had never engaged with the community. The meeting authorised Sandy to raise the matter at the Users' Forum and express extreme disappointment and lack of faith in the consultation process if the information he had obtained was correct. It was generally felt that consultation by Fossoway CC with the planners was fruitless and was not listened to. There was considerable scepticism that the next 12-week period of consultation would have any effect. He was also asked to raise the matter of how Areas of Great Landscape value were being dealt with in the new process.

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Councillors' Reports

Cllr Barnacle had written a number of letters on the following issues: East Coast 400KV, Play Park, speed limit Rumbling Bridge, roads, signage etc. He congratulated Crook of Devon for coming second in the Best Kept Village Competition. Local Councillors were having a meeting with the Head of Planning next week.

Cllr Robertson reported the builders' yard at Simon Wilson Homes would be moved by spring 2012.

Planning Matters

11/01584/FLL Balhousie, Rumbling Bridge Care Home, Rumbling Bridge. Variation of existing planning consent (internal only). No CC comment.

11/01502/FLL Land to the North East of the Poplars, Drum. Erection of dwelling house (09/01174/AML), change of house type and re-position house on plot. Recommendation: Reject on grounds of variation from existing planning permission in site, provision of a footpath, flooding and height of building.

11/01568/IPL Newhall Farm, Solsgirth, Dollar. No CC comment.

11/01541/FLL Greenparks, Church Road, Crook of Devon. Renewal of planning consent 06/00999/FUL. No CC comment.

General Correspondence

Trudy went through the correspondence, some of which had already been dealt with. It was all available for viewing.

Other Business

TRACKS: The representative from TRACKS reported that work had stopped on the old railway line at Crook of Devon due to lack of funding but it was hoped further funding could be obtained.

Street Name Carnbo: After considerable discussion it was felt that the most appropriate name was Pitcairnie Lane.

Loop Road U222: The Chair stated that there were forms for people to sign if they wished regarding the loop road. The intention was to try and have the road designated as unsuitable for HGVs apart from those involved in local business such as farmers, G M Baird's fish haulage and local access. He was concerned to have something in place before the quarry at Glenquay was developed. There was considerable discussion on this item.

The Next Meeting of Fossoway & District CC will take place on Tuesday 1 November at 7.30pm in Blairingone School.

Agenda for Next Meeting

1. Welcome and apologies.
2. Declarations of Interest.
3. Community Policing
4. Minutes of previous meeting.
5. Matters arising.
6. CC business.
7. Councillors' reports.
8. Planning applications.
9. Correspondence.
10. AOCB.

Fossoway & District CC minutes are posted on the website

www.fossoway.org



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Club & Community Group News

Alzheimer Scotland
Action on Dementia



Dementia advice at Day Centre

Alzheimer organisation to visit on 9 November

Alzheimer Scotland's Dementia Advisors for Perth and Kinross, Bud Baxter and Fiona Matthews, will be at the Kinross-shire Day Centre, 64 High Street, from 11.30am to 3.30pm on **Wednesday 9 November**. We are here to support people with dementia, their carers, families and friends. Everyone is welcome to stop by for free information sheets, leaflets and support regarding any aspect of dementia. When dementia affects your life or that of someone you know, it can lead to hundreds of questions. Alzheimer Scotland is here to help you find the answers. We have information on all types of dementia, including Alzheimer's disease and vascular dementia. We can help with what to do if you are worried about your memory, or that of someone you know. We can help with questions about living with dementia or caring for someone with dementia. We have time to talk; the Day Centre has also arranged for a room for confidential conversations. Stop by and meet us and find the answers you need.

If you can't stop by we can still help. You can contact us at our office in Erich Ward, Murray Royal Hospital, Muirhall Road, Perth PH2 7BH or telephone 01738 562358. Our email is perthDA@alzscot.org. You can also call our 24-hour freephone Dementia Helpline on 0808 808 3000 or visit our website at www.alzscot.org.



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Kinross & District

Town Twinning Association



A joint committee meeting of the Gacé and Kinross Associations was held during the successful school exchange visit which started to finalise details for Kinross members to visit Gacé next summer. Although transport arrangements have still to be worked out, it has been agreed that the trip will take place between 30/31 July until 7/8 August. A visit to Paris will take place on Tuesday 2 August with the option of either a town centre tour or a visit to the popular Asterix Theme Park. A formal dinner with music will take place at the Tahiti on the Wednesday evening and a visit to the coast later on in the week.

The Association's **Annual General Meeting** will be held in St Paul's Church Hall on **Wednesday 23 November** at 7.30pm, where more details of next summer's visit will be made available.

Town twinning's aim is to foster positive cultural exchanges between families with similar interests and backgrounds. New members are welcome to join in next summer's visit to Gacé.

The 50 Club winner for September was Chris Langworth and for October was Bill Freeman.



The joint committee meeting of the Gacé and Kinross Associations

Kinross Ladies Circle



New to the area? Looking to expand your social life, try something new, or give something back? Ladies Circle is a fantastic club for girls aged 18 and 45 to who want to make new friends, have lots of fun and do some fundraising along the way.

We have more than 250 groups around the country meeting twice a month to get involved in a wide variety of fun activities and charity events.

Each year we nominate a local charity to benefit from our fundraising efforts and this year we have chosen to support Myeloma UK.

Upcoming Ladies Circle diary dates:

Pottery painting, Kinross Music Festival, Jewellery party.

For further details, to join or to see upcoming events, please go to our website www.kinrossladiescircle.co.uk

Probus Club



The speaker on 21 September was Mr Allan Ames, who was a policeman for thirty years, 1974 to 2004. In 1998 he saw an advert for policemen to serve in the International Peace Keeping Force in Bosnia. Allan applied and was successful. He served for a year, 1999 to 2000. Allan gave a short resumé of the history of Bosnia. Bosnia was originally a republic of the federated state of Yugoslavia but with the collapse of Communism in 1992 Yugoslavia disintegrated. This led to a civil war between the various ethnic factions. Most of the constituent republics of Yugoslavia had a clear ethnic majority one way or the other. Bosnia is divided about equally between the Muslims (48%) and the Serbs (37%) and by the end of the conflict Bosnia was broken into two. The Dayton Agreement which brought the civil war to an end in 1995 insisted that Bosnia remain as one federated but unified state. The International Peace Keeping Force had the task of bringing the various factions together and helping them to work alongside one another. Allan showed the members some lovely pictures of the country, saying how beautiful it was and how charming the people could be. One of Allan's tasks was to look at the police stations throughout the country and during his year in Bosnia he had sanctioned \$10 million's worth of construction work for the national police force of Bosnia.

Gilmour Nicol gave the vote of thanks for a most informative talk.

On 4 October the club was given a fascinating insight into the activities and responsibilities of a Government Office with the rather curious title of "The Queen's and Lord Treasurer's Remembrancer" or QLTR. Andrew Brown is one of the solicitors employed by the QLTR and he sketched for us some of the wide ranging and varied tasks that his office deals with in its responsibility for 'Ownerless Property' in Scotland, based on the legal principle that 'anything that belongs to no-one belongs to the King'.

Treasure Trove is one example of their work that received wide publicity earlier this year with the finding of four beautiful gold torcs dating from at least 100 years BC. These have now been secured for public display at the National Museum of Scotland with a substantial reward to the finder. This was an exceptional instance but many less notable finds are dealt with each year and it is an offence not to report any find of a portable object made more than ten years ago. English law is slightly different in this area: in England Treasure Trove only applies to metallic objects and any reward is split 50/50 between the finder and the owner of the land where it is found.

QLTR also deals with the property of missing persons or of dissolved companies, usually cash or land, for which no will or clear proof of ownership can be found. An extensive search is always made and if after ten years no valid claim has been established, the property is usually sold and the proceeds passed to Scottish Government funds. Andrew gave us some recent examples of items that they have dealt with, including share certificates, a navigation buoy, a yacht and a huge stack of tiles! They sometimes receive bogus claims from persons who claim a relationship or right of ownership but such claims are always submitted to very careful examination before they are accepted. Some recent TV programmes have been involved with the search for an heir to ownerless property and the QLTR keeps a careful watch on these programmes. The QLTR advertises current

cases of property for which no clear owner can be found in the Daily Record four times a year and also show these on their website. Any claim made for these properties must be supported by documentary evidence.

Elderly people in care homes or flats sometimes die intestate and with no living relative known or identifiable. In one case a lady who died was found to have at least six aliases and no relevant birth certificate could be found for any of her names! In such cases the QLTR gets involved in what is really detective work to try to sort out the truth in these confused situations and establish legal ownership of any property that is left.

The afternoon gave us a fascinating insight into the work and responsibilities of this office and after Andrew had answered some questions, Jim Ferrier proposed a vote of thanks which was warmly supported.

Inner Wheel



The speaker for the October meeting of the Inner wheel was the District Chairperson, Sandra Bartram, from Montrose.

Sandra gave a review of her involvement with the Inner Wheel movement and was proud to announce that District 1, of which Kinross is part, was also 'Number One' as regards to the contribution made to the overall organisation. She outlined the principles of the Inner Wheel, proudly stating that more funds were raised for various charities per capita than any other women's organisation. She spoke of the charity, 'Shelter Boxes', which she as District Chairperson chose to support this year. Such boxes are sent throughout the world in the event of major disasters. It was worthy to note that within 20 minutes of the Tsunami in Japan being announced earlier this year, shelter boxes were being loaded up and on their way. Each 'Shelter Box' has a registered number and is able to be traced as to its final destination.

While in the past Inner Wheel membership has been restricted to those with Rotary connections, Sandra informed the Club of proposed changes to the constitution which were being considered to allow for a wider membership. This was to ensure continuance of the Inner wheel as an organisation.

On the 'home front' Elsa Sinclair presented the Club with the names of the hosts for the first round of the 'Frugal Lunches' and asked, if possible, that these should take place prior to Christmas as it was hoped to have three to four sessions between now and June.

The next activity is a Coffee Morning being held at a member's home on Thursday 10 November at 10.30am. This is being run as part of the Inner Wheel's 'Overseas' programme and all funds raised will go towards an Ethiopian Medical Project which assists women experiencing childbirth problems. Club members are requested to contribute to a 'Bring & Buy' Stall at the Coffee Morning.

The next month's meeting takes place on Monday 14 November.

Portmoak Hall 100 Club

September Draw

1st	No. 2	Margaret Baird, Righead House
2nd	No. 4	Mary Morgan, Kinnesswood
3rd	No. 41	Janice Broadhurst, Kinnesswood

Kinross Camera Club



As anticipated, the talks by our visiting speakers have got the season off to an excellent start. These have been followed by an interesting evening at which our Digital and Portrait Groups introduced themselves, the latter well illustrated by images of their models, both professional and more familiar faces, while the former demonstrated through pictures which were not obviously manipulated what can be done to improve a photograph – a dramatic sky photographed on another occasion or an image completed by the addition of a strategically positioned bird! Another evening introduced us to the photography of one of our members who, having a private pilot's licence, can pop up to Plockton in an hour and a half and gave us a new view of our own countryside as well, followed by an entertaining talk on the pleasures, photographic opportunities afforded by, and the hazards of touring rural France in a motor home. The first of our occasional series of Club Outings took members to The Hermitage where, despite it being rather overcast, photographic possibilities were well exploited and members had an opportunity to learn new skills. A visit to the Red Kite feeding station at Argaty is planned for November.

Unfortunately our entry in the Perthshire Alliance Competition did not enjoy the same level of success as last year, and we handed the trophy to Perth Civil Service Club, who were also our excellent hosts. We hope for better things again next year, but meantime we have other inter-club competitions to look forward to as well as those organised by the Scottish Photographic Federation and also our own internal competitions.

For further details please contact the Secretary: alisonbradley101@btinternet.com or via the web site www.kinrosscameraclub.org.uk. “25 Years of Kinross Camera Club” celebrating the first 25 years of the Club is available from Blurb.com

Portmoak Film Society

Great chance to see literary classic on film

If you'd been near Portmoak Hall on October's film night, you might have heard cries of “Yee hah!” because the Cohen brothers' 2010 remake of the John Wayne classic cowboy, ‘True Grit’ was showing. However, it wasn't really a thigh-slappin' kind of movie although the tension sure kept you on the edge of your saddle – er, seat. The 25 “old faithfuls” in the audience seemed to enjoy it, at any rate. November's film is another classic, this time the 1962 adaptation of Harper Lee's novel, ‘**To Kill a Mockingbird**’. The novel itself is one of the 20th century's great pieces of literature, telling the story through the eyes of a young girl of her childhood in 1930s Alabama. Her father is the lawyer Atticus Finch who defends a black man accused of raping a white woman. Gregory Peck's performance as Atticus is awesome and reason alone not to miss this film. It's showing on **Saturday 12 November** at 7.30pm and new members and visitors are very welcome – for a mere £4 on the door. Don't be put off by the black-and-white version, and enjoy one of the best courtroom scenes of all time!

To check out the rest of the programme, go to www.portmoakfilmsociety.org.uk

Kinross and District Art Club



Since our successful exhibition in September, club members have returned to painting with renewed enthusiasm and an eagerness to learn new skills and techniques.

Incorporated in our weekly painting sessions at The Millbridge Hall are monthly Group Activity sessions, which usually involve a demonstration or workshop led by a professional artist. The first of these for this winter term was conducted by our resident Professional Artist, Tom Sutton Smith, who gave a very helpful presentation on drawing the human figure, followed by some hints on how to prepare an outline for a painting, using a photograph as the source.

November gives the opportunity to have two such activities, the first of which will be presented by Dave and Gill Hunt from Killin. Dave, who was the 2011 Chair of Perthshire Open Studios and is a professional photographer, will talk us through how to best use photographs to inspire and construct paintings. His wife Gill is a professional artist and printmaker and they are both experts in framing and presenting artwork.

The second session in the month will be led by local artist and former teacher at Edinburgh College of Art, Thora Clyne. Thora has exhibited regularly with the Royal Scottish Academy, the Royal Scottish Society of Watercolour Painters and the Scottish Society of Women Artists, of which she was a member, and in many shows in the UK and overseas. We are very fortunate indeed to have such talent accessible to us at the club.

Following our report in last month's Newsletter, it is clear that we have more people interested in joining us for afternoon sessions than for an evening group and so we are currently pursuing options for increasing our capacity for daytime sessions.

For more information on the club, contact Sybil on 01577 830347 or visit our web site at www.kadac.co.uk

Kinross in Bloom



Our summer season is well and truly over now, the hanging baskets have been taken down, the planters and barrels have been emptied in readiness for spring planting, and the ornamental grasses have been planted at the gateway, finally completing that project. Speaking of which, we recently had a pleasant get together at the Green Hotel with all those involved one way or another with the Gateway Project, and where Lady Montgomery kindly unveiled a small plaque thanking all those who funded and supported the project.

Meanwhile our winter pansies are a bit small yet, so we have agreed to leave them for a week or two, in order that they are hardened off prior to planting out, but daffodils and hyacinths are being planted out at various sites in the town, so we should have a pleasant display in the spring. We now have to sit down and plan our scheme for summer 2012.

Our 200 club is coming along nicely, and the winning numbers for September and October are as follows:

September	52 Jean Grigg	77 Alison McDonald
	10 Ian Hayles	45 Cath Watson
October	32 Mary Muirhead	49 Clair Hill
	5 Marion Todd	58 Yvonne Wardrope

Our next meeting will be held on **Wednesday 9 November**, where we will be preparing for hibernation.

Kinnesswood in Bloom

After the excitement of getting a Silver Gilt in Scotland in Bloom and a Gold in Take a Pride in Perthshire, we have settled into our autumn routine of maintenance, taking down hanging baskets and clearing flower beds. The weather has not been kind on recent weekends but some hardy souls have been out, despite the rain, and others have chosen better weather during the week to do some maintenance.

The AGM was held on 6 October in the Portmoak Hall. Alison Robertson, the outgoing Chairperson, was pleased to welcome a good turnout from members as well as three representatives from Portmoak Primary School. Alison reported a good year of work and the many successes of the group. Janette gave a financial report which showed that the group had a healthy bank balance and much of this was due to the very successful programme of fundraising over the year. Jan Marshall was elected as new Chairperson, Norma Smith as Vice Chairperson, Rita Pritchard as Secretary and Janette Gardiner as Treasurer. The headteacher of the school, Louise Gordon, thanked the group for all the hard work done in the school grounds and for the partnership working with the children. Gary Law and his wife, representing the Parent Council, outlined the plans for an outdoor classroom, adjacent to the pond and wildlife area. The Scottish Community Foundation (Kinross-shire Fund) have awarded a grant of £1,000 to Kinnesswood in Bloom. The purpose of the grant is towards an enclosed notice board for the village of Kinnesswood. The contribution of Kinnesswood in Bloom will be £400. It is hoped that this notice board will stop notices being blown away and provide a better display space.

Once again Kinnesswood in Bloom members will be taking part in CSV **Make a Difference Day** on **5 November**. Some members will be planting bulbs, adding to the splendid spring display in front of the golf course. Others will once again be taking out their needles and clicking away to produce the usual high quality of knitted garments, to be donated to good causes. See the local notice board for more information.



Recipe

supplied by Kinnesswood in Bloom

Norma's Bon fire Pumpkin Pie



Ingredients

350g shortcrust pastry
450g cooked pumpkin
170 ml tin of evaporated milk
90g dark brown sugar
½ tsp cinnamon
¼ tsp nutmeg
2 whisked eggs
2tbsp sunflower oil

Method

Preheat the oven to 200°C / 400°F / Gas mark 6. Steam the pumpkin. Mash or puree it and leave to drain in a sieve for half an hour. You can also press lightly to remove excess water.

Roll out the pastry and use to line a round tin. Prick the base of tart with a fork, line with foil or baking parchment, fill with baking beans and bake blind for 5 minutes. Remove the beans and lining and cook for 5 minutes more. Remove the pastry case from the oven and turn down the temperature to 180°C/ 350°F/ Gas Mark 4.

Add the evaporated milk, syrup, cinnamon, nutmeg and eggs to the pumpkin mixture. Pour it in to the pastry case, return to the oven and cook for 35 - 40 minutes till just set.

Boys Brigade

The new session is in full swing with Anchor, Junior and Company sections participating in Battalion events. Anchors enjoyed a fun outdoor battalion event (despite the rain) and Junior section members took part in the battalion badminton competition at Bell's Sports Centre. Company section members enjoyed an away night at Dunfermline for ten-pin bowling when the Church Centre upstairs floor was being refurbished.

Company section members are preparing for the first round of the national competitions in badminton, table tennis, five-a-side football, chess and the masterteam quiz. The five-a-side team will have to travel to Banff for their first round games with the other competitions being much closer to home.

The company will be on parade at the local armistice parade on 13 November and at their annual enrolment service on Sunday 20 November at the morning service in Kinross Parish Church.

New members are still welcome:

Anchors for boys and girls in primaries one, two and three, meeting weekly on Fridays in the Church Centre from 6pm till 7.15pm.

Juniors for boys and girls in primaries four, five and six, meeting weekly on Fridays in the Church Centre from 7pm till 9pm.

Company for boys and girls in primary 7 upwards, meeting weekly on Fridays in the Church Centre from 7pm till 10pm.



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Kinross-shire Visitor Information Points

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

Deadline for all Submissions

2.00 pm, MONDAY 21 November
for publication on Saturday 3 December



Lomond Antiques and Collectors Club



The first meeting of the season opened with a fascinating account of linen manufacture in Scotland. It centred round the flax fields of central and eastern Scotland whose otherwise questionable climate suited the processes of preparing the flax for spinning. We heard of retting, scutching and hekkling which transformed the fibres into yarn to weave the luxurious, lavishly decorated damask which made Dunfermline an international centre of the luxury trade in table linen during the 19th and early 20th centuries. The products graced the tables of the Cunard liners, the best hotels worldwide and even, if we were lucky, our grandmothers.

A well chosen selection of slides of looms, steam and hand operated, showed the scale of the process and the early introduction of punched card to achieve the intricate patterning of damask helped us appreciate the skills of the weavers and the enterprise of the manufacturers. The industry was so large that a tram line was constructed to take workers from Lochgelly and Cowdenbeath to Dunfermline.

Lesley Botten concluded her talk with a brief account of the new museum project in Dunfermline. Her enthusiasm was infectious and her desire to make the town's story better known to the present day population was evident. We look forward to seeing the seamless shirt, surely the epitome of weaving skill, giant looms, and samples of the manufacture which made Dunfermline the benchmark for excellence worldwide.

Members were delighted in the October meeting to hear Graeme Cruickshank, the well respected authority on Scottish pottery, who devoted his talk to Dunmore. Now physically obliterated, this was a thriving pottery near Stirling in the 19th century which reached its peak as part of the Arts and Crafts movement. Under the master potter Peter Gardner, it began to produce some very beautiful and original pieces. The glazes he developed were of especial quality and attracted the patronage of the Prince of Wales and the Duke of Edinburgh, friends of the local landowner and chief supporter the Earl of Dunmore.

A series of excellent slides showed a variety of decorative items: vases, posy holders, plates and tiles, largely in the autumnal colours favoured by Gardner. His work showed great skill and a real sense of humour. Among notable products were lifelike figures of Tam o'Shanter and Soutar Johnny, a magnificent scarlet dragon jug and a series of frogs in various guises. An astute business man, he opened depots in Edinburgh and Glasgow to sell his wares and made use of the nearby river and railway to transport special clays from Cornwall and Devon. Sadly, with changing fashions and economic problems, the pottery declined in the 1920s.

The next meeting is on **9 November** when we welcome Larry Hutchison to speak on Antiquarian books. Enquiries to 01592 840437 or 01592 840368.

Kinross-shire Round Table



Round Table raises funds throughout the year and we try to support as wide a range of groups and projects in Kinross-shire as possible. November brings with it a lot of preparation for our annual Dragons' Den event where we try to donate as much cash as we can to local community groups and charities - before our treasurer runs screaming from the room with what remains of the cheque book clasped tightly to his chest!

Our light-hearted Dragons' Den will return this year on **Tuesday 6 December**. Last year's event saw representatives of nine local groups and charities pitching for funding from our tame Dragons and walking away with cheques ranging from £500 - £1,200. The successful bidders included youth groups, sports clubs, historic societies and charities. In total £6,350 was paid out on the night.

We invite applications to the Den from any group or charity operating in Kinross-shire who can present a reasoned case for support. We want to know what you are trying to achieve, what you are doing to raise money already, how much you are asking for and what you will spend the money on. We will ask for a brief presentation in front of our strictly non-ferocious Dragons as we are interested in knowing where the money we have raised is going. The fun evening brings together like-minded people who are all giving their time in their own way to make Kinross-shire a good place to be. If you want to apply, please either e-mail johnstonep@hotmail.com, drop us a line through our website www.kinross-shire.roundtable.co.uk (click on the event) or via snail mail c/o The Green Hotel.

As usual, many thanks to our sponsors and volunteers who make our fund-raising possible. Without their help and support we would not be able to assist our community in this way.

Our programme, with details of events, is available on our website www.kinross-shire.roundtable.co.uk. If you are 18-45 and want to get involved in having fun while putting something back into our community, contact us via the website.

Kinross & Ochil Walking Group

Days are shorter but it's still worth coming out to enjoy beautiful Autumn colours. Whether you're new to walking or a regular walker, try out a walk or two to see if you'd like to join us. Walks are led by volunteers from the group and new members are made very welcome. This month we have two fantastic weekend walks.

Sun 6 November: Devon Valley Circular. 2-3 miles. Short, gentle walk on footpaths around Crook of Devon. (Walk followed by group AGM and meal). No dogs please.

Sat 19 November: Comrie-Lower Glen Lednock Circular. 4 miles. Gentle riverside and woodland walk. Some steps and some wet going underfoot, waterfall viewing platforms. Short, steep extension (100 metres ascent.) **Note:** Dogs on leads welcome. Accompanied children welcome if fit.

For all walks you do need appropriate clothing (not jeans) including boots and waterproofs. Walks can be of several hours duration so a packed lunch/water/warm drink should be brought. For further details and where to meet us, please call our group Secretary Edna Burnett on 01577 862977.

Club Correspondents

If sending your submission by **Email**, please put the name of your community group in the **Subject Line** of the Email message. Thank you.

Kinross & District Rotary Club



At the meeting following the excellent talk on the El Gran Griffon voyage, the Club held another of its 'internal' meetings in which the entertainment was provided by Club members. At this meeting, Campbell Watson gave a very interesting rendition of local history, explaining the origin of the French Count's name which appears on the deeds of several properties in the Shire.

Unfortunately, the guest speaker arranged for the following week had to call off sick at short notice. However, his place was very ably filled by George Lawrie, one of the Club's newer members. George 'volunteered' to step into the breach and, following tradition, gave his 'job talk'. However, it was much more than that. It was his life story to date and was full of so many activities and achievements that it was hard to believe that he had actually achieved so much in his lifetime so far!

The next meeting was a 'Business meeting', at which a wide range of Club Service activities were discussed. These included helping at Light Up Kinross, possible Old Folks pre-Christmas concerts and possible fund-raising projects for the coming year.

The next full Club meeting was addressed by Prof. Malcolm Horner of Dundee University, who gave a very interesting talk on 'Sustainability'. He spoke of the effects of our carbon emissions on planet Earth. Most come from transport, air being the worst, followed by road and other forms taking their place, with water being the least harmful to the planet. If the law could be changed so that road freight could be heavily taxed, the amount of pollution coming from road transport could be drastically reduced. The construction industry is responsible for most of this, since roads, buildings, airports and most of the infrastructure are created by the industry. Prof. Horner illustrated his talk with graphs, pie-charts and various facts and figures and his amusing anecdotes made for a very interesting and lively evening.

An earlier report referred to the setting up of an Interact Club at the High School. This is now well underway. Officers have been appointed and they have allocated teams to a number of projects which aim to benefit the old, the young and the environment whilst, at the same time, being enjoyable to organise and manage.

Gosh! How time moves on! We have already distributed 'Shoeboxes' to the local schools once again. The children are encouraged to fill them with suitable articles for households or teenagers and to attach a £1 coin to contribute to transport costs. The boxes will then be collected and distributed to needy families in Eastern Europe in time for Christmas.

If any of the above 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. Alternatively, if you know any of our members, why not speak to them and discuss the possibility of being invited along to one of our meetings as a 'taster'.

**Please mention The Newsletter when
answering advertisements**

CHILDREN 1ST

Kinross branch of Children First raises £2,762.36

Kinross Action Group for Children First held a fundraising Fashion Show and a collection for 'Sunshine Week' on Friday 30 September.

The Fashion Show was very kindly hosted by Loch Leven's Larder. We would like to also thank John King of Gloag Taylor Wines who donated the wine for the evening along with Rosalind Walker who provided some beautiful flower arrangements which were auctioned along with a dinner for ten by Peter Backhouse (Head Chef at Loch Leven's Larder) and a fabulous weekend for four at The Highland Club, Inverness (Fiona Doig). We are very grateful for the kind support of LLL, Sophie Alexis (make-up artist), Aigle and Johnston of Elgin for this evening, which raised £2,059.28 for the charity.

We would like to thank Sainsbury's, Giaccopazzi's, David Sands, Loch Leven's Larder and Dobbies Garden Centre for participating in 'Sunshine Week' by allowing us to be there with collection tins. There was a collective donation of £703.08.

Thank you to everyone who supported these events for Children First.

Swansacre Playgroup



Following the success of our Christmas shopping evening last year, we are pleased to announce that the 2011 Swansacre Christmas Fayre will be held on **Friday 11 November** at the **Windlestrae Hotel** from 7.30pm to 10pm. Entry for the evening is £2, and we will have over forty stalls, including:

- o Jewellery, bags, and purses
- o Ceramics
- o Paintings
- o Children's gifts and clothing
- o Kitchenware
- o Cards
- o Books
- o Beauty products
- o Gift hampers
- o Chocolates, candies and baking

There will also be a raffle with dozens of lovely prizes – each entry ticket purchased in advance of the event includes a strip of raffle tickets.

For more information, or if you are interested in taking a stall at the event, please contact Charlotte (07740 600424; fundraising.swansacre@gmail.com).

An early event notice for December: we will be hosting Santa on **Saturday 3 December** at the annual **Swansacre Santa's Grotto**. Mark your calendars and plan to come along and join in the festivities as we prepare for the holiday season.

Please give us a call if you would like your child to come join us at playgroup, the Inbetweeners Club, or Rising 5's! (telephone us on 01577 862071 or 07807 908833, or email enrolments.swansacre@gmail.com).

Common Grounds

As we head toward the season of goodwill, please spare a thought for the farmers as they struggle to get the harvest in. Here at Common Grounds we are now lighting our log fire every day. By the time this is published our AGM will be only days away and let's hope for another good year and we give thanks to all the volunteers and customers who have helped to make the current year such a success. Christmas orders from our Traidcraft catalogue are still being taken so please feel free to come in and have a look for that special fairly traded gift.

Project: Our end of year emergency relief project is Medecins Sans Frontieres who provide medical care around the world. At the moment the focus is on Libya, where the hospitals are overflowing with wounded combatants and civilians as well as normal patients. A three-person team from Medecins Sans Frontieres is in Tripoli with supplies and is setting up support facilities.

Project Supper: It was absolutely wonderful to welcome back Alison Graham from Sightsavers whose talk on the work of the charity in Africa, South America and Asia was most enlightening. It never ceases to amaze us how relatively simple and cheap it is to save and cure sight problems in these areas. A light supper was provided and served by a band of our volunteers; this was enjoyed by all and our thanks to those who made the evening a great success. The sum of £200 was collected during the meal and this will go into the kitty for the next project we support.

Website: Our new website address is:
www.spanglefish.com/commongroundscharitycafe/

AGM: Our AGM will take place on **Friday 4 November** at 7pm in the Guide and Scout Hall, Church Street, Milnathort. Believe me that if we had interest in our Treasurer's job would that not be a great start to our new year - the results of our AGM next month.

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

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



Kinross High School



Here we are at the end of the first term already and school is on holiday once more. I suspect that some like me can remember when we would have been preparing to be out in the fields lifting potatoes at this time. I wonder how many of our pupils will see a raw potato during this holiday?

End of term is an opportunity to look back. The first weeks of this session have kept us busy. Our First year pupils are doing well. They are leading lights in the wearing of blazers, and many have taken up the opportunity to join a club or pursue a new activity. Second and Third year pupils are doing well also. Our senior pupils in years 4, 5 and 6 are now busy preparing for their exams. S4 prelims will be held at the end of November. S5 and 6 do not escape as they have internal assessments or NABs to contend with during this time. The one constant in school is that you are never too far away from your next test.

The whole school is to be put under examination soon as we are to be inspected by the HMIE during the week of 7 November. A team of seven Inspectors will visit us, and will be involved in classroom visits, meetings with pupils, parents and staff and general observations as they look for the answers to three very important questions:

- How well do young people learn and achieve?
- How well does the school support young people to develop and learn?
- How well does the school improve the quality of its work?

Naturally we are excited at the prospect, whilst a little nervous too. I am confident that they will find the good work that is done in our school and some areas where we could improve. Their School Report should be available in early February.

On the pupil front, we have already seen some wonderful achievements. Two of our pupils took part in the Tall Ships race. Three young ladies won a Bronze medal in the recent World Karate Championships for team Kata. Many of you will have attended the recent performance of Guys and Dolls by MTKY, and witnessed the excellent contributions by many KHS pupils. Congratulations to Lucy Brown on winning the Perth and Kinross Heritage Trust Photography Competition.

Just before the holidays, eight of KHS's finest S3 and S4 mathematicians represented the school in the Region's annual maths competition. This involved them working as a team to solve maths problems and challenges. Our teams did us proud, with one achieving third.

Our sports teams have also been busy and are improving each week. It is now sometimes a difficult challenge to find other schools to play on a weekly basis but we continue to search.

I am certain that there are many more pupil achievements I could tell you about, but the young people we are working with are a little reserved and don't always tell us. The challenge we have set them in their Tutor Support Groups for the next two months is to volunteer information when they have achieved something they are proud of. Our teachers are armed with jotters to collect this information; hopefully our young people will not disappoint. I look forward to a long list of pupil achievements in my next letter to you.

Dick Keatings, Campus Leader

Lodge St Serf No 327

Tuesdays in November

- 1st Regular Meeting** at 6.30pm.
Nomination and Election of Office Bearers; members only. Followed by MM Degree at 7.15pm.
- 8th General Committee Meeting** at 7.30pm. Arrange work for next Regular Meeting. AOCB.
- 15th Regular Meeting** at 7.15pm. Entered Apprentice Degree.
- 29th Special Meeting** at 7.15pm. Lecture on the way the Children's Hospice Association Scotland (CHAS) works, e.g. with teenagers and young adults. A Power Point Projection will also be in use. Please come along; all Freemasons will be made most welcome. Refreshments will be served.



Seamab School

What's Happening In Seamab

The autumn weather has now arrived and the children are having to warm up warmly for outdoor activities. Very good use is now being made of our cosy outdoor jackets and everyone is getting their welly boots on!

Our new Eco committee has now started work on the green flag award. The children are very involved in developing our outdoor space at Seamab and have had some great ideas for this. At the moment we have some raised beds which the children grew peas and beans in. We also have our own wormery and the children regularly feed the worms with scraps from the kitchen – we have a lot more worms now than we started with! The Eco committee will also be meeting with the Governors of Seamab next month to tell them all about their work.

We have just come back from our October break. The children had some lovely holidays at our caravan and some children were away in the Highlands. They really enjoyed this experience and were able to do lots of fun activities on beaches and visiting local attractions where they were staying.

Even though the group of children at Seamab changes, we continue to care for children who have had some very difficult experiences in their lives. We work hard to support the children to develop their confidence and their skills for life. Our work addresses the children's care and education needs and we have been successful in helping children to learn more effectively and have better relationships with the people who care for them. Providing new and interesting experiences, which many children and families take for granted, is an important part of working with our children.

I'd also like to thank all the organisations and individuals who support us at Seamab through donations and contributions. Our next fundraising meeting of Seamab Friends will be on **Thursday 3 November** at 7pm. Coffee, tea and cakes will be provided. Anyone interested in hearing more about Seamab and being involved in fundraising for the children at Seamab is welcome to come. We are hoping to organise some events and a raffle to help raise funds which will support the work we are doing and we're a very friendly group. If you would be interested in getting involved in fundraising and coming to our meeting, please contact us on 01577 840307 or you can email us at info@seamab.org.uk

Joanna McCreadie, Principal

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Portmoak Primary School

Class News

The first term has been a busy one at Portmoak, with all five classes making an excellent start to another year of learning. Primary 1/2 have been busy in the garden, digging up potatoes from our school garden and then making them into a tasty potato salad. They also enjoyed a visit from Mrs Robertson who told us all about the work she does at Rachel House. The new P1s have settled in well and P2 have been helping them to learn how to be Portmoak boys and girls. Primary 3 have been learning about materials and have learned a lot from the visits they have had from various members of the community, sharing sewing, knitting, clay and textile work with the children. P3 also presented an assembly to the whole school community sharing their learning on Materials. The highlight so far for Primary 4/5 has been their trip to Kilmagad wood for a story telling and bush craft session. This visit inspired lots of creative work back in school. Primary 6 enjoyed a session canoeing at Loch Faskally, while the 5s from P5/6 also visited Kilmagad Wood. P5/6 presented the Harvest Service at the end of term, which was well attended. This service was the last chance for the children and staff to see Reverend Stenhouse, and we wish him well for the future. Primary 7 have achieved great success in their cycling, with all pupils passing their proficiency tests. They presented an assembly to the whole community on Japan. Another highlight for them was canoeing at Loch Faskally.

Committees

Five new committees have been formed to take forward school developments. The committees for this session are: Earth Pilots, Health Committee, Pupil Council & Library, Glow & ICT and Rights Respecting Schools Award Committee. All pupils in the school are involved in vertical groupings (P1-7) for these committees.

As well as the weekly committees, we are delighted to welcome Sylvie MacKenzie and Ross Hunter to their new positions as Junior Road Safety Officers (JRSOs).

Fundraising Efforts

Friday 30 September was a charity day at Portmoak. As well as raising £220 for Macmillan Cancer Care with our coffee morning, we also paid £1 to dress up as characters from Roald Dahl's novels or wore something yellow (his favourite colour), to raise £92 for Roald Dahl's Marvellous Children's Charity.

RBS Community Force

Thank you to everyone who took the time to vote for us in our RBS community grant application. We are currently waiting to hear the outcome of the voting. We will be having a Halloween disco, Christmas Fayre and various other events and activities to continue to raise funds for our new library.

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Kinross and District Pipe Band

The Band had a busier than usual end to a very successful competing season, in which we notched up a total of **nine trophies**, including **firsts** at Gourrock, Thornton and Crieff – also picking up **Best Branch Band** and **Best Branch Drum Corps** at Crieff. Since then, we have carried out a very successful tour of the three schools in the immediate area, Kinross Primary, Milnathort Primary and the High School, and then held the first of two “**Come & Try**” workshops on 1st October in the Community Campus. The feedback from the workshop was overwhelmingly positive, with many parents immediately registering their children’s interest in the after-school tuition classes shortly to be starting at the Community Campus. We are delighted to say, at time of going to press, that working with the High School, we now have professional tutors lined up for both chanter and drumming classes, and that these classes should hopefully be underway by early to mid November in the Community Campus – provisionally – on Tuesdays, early evening. Full details and costs for the classes will be made available to all local school children (by the schools directly) from around Primary 4 upwards as soon as the final arrangements are in place. For those who missed the last “Come & Try” workshop, the band will be holding another, identical format, workshop in the Community Campus on **Sunday 20 November** at 10.30am as part of the **Kinross-shire Music Festival**. Entrance is free, but strictly by prior registration only. Simply send an email to secretary@kinross-pipe-band.co.uk stating your child’s name, date of birth, your own name and a contact telephone number. Ideally we are aiming the workshops at kids aged roughly 9 – 13, but anyone can attend. Preference will be given to those who have not already attended the first one, as it will be exactly the same format.

Finally, two or three other dates to note: The Band will be leading the **Armistice Parade**, as always, on **Sunday 13 November** – whatever the

weather! On **Saturday 19 November** a number of our youngsters will be competing in the forthcoming **Branch Solo competitions** to be held in the Community Campus – we wish them all the best of luck, and the Band AGM will be held in the Rugby Club on **Sunday 13 November** (just after the Armistice Parade) at 12 noon. As always, for more details on the band, visit the website at www.kinross-pipe-band.co.uk or call Nigel Kellett on 07801 182283.



KINROSS & DISTRICT PIPE BAND

www.kinross-pipe-band.co.uk

Fun “Come & Try” Workshop

Sunday, 20th November
Assembly Hall,
Loch Leven Community Campus, Kinross
10.30 am - midday



Kinross Pipe Band marching on to their prize-winning performance, Cowal Championships 2011

- Have a go at all the instruments:
 - chanter, pipes, snare, tenor, bass drum
- Take part in fun challenges to win prizes
- Watch the full band in action

Entry is FREE to children aged approx. 9 to 13, but strictly by prior registration only. To register, send an email with child's name, DOB, parent/guardian's name and contact phone number to secretary@kinross-pipe-band.co.uk or call Nigel Kellett on 07801 182283. Please note: photos will be taken on the day and may be published.



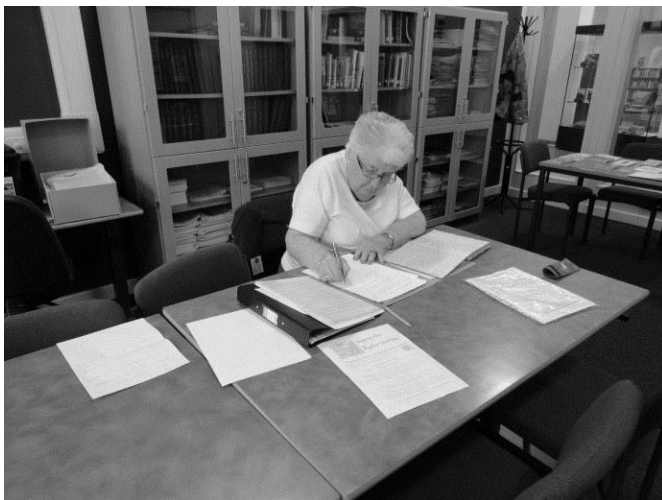
Kinross Pipe Band with Mr Dick Keatings from the High School and all the children who attended the “Come & Try” workshop last month

Kinross Museum



During the past month, Kinross Museum completed a series of six classes with the S1 students of history in Kinross High School and on 13 October the Museum hosted a post-dig reunion for those involved in the archaeological survey on St Serf's Island in August. A talk by Dr Oliver O'Grady at this event summarised what had been discovered so far and hinted at plans to return next season.

Museum volunteer Mary Muirhead has completed her study of the diary of Thomas Pate, a retired farmer who lived at Hopefield near Huntly Hall. Apart from lots of local news of the time, the diary, which covers the period 1904-1906, mentions great events such as the April 1906 San Francisco earthquake and the defeat of the Russians by the Japanese. As the year draws to a close, volunteers will be planning new exhibitions for 2012, but if you have not yet seen *Kinross-shire Rocks* do come along to the Museum.



Mary Muirhead making notes from Tom Pate's diary

Milnathort Explorers

Congratulations to Liam Duffy, Duncan McDiarmid, Ally Rennie and Sarat Roy on gaining their Chief Scout Platinum Award.

To gain this they have developed a skill, undertaken a physical challenge, provided service and looked at environmental and international issues. They have also explored their values and planned and taken part in an adventurous expedition.

Kinross Garden Group



We started our Winter Meetings on Thursday 14 October 2011 with a talk and slide show presentation from Lindsay Morrison of Inwood Garden, East Lothian who described how she, with a little help from her family, her friends and some heavy machinery, transformed a building site into the beautiful garden it is today. This garden is open to the public and well worth a visit.

Our next meeting takes place in the Millbridge Hall, Kinross on **Thursday 10 November**. The speaker will be Mark Armour, Head Gardener of Kellie Castle who will give a talk on "Organic Gardening and National Trust Gardening".

Kinross-shire Historical Society



Although the original speaker was unable to attend, Kinross-shire Historical Society's winter season of talks got off to a flying start on 17 October, thanks to Prof. David Munro, MBE who kindly stepped in to fill the gap. He gave a talk entitled "Marshall's Bequest - The making of Kinross Museum", which told the story of Kinross Museum from 1869 when David Marshall, a member of the Society of Antiquaries, included in his will that the people of Kinross were to be left his collections, assuming there was a suitable place to house them. When he died in 1902 there was nowhere available for the collection, but in 1904 when Andrew Carnegie gave £1,500 for building a library, museum and recreation room in the town, the problem seemed solved. However, there was little space and access only by arrangement with the caretaker. In 1960 the Kinross Antiquarian Society was formed with a view to improving the Museum. Instead the Museum was closed. Interest was revived in 1970 with the discovery of a Bronze Age skeleton at Gairneybank Farm when the M90 was being constructed and there were plans to redevelop Kinross Antiquarian Society and a new Museum. Again it didn't happen.

Two people involved, Nan Walker and Robert Buchanan of the Antiquarian Society, became the driving forces that pushed things forward and managed to get a Museum opened in 1975. There were many gifts of items from local residents and volunteers willing to help. But 1975 also saw the start of Regionalisation when Kinross became part of Perth & Kinross District of Tayside Region. Relationships with Perth Museum deteriorated and the Antiquarian Society were asked not only to return the keys to Perth but told they would have no further part in running the Museum. By 1995, the Carnegie Library and Museum building was in a poor condition and in 1996 the Museum was closed. The Marshall Collection was taken to Perth. There were great plans for a local association to renovate the whole building and there were plans for the Museum within the Town Hall complex. The Museum Trust was founded in 1997. But as costs rose dramatically the Town Hall Association could not proceed.

Plans for the new Campus began in c 2002 and the Museum Trust joined its User Group. Unfortunately a lot of local interest had been lost by the time Loch Leven Campus opened in 2009. The new Kinross (Marshall) Museum houses items including the Kinross-shire Historical Society's Library, Photo and Postcard Collections, Nan Walker's Archive and gifts made during the closed years including many maps and documents. Since opening in October 2010, many have visited the Museum such as Alex Salmond, First Minister, school classes, Day Centre members, Rotarians and students. There have been several different exhibitions already and plans for more. Volunteers' work includes cataloguing, transcribing documents, filing and assisting with enquiries from the public. The storeroom has filled quickly during this time with over 100 gifts.

Mary Muirhead thanked Prof. Munro on behalf of the Society for this interesting talk, pointing out how lucky we are to have someone of his calibre as a member.

For details of future meetings, see page 87.

Kinross 50 Plus Club



The November meeting will be held on **Thursday 3 November** at 2pm in the Millbridge Hall. The speaker will be Mary Lockhart who will give a talk entitled "Bosnia – the aftermath of conflict".

Last month Iain Hunter, "The Singing Butcher" gave an interesting talk on his career both as a butcher and a singer which proved very entertaining. We trust that he will return at some stage, in the not too distant future, to wow the ladies with his singing voice.

Away Days November

Thursday 10 November: MacKinnon Mills.

Thursday 24 November: Macarthur Glen.

The coach leaves from opposite the Green Hotel at 0915 hours. Regrettably **no advance bookings for trips can be accepted** prior to the monthly meeting.

Theatre Outing: The outing to "Top Hat" on Wednesday 23 November in the Playhouse Theatre, Edinburgh is fully booked. Due to ongoing road works in the Dunfermline area, which is to extend over the next 44 weeks, it may be necessary for the coach to leave Kinross much earlier than anticipated. It is hoped to confirm the departure time in the Club Newsletter which will be coming out week commencing 24 October and at the Club November meeting. **Contact Edith Oswald tel 01577 865731.**

Holiday February 2012: The Beau fort Park Hotel in Mold, Flintshire has been booked for six days from Sunday 12 to Friday 17 February 2012. Please note that the balance of the holiday money will be due for payment at the **December** Club meeting.

Contact Pat Crawford tel 01577 862962.

Friday Walkers

11 November: Gleneagles to Blackford and back - our usual stroll through the golf course and then along a path to the level crossing at Blackford. There will be enough time for soup and sandwiches at Blackford before making our way back.

25 November: The Bull Stane walk from the Milk Bar at Powmill - this is a repeat of the walk which goes up the hill towards the Aldies, down to Crook of Devon to the Millennium Walk along the Devon, and returning to the milk bar via the Blairhill circle. This is at least six miles and is on a mixture of paths and roads.

Please note that the walkers' membership list is currently closed. Contact Ian Simpson, tel 01577 863691.

Friday Hill Walkers

4 November: Tullbaccart (past Piper dam on A923). Leader to be confirmed.

18 November: Loch Ordie. Led by Robin.

Reminder that 16 December is the now familiar Cramond walk followed by Christmas lunch at the Hawse Inn.

ACTIVITIES

The following activities are open to all members of the Club:

Carpet Bowling: This group meets each Monday in the Millbridge Hall at 2pm. New members will be very welcome. **Contact: Helen Duncan 01577 863638.**

The Craft Group meets each Tuesday at 2pm. until 3.30pm in the Millbridge Hall. **Contact: Elizabeth Smith 01577 861387.**

The Fly Tyers meet each Monday between 2 and 4pm (re-started Monday 24 October). This group has both men and ladies within its membership. **Contact Ian Campbell for details of venue, tel 01577 830582.**

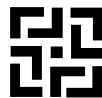
Keep-Fit: This enjoyable activity runs every Tuesday at 2pm in the Masonic Hall. The cost is £1.50 per session and mats are provided. **Contact Val Oswald 01577 864020.**

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. Club members wishing to take part should contact **John Dryburgh** on 01577 862555 for details and venue.

The Line Dancers swing and sway every Tuesday and Friday at 10.30am. **Contact Betty Fergus 01577 866961.**

LUST: The slimmers meet each Thursday, 9.30am to 10.30am. **Contact Norma Anderson 01577 863548.**

Potager Garden



We are pleased to tell you that at the end of September we had an automatic irrigation system installed at the garden. This consists of drip hoses for the vegetables beds and greenhouse, and small sprinklers in the cold frames. We are not using the full system yet, until after the winter, (it can all be drained to avoid frost damage), but it will be invaluable to us next season, when volunteers will not have to call regularly to water in the greenhouse, and it will hopefully save water, and help plants to grow more consistently.

This was made possible by a grant from the Kinross-shire Fund, administered by the Scottish Community Foundation. We are very grateful to Callum and Mark from Applied Irrigation for their skill and advice in designing and fitting the system, and clearly explaining its operation. Also, to the helpers from the Criminal Justice Unpaid Work team, who cheerfully dug and refilled trenches, and replaced slabs etc for the pipework to be laid; we couldn't have done it without you guys!

After the filming by the Beechgrove Garden in August, we also hosted a recording for Radio Scotland's "Good Morning Scotland" programme, to coincide with a training session by Annie Pollock from Stirling University, about the benefits of gardening for people with dementia. We believe that gardening is beneficial for everyone, as a form of exercise, being in touch with the natural world and the seasons, and giving the pleasure of watching plants grow, which we have cultivated, and this is an experience which we hope to offer to anyone from the local area who would like to be involved.

We will be continuing to work in the garden until it becomes too cold, tidying up for the winter, and would welcome anyone who would like to join us. Towards the end of October, we are planning a celebration with current and former helpers at the garden, to mark 15 years at the Potager, and officially to launch the watering system.

For further information, contact Amanda James on 840809 or amanda@tyafon.plus.com.



The Kinross-shire Civic Trust



20th Anniversary Celebration Dinner

The Civic Trust will be holding a Dinner to celebrate its 20th anniversary since its foundation in 1981. The Dinner will be in the Grouse and Claret on **Wednesday 23 November** at 7.30pm. The cost will be £27.00 per head and will include a Bucks Fizz at reception, followed by a two-course Dinner and a special celebration cake with tea and coffee.

The Dinner will be followed by a Talk by the Trust President, Professor David Munro, MBE describing the sources, activities, successes of the Trust over the last twenty years.

Please contact Bridget Lindsay, 01592 840252 if you wish to attend. We look forward to seeing as many members and their friends as possible at the Dinner.

Scottish Civic Trust/Planning Aid for Scotland

Scottish Civic Trust (SCT) and Planning Aid will be holding a Seminar on **Thursday 8 December** in the Loch Leven Community Campus at 4pm until 6pm.

The Scottish Civic Trust is the national body for the civic movement in Scotland. It engages proactively with local civic groups across Scotland and regularly comments and campaigns for the improvement of Scotland's individual buildings and areas of distinction.

How does the Trust interact with the Scottish Planning System?

John Pelan and Gemma Wild will give an overview of the Scottish Civic Trust's role, including casework and the relationship with local authorities and other bodies, and how the Trust can support local groups in influencing planning decisions.

A representative from Planning Aid Scotland will then give a summary of the work of the independent and impartial organisation, which aims to help people shape their communities and improve the way people engage with the planning system.

Both these bodies do tremendous work in considering, helping and advising on planning situations. Planning Aid is manned by planners who voluntarily give their services in helping people where there are planning situations that need expert advice. SCT also give advice in this role.

This will be an excellent opportunity to meet experts who can give professional assistance.

The meeting will last about two hours and there will be opportunities to ask questions and discuss afterwards.

The event is being hosted by Kinross-shire Civic Trust and is open to all interested parties, including members and non-members.

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Buildings of Interest in Kinross-shire

The former Loch Leven Inn

The recently renovated traditional early 18th-century rendered building at 6 Swansacre was for many years known to residents of Kinross as the Loch Leven Inn, but it originally had quite a different function. About 1748 it was built as a manse in association with the establishment of the Erskine Church between Swansacre and Piper Row. Taking its name from the great preacher and former Minister of the Parish of Portmoak, the Rev. Ebenezer Erskine, this was a Burgher Secession church. Entered from Swansacre, the gates of this church can still be seen next to the manse where the minister lived.



The former Loch Leven Inn, Swansacre

The first minister of the Erskine Church in Kinross was John Swanston for whom the manse would have been built with three floors and a slate roof. In 1764 Swanston was appointed Professor of Divinity to the Secession Church. This prompted him to open up a room in the manse which came to be known as the Divinity Hall. It was here that Michael Bruce, the Kinnesswood-born 'Gentle Poet of Lochleven' attended classes in 1766. The sudden death of John Swanston a year later brought the divinity classes in the manse to an end and some years later the re-uniting of various break-away churches resulted in the building being sold.

During the first half of the 19th century, when the coaching trade was at its peak, it metamorphosed into a local hostelry known as the Lochleven Inn. The 1841 census shows the owner of the inn at that time to have been John Sibbald who also had a farm at Broomhill near Crook of Devon. In addition to being a farmer and inn keeper, Sibbald is curiously described in the census as a ventriloquist.

A decade or so later, the inn passed to James Downie who was the licensee until he died in 1893 aged 80. His wife Margaret took over the running of the Loch Leven Inn until her death at the age of 93 in 1924. She was believed to have been the oldest publican in Scotland. James and Margaret Downie's daughter Mary Downie (1865-1954) ran the inn until she passed away aged 89, bringing to an end almost 100 years of ownership by the Downie family of an inn that was still known as 'Mary Downie's' forty years after her death.

Sports News



Kinross Road Runners



There is no doubt that the highlight of the month has been the success of three of our members at the Loch Ness Marathon on 2 October. Andy Laycock (2:55:01) 20th overall, Allan Kemp (2:56:02) 23rd overall and Club President Stephen Crawford (2:57:53) 30th overall. This was Allan's first marathon and unlikely to be his last with that performance. Not only did the men achieve fantastic personal times but collectively they won the Team Silver Medal in the Scottish Championships.

Winter training is now in place with speed sessions every Wednesday night and a two-mile time trial once a month. There is a wide variety of abilities in the club and new members are always welcome. We meet in the car park at the old doctors' surgery (opposite the swimming pool car park) on a Wednesday evening at 7pm. A full list of winter training can be found on our website

www.kinrossroadrunners.co.uk



Fromleft: Stephen Crawford, Allan Kemp and Andy Laycock at Loch Ness Marathon

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Kinross Tennis Club



The last junior and adult coaching sessions have taken place and after all the rainy sessions, the minis will be glad to be able to play indoors. Laura commences indoor winter coaching for under 10s on Mondays and Fridays starting 24 October – further details available directly from Laura.

The junior club championships were also hit by rain and with several club night sessions being cancelled there was a delay in getting all the rounds played. The U12 and U14 events in fact remain incomplete at this newsletter deadline and will be reported next month. Congratulations to all juniors who have taken part in the championships, results so far:

	<i>Winner</i>	<i>Runner-up</i>
U9 Singles	Jack Muncey	Alfie Milligan
U10 Singles	Andrew Thornton	Brandon Davidson
U10 Doubles	Christopher Fraser & Gregor Koziel	Marshall Smith & Cameron Purves
U16 Singles	Finlay Young	Rees Brouwer
U16 Doubles	Rees Brouwer & Daniel Black	Lucy Malcolm & Andrew Greener

Senior club sessions will run throughout the winter on Wednesdays from 6.30pm and Sundays from 10.30am – all members are welcome, floodlight costs are shared by those participating. The Thursday 1.30pm drop-in sessions will also continue and if rained off will happen on Fridays at 1.30pm instead – these drop-in sessions are open to non-members at £2 per session, and we hope this might encourage membership for next season.

Our AGM is planned for **Wednesday 23 November** at 8pm at Kinross Rugby Clubhouse – further details will be emailed to members in advance.

The club is open all year round so do keep playing over the winter. Further information can be obtained on our website www.kinrossstennisclub.org and by contacting our secretary Susan Malcolm on 01577 863774.

Kinross Cycling Club

www.kinrosscyclingclub.co.uk



With winter on the doorstep (although we did wonder at points in the summer if it ever went away), we have now started regular Sunday morning mountain bike rides. The rides are aimed at a range of abilities and led by club member Kenny Dagleish. If you fancy joining in, visit the website for more information.

Sportive Kinross has sold out for a second consecutive year, but this year rather than in 42 days it was 61 hours! We are looking for volunteers to help out on the day, so if you fancy it, please get in touch. Last year we raised around £7,000 for CHAS and have been able to buy two new MTB for the community Police officers to use.

And finally ... our inaugural summer GP series was a great success; club founder and President Roddy Pattison won it. Next year were extending it to ten events so why not join us if you fancy taking part?

**Please mention The Newsletter when
answering advertisements**

Orwell Bowling Club

On 3 September, an interesting Friendly game evolved against Kingseat away: they were one player short, so one of our star Lady players was co-opted onto their team. Despite this, Orwell won by 20 shots overall. The Monsoon weather returned for the Senior friendly against Auchtermuchty on 6 September, Orwell ending up 22 shots down. Our most scenic of away fixtures took place at Aberdour on 10 September, the 15 shot win being insignificant compared to the privilege of playing a super game of bowls in such beautiful surroundings. A consistently fine day (a rarity this summer) dawned for our Invitation Rink competition held on 17 September, the final results being: Newburgh & Kennoway 3rd equal, Clackmannan 2nd, and Orwell's hastily assembled rink (to make up numbers), with Gordon Morton skip, Vic McKechnie 3rd, Marie Young 2nd and Brian Cook lead, winning the day.

We had a chilly Final Senior Game and a very warming meal on 22 September, when Vic McKechnie was presented with the Senior Points Championship Quaich, which was generously passed around brimming with "Black Russian". Our closing of the Green then followed on a balmy Saturday 24 September when 22 people played 16 ends: lose you stay, win you move - Brian Cook and Anne McGouldrick must have rarely stayed in one place as they won by +19 shots. In excess of £140 was raised for the RNLI on the day, which, when added to the collection for the Blind Bowlers on Opening Day, resulted in a cheque for £167 for each charity.

Although it was an uncertain season for match secretaries, our friendlies having been reduced from rinks to triples, many clubs had difficulty raising sufficient numbers for teams; inaccurate weather forecasts, and dreich weather generally did not help, but notwithstanding, our syllabus was completed with only three of our opponents cancelling games.

Our After School Club on Mondays when coaches Sandra Fullerton and Jean Menzies generously gave their time proved popular, as did school visits to "try your hand at bowls" days and we hope to continue these activities next season, to which we will all look forward with relish during the darker winter days ahead.

Kinross Volleyball Club

Indoor training has resumed at the campus on Monday evenings from 7.30pm till 9.30pm with both recreational and premier league teams preparing for the coming season. In the Perth & District Volleyball League Cup competitions, at both Premier and Recreational levels, neither of the Kinross sides featured in the finals for the first time in six years. In the Premier League Cup competition, Kintronics lost narrowly to Hitting Bricks and Dodgy Spikers with Scotrange losing to Dunfermline and eventual winners Mental Blocks. In the Recreational League Cup, the young Kinross BB won one of their games against Dunfermline but lost out in their other games.

The club has also entered a men's team in the new East Central Scotland League with games being played fortnightly home and away from November till March. The Kinross team will consist of male players from both Kintronics and Scotrange Premier League teams.

Kinross Curling Club



The curling season is now well underway with several rinks pulling ahead in the Rankine Cup. The club's first competition, 'The Opening Bonspiel' witnessed a few creaking knees, shaky slides and dodgy deliveries during the first few ends (no change there), but as the two-hour mark approached, it looked as if the bonspiel was heading the way of Ian Johnston. Leading his rink to an 8-shot victory there was not another team in sight. That was until Davie Clydesdale's stone on sheet C 'picked up' and jumped sideways, allowing Dave Beveridge to win the end with a 6, going 9 up overall. Congratulations to Bev, Steve Wilcox, John Jo Kenny and Stuart Easson.

Kinross also started their defence of the Lomond League with a good win against Stratheden. The iceman told us he was embarrassed to take our money due to the quality of the ice. Being 20°C outside with high humidity did make the ice interesting, but Alistair Wood read it well to ensure a comfortable 10-2 victory to Kinross.

Friday 25 November is the date for the club's **Annual Dinner**. The club will be hosting Pat Edington, President of the Royal Caledonian Curling Club (RCCC). For many years it was traditional for the club to hold the annual curling dinner and court on the Monday evening closest to the November full moon. This was to help Kinross curlers stumble home to their farms guided by the moonlight. Unfortunately 25 November 2011 is the date for a 'new moon' rather than a 'full moon', so please look out for any lost curlers that night and guide them in the right direction. For more information about Kinross Curling Club, please contact Paul Baughan on 01577 863085.

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Kinross Otters

Carnegie Mini Sprint
Fife Institute, Glenrothes

Sunday 18 September

The Carnegie Mini Sprint is a highly popular event for 9 – 11 year olds. It was well attended by all the local clubs and attracted the very best of the young talent around at present. It is also unique amongst meets in that the top six get medals, which increased the Otters total from what would have been a usual 11 medals for top three finishes to 29. Recently the boys have performed better but not on this occasion.

Not for the first time, foremost amongst the Otters was 9 year old **Niamh Moloney** who claimed the highest position of any Otter all day by winning a silver medal in the 9 year old Girls 50m Backstroke in 48.65 secs. She also won two bronze medals in the 50m Freestyle and 100m Individual Medley (41.83 and 1.46.68 respectively).

Next best was **Kirstin Haig** who won bronze medals in the 11 year old Girls 50m Freestyle and Backstroke (35.55 and 41.73). She also came fourth in the 100m Individual Medley.

Finlay Nesbitt continued good form with a bronze in the 11 year old Boys 50m Freestyle in a quick 33.86 secs followed by three 5th places in the 100m Individual Medley, 50m Backstroke and Breaststroke and a 6th position in the 50m Butterfly.

Duncan Crawford won a bronze medal in the 9 year old Boys 50m Breaststroke in 1.10.92, came 4th in the 50m Backstroke and 5th in the 50m Freestyle.

Elliot Hogg claimed a bronze medal in the 10 year old Boys 50m Butterfly in 48.14 secs and was 5th on the 50m Breaststroke.

Matthew Moloney won yet another bronze in the 10 year old Boys 50m Breaststroke in 51.04 secs and came 6th in the 50m Backstroke.

Lucy Telfer managed a bronze medal in the 9 year old Girls 50m Breaststroke in 56.41 secs and rounded off the Otters top three individual finishers.

Rebecca Hardie came 4th, 5th and 6th in the 11 year old Girls 50m Butterfly, 100m Individual Medley and 50m Breaststroke respectively.



Rebecca Mitchell came 4th and 5th in the 9 year old Girls 50m Backstroke and Freestyle.

Iona Crawford managed a 4th in the 10 year old Girls 100m Individual Medley and a 6th in the 50m Breaststroke.

Kara Shiels came 6th in the 9 year old Girls 100m Individual Medley as did **Darcy Johnston** in the 9 year old Girls 50m Backstroke.

There was a bonus right at the end when the Otters won a bronze medal in the Mixed 10 and 11 year old 200m Freestyle event in 2.33.30.

Stirling Autumn Meet

The Peak, Stirling Sunday 2 October

The Stirling Autumn Meet held at the beautiful Peak Leisure Centre on the outskirts of Stirling was the location for yet another very competitive competition on 2 October. The Otters tried hard and produced several good performances and personal bests but those medals were very elusive.

The medal winning was left to the two **Camerons (Nelson and McCloskey)** in different events. **Cameron Nelson** produced what can only be described as a quite amazing swim in the 13-14 year old Boys 200m Butterfly. He led from start to finish claiming gold in a marvellous 2.34.70 winning by over 4 seconds. This took a rather large 10 seconds off the Otters Club record (he's only 13!!) and places him as 4th fastest 13 year old in Scotland at this event. He has also qualified for the Scottish Short Course Championships to be held in Inverness in December 2011.

Head Coach, David Haig, believes he has "real potential at this stroke".

Cameron McCloskey has had a rather muted 2011 by his standards but there are signs that 2012 could be different as he claimed a bronze medal in the 13-14 year old Boys 50m Backstroke in 34.88 secs and was the only 13 year old in the top seven.

If you want to find out more about Kinross Otters then visit our new funky site at www.kinrossotters.org.uk

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Kinross Golf Club

As the curtain comes down on another season, some of us will have received an invitation to the Club's Annual Prize giving on Saturday 5 November, a definite sign there has been some excellent play. So congratulations to all those winners.

Lenore Kyle, the Ladies 2011 Champion, played in the Champion of Champions over the Queen's Course at Gleneagles on Sunday 25 September in very wet and windy conditions.

In inter club matches Kinross seniors had a halved match at home against Balbirnie and also lost to Balbirnie away. They did, however, have home wins against Forester Park and Leven G.S.

Three Kinross players featured high in the prizes of the Senior Open on 7 September, Richard Campbell returning the best Scratch Score, Jim Wardrope the best Kinross member net score and Raymond Hall winning the 55 – 59 handicap section.

Sandy Milne and Raymond Hall represented the Senior Section in the Milnathort G.C. Invitation Senior Stableford and returned the winning score of 75 points.

Unfortunately, after a very successful season, the juniors lost their semi-final Scratch League Match to Strathmore at Auchterarder, playing in some atrocious weather conditions. Stephen Harrower has won the Junior County Order of Merit.

Scott McLeod has completed an induction weekend camp at Inverclyde for Scottish Team training and will commence training with his appointed coach at St Andrews as well as taking part in the Winter Series.

Milnathort Golf Club

Ladies Section: We have had a successful season, even though the weather has been rather wet and some matches cancelled, with Alison Houston becoming our Ladies Club Champion and Mandy Jones the Handicap winner. Our National Nines Team of Jackie Sneddon, Karen Allan and Kirsty Flockhart won the Final played in Jersey between 26 and 28 September, by one point after a very close match. Well done and congratulations from all at the Club.

Memberships are still available and the Club will be offering 15 months' membership for the price of 12 months at the end of November.

On a very sad note Jim Greig, a well known "worthy" and Honorary member of Milnathort Golf Club, died on Sunday 9 October. Jim was the oldest member of the club, in his 90th year, and a member for many years. He contributed greatly to the golf club over the years and will be sadly missed by all his friends and members of the golf club. Although Jim did not play any golf in the last few years, he was always a welcome sight at the club when he came round in his electric buggy for lunch and a blether! Our condolences go to his wife Maureen and family.

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Kinross Rugby Club

Latest Action, Saturday 15 October

Kinross 15 – 0 Fife Southern



Kinross welcomed near neighbours Fife Southern to the KGV in what was billed a must win match for the home side who were sitting 2 positions below the visitors going in to the game.

From the off it was clear this was going to be a forwards battle as the two sizable packs collided on numerous occasions with some hard hitting exchanges. An infingement at a breakdown saw Kinross secure the first points of the game as vice captain Gavin Hardie slotted the penalty 10 minutes in.

Following the half time talk from Coach O'Reilly and a couple of changes, Kinross came out of the blocks with greater determination to close the game off. This opportunity came 20 minutes into the second half as Number 8 Duncan Wood picked from the base of the scrum before releasing Captain Dale Lamont through the defensive line. Some great support play followed, with Euan Goudie crossing the line to give Kinross an 8 point lead.

10 minutes later, second row replacement Craig Marshall off loaded in the tackle to send Gavin Hardie through from close range between the posts and set up the easy conversion for him to effectively secure the victory.

Minis' Tournament - 2011

The minis tournament took place on Sunday 2nd October. It was touch and go as to whether it would go ahead due to the torrential rain, but thanks to the huge effort of a team of volunteers, we got the gazebos up and pitches sorted, without anyone or anything getting washed away.

Once the action got underway there were some great matches at all age groups, with the honours being spread among a variety of teams, including the Cougars finishing runners up in the P5 section.

Despite the weather, we got very positive feedback from all the visitors and everyone seemed to enjoy the day - And no-one drowned.

Once again a huge thank you to all those who made this day possible.

Training Continues

Whatever your age, experience and ability we want to see you down. This year we are looking to run two senior teams as well as an occasional veterans' side alongside the under 18's team and as always there are teams for all ages in our mini/midi sections.

Training is at the KGV (behind the Muirs Inn) every Tuesday and Thursday starting at 7pm. To get in touch beforehand you can contact us on 07534 761572.

FRIDAY NIGHT GAME!! 4 November

Nothing to do on a Friday evening? We have a league fixture, under the floodlights, against Blairgowrie with a 7.30pm kick off. The Clubhouse will be open to all as well, so please feel welcome to come down for the evening. We would be delighted to have your support.

League Fixtures - Kinross RFC First XV

Fri 4 Nov - Kinross v Blairgowrie RFC, 7.30pm Kick off

Sat 12 Nov - Carnoustie RFC v Kinross, 2pm Kick off

Sat 19 Nov - Kinross v Harris Academy, 2pm Kick off

Please also take the time to visit our brilliant website www.kinross-rugby.com for all the latest news and events at the home of rugby in Kinross.

Kinross Ladies' Hockey Club



On 24 September both teams were away to Perthshire 1sts and 2nds and both teams won. The 1sts beat Perthshire 1sts 6-2, with Lynn (3) Gill (2) and Vicky (1) scoring. The 2nds won by 2 goals to 1, with Anna and Dawn scoring - I think! There may be a correction next month!

The following Saturday, 1 October, saw both teams playing at home. The 1sts continued their unbeaten record by defeating Grove 3, by 8 goals to nil. Goal scorers were Lynn (3), Vicky (3), Gail (1) and AJ (1). Well done, girls. Unfortunately the 2nds were beaten 7-0 by Wanderers, but it was not because of a lack of effort. Everyone tried really hard and the score did not reflect the game, although we were beaten by a better side. Onwards and upwards!

Our training sessions are on Wednesday evenings in KGV from 6.30 till 8pm. New players and anyone interested in umpiring are always welcome. We are all shapes, sizes, ages and abilities so there is no need to feel nervous!

For more information visit our website or call Morag Donaldson 01577 863356.

Kinross Badminton Club



The Club held its AGM in the Loch Leven Community Campus on Wednesday 28 September. The following office bearers were elected for the 2011-2012 season:

President: Bill Macdonald. Vice President: Mark Moran. Secretary: Rory Cooper. Treasurer: Bill Macdonald. Committee Members: Alan Johnson, Alison Scott and Charles Mackinnon. Intermediate Committee Members: John-Angus Mackinnon and Scott Bissett.

Subscriptions for the year remain at £45 and nightly fees have increased to £3.50. Non members will have to pay £6 per night if they wish to play. Club nights are still Tuesday and Thursday from 8pm till 9.45pm at the community campus. The Primary and Junior groups are also held on a Thursday from 6pm till 6.45pm and 6.45pm till 8pm respectively. Primary and Junior Clubs are now full for the current season.

The senior club are looking for new players as always and would like to encourage current members to attend as regularly as possible as we still need to cover the increasing campus hall rent.

The first competition of the season is the Kate Francis Mixed Doubles tournament. This will commence on Tuesday 8 November. The second tournament, the Macdonald Quaich, has not yet been assigned a date, but it will be played at some point in December.

Dates and fixtures for the League matches are now available for the players to see at club nights, with our first match being held at Bell's Sports centre in Perth on Wednesday 26 October, when we will be playing the Perth 20 club.

As always, for more information contact our President, Bill Macdonald on 01577 862592 or our Secretary, Rory Cooper on: rtc00001@students.stir.ac.uk or log onto the Club's website: www.kinrossbadmintonclub.co.uk

Kinross Men's Hockey Club

What a start to the season!

First of all, Kinross 1sts found themselves promoted to play East District League 1. The league games started after three friendly games, of which Kinross won two and lost one. Kinross took apart Grange 5ths with a clinical 7-3 win, followed by an away 2-2 draw against Alloa. Next Kinross beat Reivers 3-2 before facing Edinburgh University 4ths without a goalkeeper as our three keepers were unavailable. Dave Niven stepped forward and after a superb display along with the defence at keeping a fast skilful Edinburgh University at bay for most of the match, was awarded man of the match as Kinross won 5-3 in a closely fought game. Well done, Niv!

Kinross 2nds found themselves promoted to East District League 3. The first league game was against Grange 7ths and Kinross ran out winners 5-2. Then Watsonians 4ths conceded resulting in a 5-0 walkover win for Kinross. Edinburgh Colts could not raise a team due to half term so Kinross sportingly, rather than claiming a 5-0 walkover, rearranged the fixture in December.

Hockey training is on Tuesday evenings 7.30 to 9pm at KGV astro pitch and is free and all are welcome no matter what your ability. We do need your support as this is our second season with two teams and we need more players. Come on down and see what fun hockey can be. The 2nds play in a good league to regain your hockey skills with a lot of youth teams and is a lot of fun. The 1sts play in a good highly skilful and competitive league so there is a competitive ability and fun for all.

The next League games are:

29 Oct	1sts v Edinburgh University	away
	2nds v Edinburgh University 7ths	away
5 Nov	1sts v Grange Dev	away
	2nds v Stirling University 2nds	KGV 12pm
12 Nov	1sts v Carnegie 3rds	away
	2nds v Inverleith Development	KGV 12pm
19 Nov	1sts v Erskine S/M 3rds	KGV 12pm
	2nds v Dunfermline	away
26 Nov	1sts v Falkirk GHG 2nds	KGV 10.30am
	2nds v Falkirk GHG 4ths	KGV 12pm

For further information, either contact Ross Turbet on email: captain@kinrosshockey.co.uk or Gordon Balfour: secretary@kinrosshockey.co.uk or visit our website at www.kinrosshockey.co.uk.

Go on, give it a try, or why not come down to training or come and support Kinross at a home game as detailed above.

Kinross Kobras Junior Hockey Club

Preparation are well under way for the first tournament of the year being held at Kinross on 30 October, where the club will host teams from Dunfermline Carnegie, Perthshire HC, Blairgowrie HC and Stirling Wanderers.

Training is starting to focus on preparing teams for this tournament and a second one scheduled for November. Training has been well attended this season and special thanks go to Alisa Wilson who has been organising the Under 8 section, a new section for this year.

Several Kinross Kobras have been selected for the PKC Hockey Development squad which will provide them with additional training aimed at preparing them for district level competitions.

Classified Advertisements

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Buy or Sell Goods up to the value of £500

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Kinross Bowling Club

Another bowling season has drawn to a close. The weather conditions have been up and down all season with an awful lot of wind and rain spoiling a lot of our games, with probably April being the half-decent month.

We have had several County Finals on our green this year again. The League County Final was played on 12 August, Golden Age County Final on 18 August, Top Ten Final on 3 August – and it's hard to believe but on these three final nights it did not rain!

Our Ladies Open Pairs, which was sponsored by Purvis Plant Hire, Sidey Windows and Meiklem Drainage, was scheduled for 7 August and once again was unable to be played on that date due to torrential rain. This was rescheduled for 18 September and was played up to the third round when the decision was taken to stop play as the green was extremely wet and rain was still coming down in sheets. We must be fated for this competition! (However, the committee members who were present on the day decided to split the money between the winners of the five sections, not how we would want to conclude a competition but the best solution!)

The closing of the green was on Sunday 2 October where we were to play "The Gibson Triples" and once again there was heavy rain. However, we presented the prizes and had a lovely buffet (thanks to the ladies section).

Let's hope next year the weather will be kinder to all our fellow bowlers.

Thanks to the ladies of the club for all the work done during the season: feeding, baking and generally cleaning clubhouse etc, also thanks to the green keeper and his team for keeping the green, hedge etc up to scratch.

Well done to all the winners and runners up. Prize winners are listed below. We look forward to seeing all existing and any new members at the AGM (date and time to be advised).

Prize winners 2011

	Winner/s	Runner/s up
Ladies Pairs:	A Bell S Rennie	J Stewart J Mitchell
Mixed Pairs:	B Paterson R Moffat	J Cousar G M Rennie
Gents Pairs:	P Allcoat G M Rennie	P Grant D Hague
Presidents:	P Allcoat	B Brian
Bess Hunter:	S M Rennie	S Stewart
Senior S Hand:	B Paterson	I Christopher
Handicap:	B Brian	D Hague
Renton:	G M Rennie	S M Rennie
Barnes:	G M Rennie	S M Rennie
Montgomery:	S M Rennie	G M Rennie
Cowie Shield:	J Mitchell	Jim Cousar
J Wallace Trophy:	G M Rennie	B Brian
E Ford Trophy:	J Cousar	J Mitchell
G Waddell Ford:	R Moffat	Jean Cousar
G Smith Trophy:	J Mitchell	J Stewart
	I Christopher	Jim Cousar
Tuesday League:	J Mitchell	J Nelson
Wednesday Night:	I Munnoch J Reid	P Grant
Sunday Afternoon:	J Stewart	P Grant
Ladies Champion:	S M Rennie	B Paterson
Gents Champion:	G M Rennie	D Hague

Kinross Vaulting Group



Saturday 17 September saw 17 vaulters head off to Kingsbarns equestrian centre, near Falkirk, for the Scottish championship. It was a long and busy day for all who attended, with some great results, which are as follows:

Novice team consisting of Kirsty Paterson, Hannah Ballantyne, Heidi Ballantyne, Kirstin Henderson, Atholl Pettinger, Kayleigh Ritchie and reserve Joanne Drysdale were 5th, lunged by Lynn Ballantyne on Max.

Pre novice Team consisting of Heidi Ballantyne, Duncan Lewis, Joanne Drysdale, Mark Porteous, Yasmine Clarke and Aimee Roberts were 7th, lunged by Liz Mackay on Robbie. Pas de Deux, Hannah Ballantyne and Emma Paterson were 2nd, lunged by Liz Mackay on Max.

Under 14 individual male, Atholl Pettinger was 2nd lunged by Liz Mackay on Robbie.

Junior individual female, Emma Paterson 6th, Kirsty Paterson 7th, Hannah Ballantyne 8th, lunged by Liz Mackay on Max.

Walk tech test, Emma Paterson 3rd, lunged by Lynn Ballantyne on Robbie.

Novice Canter, Kirstin Henderson 11th, Kayleigh Ritchie 15th, Joanne Drysdale 24th, Heidi Ballantyne 28th, lunged by Lynn Ballantyne on Robbie.

Walk Pairs, Carenza Pinn and Jessica Turner 8th, Yasmine Clarke and Mark Porteous 9th, Hannah Black and Robbie Park 12th, lunged by Janice Henderson on Robbie.

Walk Individuals, Not available at the moment, so hope to add to next month's report.

On 22 and 23 October 12 vaulters are heading off to Hull to compete at the British Championships. They are all working extremely hard along with our coaches and we hope to report back next month with some great results.

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Endorphins and the Exercise buzz: Getting the most out of that workout

People who exercise regularly will tell you that if they stop exercising for a period of time their mood can change and they really “miss it”. But what exactly are they missing?

The traditional benefits of exercise are seen as improving and maintaining physical fitness, as well as helping to prevent diseases such as high blood pressure, heart disease, and diabetes. However, exercise is also great for your mood.

Exercise decreases stress hormones such as cortisol, and increases endorphins. Endorphins are the body’s natural ‘feel good’ chemicals. When they are released through exercise, your mood is boosted naturally. Exercise also increases the production of adrenaline, serotonin, and dopamine. These chemicals work together to help to make you feel good.

Endorphins are hormone-like substances that are produced in the brain and they function as the body’s natural painkillers. Endorphins can be so powerful that they actually mask pain. When produced during exercise, endorphins generate feelings of euphoria and a general sense of well-being. Physically active people can recover from mild depression more quickly and physical activity is strongly correlated with good mental health.

Other than that endorphin rush, what else should you be looking for out of that workout? Perhaps you should consider that your “investment” in exercise can be divided up into four main areas – value for money, time, preparation and effort. Measuring your “return” is an interesting exercise.

Value for Money: Not all exercise needs be expensive, but whether you’ve invested money in gym membership, equipment or both, you want to get the best return. Make sure you maximize the potential benefits of the gym, utilising its services and facilities.

Investing financially in advice is often very beneficial. It can help you achieve your goals, re-motivate and refocus your exercise programme and best of all it can often improve your performance. Golfers, who have played for years but cannot make further improvements to their game, will often turn to the club professional for lessons, some sound advice and coaching. Working with a Personal Trainer is very much the same. A Personal Trainer can provide safe, meaningful programmes, training tips and encouragement to improve that workout.

Time: Maximize your investment in your own, valuable time by reviewing the frequency and duration of your exercise programme. The National Physical Activity Guidelines issued by the Chief Medical Officers have recently been updated. These guidelines cover the early years, children and young people, adults and older adults. This is the first time UK-wide physical activity guidelines have been produced for early years (under fives) as well as sedentary behaviour, for which there is now evidence that this is an independent risk factor for ill health. The guidance has a renewed focus on being active everyday and spells out the recommended minimum levels of activity for each age group:

- **Under-fives:** 180 minutes – three hours – each day, once a child is able to walk.
- **Children and young people (5-18 year olds):** 60 minutes and up to several hours every day of moderate to vigorous intensity physical activity. Three days a week should include vigorous intensity activities that strengthen muscle and bone.
- **Adults (19-64 years old) and older people (65+):** Adults should aim to do some physical activity every day. 150 minutes – two and half hours – each week of moderate to vigorous intensity physical activity. Muscle strengthening activities should also be included twice a week.

Most good programmes should be completed in about an hour in the gym with three visits a week adequate to maintain general fitness. Conversely, overtraining is a serious issue, leading to an increased risk of injury, insomnia, fatigue, a decrease in appetite, increased irritability and persistent muscle soreness. The body needs rest and time to recover, so take some time away from exercise and make sure you get your sleep!

Preparation: A surprising number of people go to the gym without a clear plan of exercise. This plan should be specifically linked to your exercise goals for the short, medium and longer term. Without a plan you run the risk of meandering along, being stuck in a rut and, worse still, doing something that does not give you the results you are looking for. Preparation, planning and perspiration – in that order!

Effort/Results: It’s fair to say that the old adage ‘you get out what you’re prepared to put in’ applies in the exercise world. However, effort should not be confused with results. I have seen many people putting in a tremendous amount of effort for relatively little reward, as their exercise has not been focused on specific results.

“Intensity” is a key exercise component and NHS guidelines provide the following definitions. These should be read in conjunction with exercise frequency and duration above.

Light:	you can talk at the same time
Moderate:	makes you slightly breathless
Vigorous:	makes you breathe rapidly

General exercise tends to give average, general results. Interval rather than continuous training has been shown to be more effective in getting people fitter more quickly. I believe that all training needs to be challenging, both mentally and physically. There should be challenges in every workout. These can be small but their achievement will give a significant progressive element to your routine. Your body and mind will adapt and you will reap the rewards.

So take some time out and review the effectiveness of your workout routine. The frequency and duration of the exercises chosen will have a direct effect on the results you achieve. An endorphin rush will come, provided that you’ve worked at an appropriate intensity and challenged yourself.

Next month: Key Components of an Effective Exercise Plan

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.



News from the Rurals

POWMILL – President Mrs Mary Wilson welcomed members old and new to the first meeting of the 2011/12 syllabus. Adele Hamilton from Integro gave a very interesting and informative talk on colour and style analysis. Vote of thanks was proposed by Gracie Wilson and supper was provided by Ruth Briscoe and Betty Bruce.

Competitions:

Favourite scarf	- Janet Mitchell
Rhubarb Tart (shortcrust pastry)	- Sharon Buchanan
Garden Gem	- Mary Wilson

CROOK OF DEVON – Mrs Betty Paterson opened this month's meeting. After business was concluded she introduced Lt. Jennifer Gosling from the Salvation Army who gave us an insight into the many different organisations and groups the Salvation Army are involved in. Mrs Betty Paterson gave the vote of thanks.

Competitions:

Homemade Soup	- Mrs J Jackson
Flower of the Month	- Mrs J Jackson

GLENFARG – With Christmas fast approaching, Frances Drysdale gave the members tips and hints on preparing flowers for a festive occasion. As entertaining as always, Frances's demonstration was an excellent antidote to the winter blues as she talked her way through the choosing and preparation of different kinds of foliage and flowers. She then showed how they could be arranged with some interesting and unusual ideas which were well received by a good turnout of members and visitors.

Mrs Catherine Fairweather gave the vote of thanks.

Competitions:

Christmas Tree decoration	- Jean Grigg
Shortbread Biscuits	- Allison Messenger
Flower of the Month	- Catherine Fairweather

Winner of the Jar of Chutney heat for Gardening Scotland: Catherine Fairweather.

The speaker at November's meeting will be Sylvia Martin who will be titillating our taste buds with a selection of sweet and savoury bites. Do come and join us!

BLAIRINGONE – On 12 October in Mowbray Hall, Powmill, President Joyce Petrie welcomed members and guests to a beetle drive, which was thoroughly enjoyed by everyone. The overall winner was Christina Sutherland.

There was also a sales table and thanks to everyone who supported it.

Competitions:

Jar of Chutney	- Joyce Petrie
Scarf	- Mary Croy
Flower of the Month	- Agnes Murray

CARNBO – President Elizabeth Campbell welcomed members to the meeting. After the business, Trophies were presented, as won at the Show.

She then introduced Eileen Thomas, Editor of Kinross Community Council Newsletter. We enjoyed an informative talk on the history, production and operations of the Newsletter. This was followed with supper.

Competitions:

Flower of the Month	- Elma Forrester
Chutney	- Cath Mearns
An Advertisement for Cambo WRI	- Susan Malcolm

BISHOPSHIRE – The members enjoyed an excellent demonstration by Barbara Beveridge on cake decorating. We received many tips, and Barbara made it all seem so easy.

Competitions:

Decorated cup cake	- Ann Hughes
Article in crochet	- Ann Hughes

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Next workshops for families and children:
Kinross Music festival: **Friday 18 November**,
10am and 11.30am, LL C. Campus
Then **Sunday 27 November**.
Portmoak Hall, Scotlandwell.
2pm to 2.55pm family class
3.15pm to 5.15pm children's workshop
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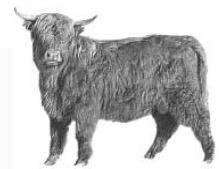
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Primary schools and 2 years as a tutor
References can be provided

Phone: 01577 861465

Mobile: 07541056286

Email: denise.dupont@hotmail.co.uk



Out & About

Vane Farm



Weel, here we go again. Disnae seem long since the last yin 'n' the Ed's askin fur anither column; she's a demandin' wummin, so she is!

The new wetland work has finally endit; it's lastit a wee bit longer than we expectit due tae the wet weather we hid which didnae help, makin the soil like runny mud. No easy tae build up terraces when it keeps runnin awa fae ye. Onywey, wi' a bit o' jiggery poackery 'n' nae doot a bit o' cursin fae the digger drivers, we're sortit noo, so the only thing we need tae dae is wait till it settles doon.

Birds seem tae be likin' it tho, wi' thousands o' pinkfeet geese scrabblin' about in the mud pickin up roots 'n' shoots 'n' stuff. Wadin' birds hiv also been hivin' a feed fest wi' muckle flocks o' lapwing 'n' curlew makin' use o' it as weel. We still hiv a bridge tae install ower tae the third hide, tho it micht be in place by the time ye read this – if no, it'll no be that long then it'll be joab done. Winter duck flocks are buildin' up tae, wi' big numbers o' pochard, wigeon, teal, mallard, goldeneye, tufted duck and a pickle gadwall and pintail among them enaw. Noisy Whooper Swan numbers are also increasin', wi' hunners makin a racket oan the loch. We also hid reports o' a sea eagle kickin about roond Bishop Hill, area so keep yer een peeled.

The centre, noo. We hiv hid some mair staff cheenges. Jane Cleaver wur Visitor and Publicity Office hiz left tae go and work fur the SOC oot at Aberlady near Edinburgh so guid luck tae her in the new joab; her smiley fizzog will be missed. She hiz been replaced by Caroline Rance (she is quite smiley tae, tho) wha hiz come doon tae Vane fae the end o' her contract at Loch Garten. Efter workin wi Ospreys every day a suppose geese, ducks 'n' waders will be a bit o' a different bird experience?

In the run up tae Chris---s, OK, a ken, a tried no tae remind ye, that's why a didnae fill awe the letters in, but eh, a suppose a jist hiv, oops sorry. Onywey, tae get back tae ma first thocht, we hiv loads o' offers in the shop. This month's offers are things like twa mugs fur £10 wi a choice o' fower designs tae choose fae, fower finger puppets fur a tenner enaw. Anither present that micht be guid fur the person ye jist cannae think whit tae get them is a "Good nature gift" whaur ye kin sponsor things like puffins, tigers, bees or plant trees. That's jist some o' the selection ye kin choose fae. The nature watcher micht fancy a new pair o' binoculars? We are holdin an "**Optics Weekend**" oan Saturday and Sunday **19 and 20 November** fae 10 till 5 each day, so ye kin get some advice fae the experts on the best pair tae pick. At this time o' year it's also important tae mind about wur gairden birds as weel. We still hiv 20% off selectit feeders and mealworms at £10 fur 6 x 100g packs – normally £4.99 per pack, bargain! 'n' a big range o' ither quality bird foods tae choose fae. Come in and ask us fur advice oan the best fur your birds if yer no awfa shair? Still wheengs o' cairds, calendars, diaries 'n' ither festive stuff as weel, so come in fur a gawp if yer passin – it's free tae look!

Till next time, when Mrs T. gies me anither gentle reminder, ta ta,

Colin

Loch Leven NNR



It's a time of change at Loch Leven this month, with our migratory population of Pink-footed Geese returning in large numbers, as well as our other wintering populations of ducks and swans. The last goose count recorded over 14,000 on the reserve, which was considerably higher than last year's count. We also have high numbers of Pintail, Wigeon, Teal and Shoveler, so keep a look out for these species as you scan through the large flocks of Tufted Duck out on the water. It may also be worth looking out for the return of the White-tailed Sea Eagle, as they have chosen to visit Loch Leven for the last two winters.

Our autumn events were all very well attended this year and there were some interesting

discoveries, particularly the Giant Puffball on the first Fungi Foray. Thanks to Richard Smith from Lochore Country Meadows Park for leading the Fungi Forays, and thanks to all who came along to enjoy these and the two Pink Sunsets through October.

Remember remember the 5th of November, as this year we'll be building a bonfire at Loch Leven NNR for a slightly different reason. In order to avoid encroachment of a wetland area at Carsehall Bog, we have been periodically removing areas of gorse and burning it. On **Saturday**

5 November we're inviting you to come along and help with **gorse removal and bonfire construction** - we'll not be burning Guy Fawkes at the stake, but we will be toasting marshmallows to celebrate a good day's conservation work! We'll be meeting at 10am at the reserve office, before heading round to Carsehall, and finishing up by about 4pm. If you'd like to join us, then please call the reserve office on 01577 864439 to book your place.

We look forward to the new section of path opening up this month, complete with a new bird hide overlooking Factory Bay- an area particularly popular with duck broods through the summer months. Keep an eye peeled for the barriers on the bridge coming down next time you're down at the pier.

Craig



Giant Puffball at Burleigh Sands

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Farming



Well, I think I can safely say that terrible is about the only way to describe the weather over the past two months for the supposed harvest period. There have hardly been two days dry together, which has made it very difficult to get on with combining, baling straw or even making silage.

Grass growth has suffered too with the persistent wet and cold and cattle are poaching the fields, damaging the grass more. Frustratingly, some parts of the country don't seem to have been too badly affected but in 'Newsletter' country it has been pretty grim, with a lot of field work still to be done.

Here at Backward Farm, things are pretty wet and about half the cattle have been shut in the sheds for more than a month now and they aren't missing being outside. We have plenty of silage and just about enough straw (although there is still some to bale, hopefully) so I thought it best to shut them in and leave plenty grass for the sheep through the winter. We were fortunate to get most of our barley combined one afternoon and was surprised at how well the all-new dinosaur show coped in what could best be described as 'tricky' conditions. In fact, between the two combines, they only got stuck three times, which I thought wasn't too bad. Well done to Andrew and George.

With the antics of the Top Gear team in mind, I think we could have invented a new form of motor sport involving combines. (Those of you familiar with Top Gear may have seen the programme where they put a snowplough on a combine and call it a snowbine harvester.) The idea is to use them in the sport of drifting, which involves racing round a track sliding sideways with plenty opposite lock as fast as possible. This was a bit like trying to harvest across the steeper parts of our big field, when the combines were sliding sideways. Perhaps it could be called "driftbining".

I was certainly relieved to have the pile of grain in the shed, although it was very wet – too wet for our usual storage method. I ended up taking it to Mike 'the steamie' to dry it. I think the steam coming out of the drier almost caused a fog warning on the M90!

We recently sold some beef cattle and the first of this year's lambs, which had grown well despite being born late in the spring. The tups will be among the ewes by the time you are reading this, so we will hopefully have a slightly earlier lambing next year. Glen the collie pup is growing fast and has been very useful when we have been gathering the sheep, although he is restrained with a long rope to keep him in control.

We recently had the misfortune to become a crime statistic when we had our quad bike and some tools stolen, even though they were securely locked away. Farm thefts are rife throughout the country, particularly bikes and also fuel, but larger equipment such as tractors are also more and more frequently targeted. It is almost impossible to stop a determined well-organised criminal, which is what the perpetrators of most of these crimes usually are.

John

Need Equipment for a Community Event?

Marquees, Gazebos, Chairs, Tables and more available to hire (or sometimes borrow).

Items are listed on www.kinross.cc at:

www.kinross.cc/equipment_hire/equipment.htm

If your community group has items it would be prepared to lend or hire out, please add them to the list.

Weather



September Weather Report From Carnbo

The season may have changed, but not the weather. The weather which endured during the three Summer months continued throughout September, with very little in the way of settled, sunny weather. Rainfall totals were high once again.

Rainfall for month	139mm (132% of average)
Heaviest fall	37.1 mm (12th)
Rain days	23
Dry days	5
Highest temperature	21°C (28th)
Lowest temperature	2°C (15th)
Average temperature	11.7°C
Total cloud cover	80%
Sunless days	8
Thunder not recorded	
Ground frost not recorded	

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Congratulations



ELISABETH BOYD, known to her friends in Kinross as Issy, formerly of Kinross and Crook of Devon and now residing in Houston, and **HARVEY ENGLISH**, of Houston TX, announced their engagement in September 2011. Their wedding will be held at Harvey's parents' property in Independence TX on 29 October 2011 at 4.30pm. Her parents, Jacqui and Gordon Boyd, formerly of Kinross and Crook of Devon, now Pflugerville TX, wish Elisabeth and Harvey many, many years of happiness and love.

ANDREW McNAB, formerly of Kinross, and **TESS CARTER**, Brisbane, Australia, were married on Saturday 10 September 2011 at 'Noosa', Australia.

Congratulations to Tracy and John **INGLIS** on the birth of their son **DANIEL MICHAEL** on 25 August 2011 - from Uncle Mick, Auntie Ursela and all the family.

Congratulations to Iain and Claire **WALLACE** on the birth of their daughter **LUCY CATHERINE** on 27 September 2011. A little sister for Adam.

WILLIE and **CATHIE DEWAR**, Alexander Drive, Kinross, celebrated their Ruby Wedding on 16 October 2011.

URSELA MURPHY received the Healthy Living Award for Ashley House Residential Home at a ceremony at Tulliallan Castle on 3 October.

MHAIRI OGILVIE and her team-mates from Strathearn Pony Club Mounted Games Team – Annabel Wilson (Perth), Josh Ryder (Pitlochry), Phoebe Arnot (Errol), Spohie O'Neil (Auchterarder) and reserve Sam Ryder (Pitlochry) – finished Reserve Champions in the final of the Prince Philip Cup at the Horse of the Year Show in Birmingham. The six finalists fought off challenges from over 250 teams to reach the finals, shown live on Sky Sports. Strathearn, at the finals for the first time, won the support of the crowd with their team spirit and Sophie's spectacular gymnastic displays! Last month Strathearn also won the Scottish Horse of the Year Show for the first time ever.

I would like to wish **WILLIAM WILSON** a very happy retirement after 50 years, man and boy, working first of all rowing boats, then Manager of Loch Leven Fisheries. There is not a thing he does not know about the loch or the fishing (except how to catch them). From his loving wife Rita, children William, Michael, Paul & Susan, their wives Susie, Rhona and Lesley and grandchildren Lorna, Angus, Claire, Amy, Paul, Craig, Connor and Hannah and the six dogs.

At Alyth and District Ploughing Society's annual match, the following were successful:

K SHANKS, Powmill - Horse: feering, ploughing (Forsyth Trophy), finish, straightest.

J LOUDON, Powmill - 3rd 12-inch: feering

D VEITCH, Scotlandwell - 3rd 10-inch A: feering.

Thanks



DAVID and **CATHIE COCHRANE**, Kinross, would like to thank all their family and friends for the lovely gifts and cards they received on their Golden Wedding Anniversary on 16 September 2011 and for celebrating with them on 1st October at the party in the Green Hotel.

MARGARET and **ALASTAIR**, 8 Croft Wynd, Milnathort, would like to thank family and friends for all their cards, calls and good wishes for his speedy recovery after his op, also a big thanks to staff on Ward 33 of the Western General Hospital, Edinburgh.

SALLY MONTFORD (11) and **ELISE ATKINSON** (10) would like to thank everyone who came to their Bake a Difference sale in aid of **Children in Need** on Saturday 15 October. They spent hours in the kitchen baking brownies, cupcakes, carrot cake and more, then sold them outside Sally's house in Milnathort, raising £45.85 for Children in Need.



Sally Montford (left) and Elise Atkinson at their Bake a Difference stall

Macmillan Cancer Support and **Marie Curie Cancer Care**: Jessie Mitchell, Milnathort, thanks everyone for their support and generous donations at the coffee morning on Friday 30 September 2011. £751.00 has been divided between these deserving charities.

Val Oswald (Flutterby Therapies and Fitness Pilates) would like to thank members of her Fitness Pilates classes, the ladies of Kinross 50 Plus Keep Fit group and the local businesses who so generously donated to and supported the Sandwich Coffee and Cake Buffet Lunch in the Masonic Hall on Wednesday 5 October in aid of **Macmillan Cancer Support**. Special thanks to Joan, Eve, Margaret, Janice, Evelyn and Mary for their support in organising the event and for their hard work on the day. Many thanks to all who dropped in for lunch and to everyone who donated to such a worthy cause. It was a great success and the total amount raised was £520! Well done to everyone and a massive THANK YOU for your generous support.



Kinross-shire Churches Together



Kinross Parish Church of Scotland

10 Station Road, Kinross KY13 8QR (Charity number SC012555)
 Rev Alan D. Reid MA, BD Tel: (01577) 862952
 Reader: Margaret Michie Tel: (01592) 840602
 Session Clerk: Jaffrey Weir Tel: (01577) 865780
 Church E-mail: kinrossparishchurch@hotmail.co.uk
 Church website: www.kinrossparishchurch.org

Church open for visiting or quiet contemplation Mon-Fri 10am-12 noon (but note Pram Service on Tuesdays in term time – see below).

Church Office: Mon-Fri 10am-12 noon. Tel. (01577) 862570

To Lease Church or Church Centre: Helena Cant (01577) 862923
 helenacant@aol.com

www.kinrossparishchurch.org

This is the place to find more details on the events listed below, as well as other resources such as our monthly prayer diary or the new architectural guide to the church (in 'About Us' under 'History'). These can also be picked up as leaflets at the church on Sundays or at the church office, weekday mornings.

Events listed below are in the church unless indicated otherwise.
 The church has disabled parking, ramp access and a disabled toilet.

Regular Services and events

- Sun** 10.30am Morning Service, includes a crèche, Junior Church (age 3 to P7) and JamPact (secondary age).
 7.30pm (during termtime) Church Centre: Crossfire, for S1 age upwards
- Mon** 8pm Housegroup (contact Brenda Fraser 862000).
- Tues** 10am Pram Service (during termtime).
- Wed** 10.45 am Midweek Worship: Reading Room, Church Centre.
 12 noon Mid-week and Mid-day: Time to Pray (30 min)
 1.30pm Craft Group.
 7.30pm Various Housegroups (contact Margaret Michie).
- Sat** 10am- 12 noon Church Centre: 2nd hand book stall and café.

Special Services and events

October

- Sun 30** 10.30am Morning Service with Rev. W. and Dr. S Beattie, missionaries in the Far East.
 6.30pm 'LIVE scripture': chat show format – what it means to live out the teaching of the Bible.

November

- Tue 1** 2.30pm Service at Whyte Court.
 7.15pm Church Centre: Guild 'Reflexology', Lyn Haworth.
- Sun 6** 10.30am Morning Service will be followed by informal Communion.
- Mon 7** 8.00am Time for Prayer: Silent Meditation (30min).
- Sat 12** 8.30am Prayer Breakfast (numbers in advance to church office).
- Sun 13** 10.00am Remembrance Sunday Service for Kinross with Uniformed Organisations, followed by Service at War Memorial starting around 10.50am.
 11.15 Morning Service.
- Tue 15** 7.15pm at Orwell Church: Guild - joint meeting with Orwell and Portmoak Guild.
- Thu 17** 9.00pm – Time to Pray: late evening service of Compline (20min).
- Sat 19** 10.00am – 12noon Church centre: Christmas Crafts and Coffee – crafts and cards for sale and refreshments available. Organised by the Church's craft group.
- Tue 22** 8.00pm Bible Study and Prayer Meeting.
- Sun 27** 6.30pm Advent Carol Service.
- Tue 29** 2.30pm Service at Causeway Court.
 7.15pm Church Centre: Guild '100 Years or More – Food for Life', Roger Stark.

Orwell and Portmoak Parish Church

Church of Scotland

Minister - Rev Dr Angus Morrison

E-mail: orwellportmoakchurch@yahoo.co.uk

Sunday Worship, Junior Church and crèche:

10am Portmoak Church,

11.30am Orwell Church.

Prayer Meeting held 30mins before each service

Dates for your diary - Everyone Welcome

Wednesday 2 November – Induction Service 7pm in Orwell Church for Rev. Dr. A. Morrison. Followed by Induction Social at 8:15pm in Milnathort Town Hall.

Sunday 6 November – Rev Jim Stewart from Letham St Marks in Perth will preach Rev. Dr. A. Morrison into the parish.

Saturday 12 November – Winter Bazaar in Milnathort Town Hall 10am- 12 noon. Various stalls with Christmas goodies. Refreshments of Tea, coffee, mince pies and shortbread.

Sunday 27 November – First Sunday in Advent

United Service most weeks at 6.30pm in Orwell Hall (check weekly Order of Service for details).

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

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

Morning Prayers at 9am

in Portmoak New Room on Monday and Thursday each week in Orwell Church on Tuesday and Friday each week

Church office & shop open Mon – Sat. 10am until 2pm. New cards for Christmas, Christian cards, gifts, bibles & books for sale. Also internet access; printing & copying facilities; recycle ink toners, spectacles, stamps & batteries. Meeting room available to let.

Contact the Office 01577 861200
 orwellportmoakchurch@yahoo.co.uk

St Paul's Scottish Episcopal Church

Muir, Kinross, KY13 8AY

Mrs Sarah Oxnard Telephone: (01577) 864213

Mr Sandy Smith Telephone: (01577) 862536

Website: www.stpauls-kinross.co.uk

November Services

- Sun 6** 8.30am Holy Communion, 11.00am Sung Eucharist.
Tue 8 7.30pm Informal worship in meeting room.
Sun 13 8.30am morning prayer, 11.00am, Sung Eucharist.
Sun 20 8.30am morning prayer, 11.00am, Sung Eucharist.
Sun 27 8.30am morning prayer, 11.00am, Sung Eucharist.

2nd Tuesday of month 7.30pm informal worship in meeting room

Everyone welcome at all services

Sunday School and Crèche during the 11.00am Services.

Thursday Morning 10am, group Bible Study. Everyone welcome. For further information, please contact Jan Campbell, telephone (01577) 862391.

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



It could change your world

One of the joys of this time of the year in Kinross-shire is the call of the wild geese – a sure sign of autumn and approaching winter. Geese flying in formation present an evocative sight and a reminder that geese in formation can fly further and faster than is possible for one lone goose.

An initiative such as Biblefresh has the advantage of bringing people together to accomplish much more than one Christian or one church can do alone. In Kinross in July we were part of the People's Bible project. Since then, thousands of people around the UK have made their mark in history by hand-writing two verses of scripture. Our verses were in Numbers and the end is in sight with 2 Corinthians now being written. Blairgowrie hosts the marquee on 5 November as the target date of 16 November approaches.

On that date, 16.11, there will be a service in Westminster Abbey in culmination of a year of celebrations marking the 1611 publication of the King James Bible. Not to be left out, Kinross will have its own 16.11 celebration when there will be a special showing of the feature film 'KJB The Book That Changed the World' in Kinross Parish Church at 7.30pm. The film has been produced and directed by Norman Stone and is described as follows. *'The extraordinary story behind this most extraordinary of books. Acclaimed actor John Rhys-Davies leads us back into a darker time to discover this fascinating tale of saints and sinners, power and passion, as the greatest translation of Holy Scripture emerges into a world and culture that would never be quite the same again.'*

There is no charge for entry and all are welcome to Kinross Parish Church on **Wednesday 16 November** at 7.30pm.

Kinross Parish Church www.kinrossparishchurch.org
Biblefresh www.biblefresh.com

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Kinross Gospel Hall

Montgomery Street, Kinross
Website: www.kinrossgospelhall.info

Sunday	10.30am	Breaking of Bread
	12.00pm	Sunday School
	6.00pm	Prayer Meeting
Monday	6.30pm	Gospel Meeting
	7.30pm	Prayer Meeting
Wednesday	8.15pm	Bible Study
	6.30pm	Children's Club (term time)

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.

Evening Service: On the **second Sunday** of every month at 6.30pm. No formal format; lots of praise, worship and joy in the Lord. Everyone welcome, irrespective of faith or denomination.

Healing Rooms Kinross and Loch Leven

Every Thursday from 10am to 11.30am

at 29 South Street, Milnathort, KY13 9XA.

No appointment needed. No charge. Totally confidential.

Trained volunteers from different churches will pray for your healing. Call Grace on 07773717339 for further information.

www.healingrooms-scotland.com

Acknowledgements

The family of the late **EDDIE CAMPBELL** would like to thank all the relatives and friends for their letters, cards and texts received after he died on 15 September 2011.

The retiral collection at the Church service raised the total of £608.45 which has been donated to ICU Queen Margaret Hospital, Dunfermline.

Sincere thanks to the Rev. Alan Reid for his services and words of comfort. Thanks also to Gordon Stewart and his team for making the funeral arrangements with dignity.

HERKES - Eddie and Diane would like to thank their friends and family for all the kindness shown when their mum, Lily, passed away on 15 September 2011.

A special thank you to the staff of Crieff Hospital and Camilla Nursing Home, Auchtertool for caring for Lily in her last few months. Stewart Funeral Directors & Rev. Alan Reid must also be thanked for the lovely funeral service.

A collection for Alzheimer Scotland, at the Church service, raised a large sum of money and Lily's niece, Elaine, held a charity evening and raised another £400 for Alzheimer's, so a big thank you to all who contributed.

FERGUSON - Erica and Holly would like to sincerely thank all friends and neighbours who have shown them such true kindness and support following the sudden and tragic death of Neil Thomas Ferguson (Ferguson Driving School - Scotlandwell). Neil died on 6 September 2011 aged 38 years. Thank you for all the beautiful flowers and many, many, cards and messages of condolence. Special thanks to Portmoak Primary School, Buchan's Garage Kinnesswood, The Well Country Inn and Tracey Wood, Funeral Director.

Playgroups & Nurseries



MILNATHORT BABIES & TODDLERS Orwell Church Hall, Milnathort

Milnathort Babies and Toddlers offer a relaxed, friendly environment.

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

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

Thursday & Friday, 10am – 11.30am.

For more information please contact us
on 07989 795259
or e-mail milnathortbt@gmail.com
or facebook milnathort toddlers.

FOSSOWAY PRE-SCHOOL GROUP

Glenbank Cottage, Powmill

Partner-provider for P&K Education

Places available for 3-5-year-olds and Rising Fives
Sessions daily 9.30 – 12 noon

Contact Pat Irvine 07703 177766 or
www.childcarelink.gov.uk/perthandkinross



LOCHLEVEN BABIES & TODDLERS

Masonic Hall, The Muirs, Kinross

Session times (term time only)

Tuesdays 9.30 – 11.15, Fridays 9.30 – 11.15

Contact - Aileen 07866 670745

All Mothers, Fathers, and Carers with children
aged birth to 5 years are welcome to attend.

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

GLENFARG BABY AND TODDLER GROUP

We meet in the newly refurbished village hall, Greenbank
Road, Glenfarg on Wednesdays, 9.30-11.30am.

Healthy snack for children

Coffee/tea & biscuits for carer

Lots of toys

Friendly support for all carers

First session free, £2 thereafter (£1 for additional children)

Contact Lucie on 07810 201935 or just come along!

SWANSACRE PLAYGROUP

21 -23 Swansacre

Kinross-shire Playgroup Association

Aka Swansacre Playgroup

Registered Scottish Charity Number SCO17748

TEL: 01577 862071



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

Playgroup sessions

Tues to Fri 9.15-11.45am; Mon and Fri 12.45-3.15pm

Children from the age of 2 yrs welcome.

The Inbetweeners session

Tues 12.45-3.15 with Lunch Club beforehand

Children from the age of 3 yrs welcome

Rising Fives sessions

Mon 9.05-11.20am; Wed 1.00-3.15pm, both with Lunch Club.

This is complementary to preschool Nursery.

For availability or more information, please contact
Kim 07504 445949, enrolments.swansacre@gmail.com,
or Playgroup 01577 862071

Baby and Toddler Group – Thurs 12.45-2.45pm

Ante-natal to pre-school.

Fun for children; coffee and chat for the parent/carers.

For more information, please contact Caron 01577 861607.

The premises are available to hire for Private Functions. For more information, please contact Michelle 07894 305272, Kirsten 07846 030029, or the Playgroup 07807 908833.

LOCHLEVEN TWOS CLUB

Masonic Hall, The Muirs, Kinross

Thursdays 10.00 to 11.30 (term time only)

A relaxed, friendly group for children from about 18 months to pre-school with their parent/carers. Activities include painting, craft, dressing up, stories and singing as well as a variety of toys. A snack is provided. Younger siblings also welcome.

Contact Victoria Jackson on 01577 865617

for further details,

or email victoriajackson1@hotmail.co.uk

PORTMOAK UNDER 5s

Portmoak Hall – between Kinnesswood and Scotlandwell
(only 10 mins from Milnathort and Kinross)

Babies and Toddlers (birth – 3yrs)

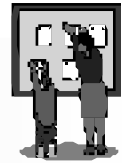
Tues 10:00am – 11:30am

Playgroup (2yrs onwards)

Mon & Fri 10:00am – 12noon

Contact Laura Porter (Play leader) 07547 076696

Website: <http://portmoakunderfives.wordpress.co>



Notices

Clocks go back one hour

British Summer Time ends at 0100 GMT on
Sunday 30 October 2011

Fossoway and Cleish Church Choirs and Friends

CONCERT

Sunday 30 October 2011

Cleish Church, 7.30pm

Rossini *Petite Messe Solennelle*
Haydn *Te Deum*

Tickets £5 at the door or from Choir members

The Thursday Group

3 November:

Haven Association - Domestic Abuse. Irene Hamilton

This is a women's group which meets on the first Thursday of the month in the Lower Hall of the Church Centre at 7.30pm. New members welcome. Contact 01577 863421 for details.

PSYCHIC EVENING

in aid of Orwell Old Folks Association

Tuesday 8 November

at 7.30pm prompt in the Thistle Hotel, Milnathort

Tickets £10 each available from:

Mary Allan (863588), Betty McLaren (861636),
Lesley McLaughlin (864227), Iris Smith (862536)
and Jean Paterson (862159)

Portmoak Primary School

CHRISTMAS FAIR

on: **Thursday 10 November**
from: 6pm until 8pm
venue: Portmoak Primary School, Kinnesswood
cost: £2.50 per adult, children free
(includes first drink and cake)

Come along and enjoy a fun evening for all the family.
Great for a bit of Christmas shopping with lots of stalls
including:

glass giftware; ceramics; chocolates and sweets; jewellery;
cards and wrapping paper; homeware gifts and lots more!

Refreshments and home baking. Raffle and prizes.

There will also be a Santa's Grotto, a chocolate workshop
and games for the children.

Looking for Contact Details?

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

A Christmas Country Fayre

at Loch Leven Community Campus

Saturday 5 November and
Saturday 3 December

10 am – 2 pm

For information, or to book a stall, please phone
01577 867200

Many types of arts & craft goods on sale

LLCC RECORDING STUDIO is now available

You can hire this studio, with full technician support, on
Tuesdays and Thursdays, 6-9 pm
The cost is £125 for three hours.

You should contact the Campus Reception to book and pay
for a session: Tel 01577 867200

Please note that the Loch Leven Community Campus **road markings and signs have changed** at the front of the Campus Building. Parking is not permitted on the road along the front of the building, except in the disabled bays, for cars displaying a blue permit. Parking restrictions will be enforced, and Traffic Wardens will operate on Campus. You should always park in the car park, accessed from the second vehicle entrance.

Remembrance Sunday

13 November

At around 10.50am a parade led by the Kinross & District Pipe Band will leave Kinross Parish Church and make its way to the war memorial at the County Buildings, High Street, Kinross, where a short ecumenical service will be held.

Members of the public are requested to leave the entrance to the County Buildings grounds clear to allow the parade to enter.

Note: The following streets will be **closed to traffic** for periods of time to allow the parade and ecumenical service to take place: Station Road between the Parish Church and the High Street; the High Street south of Green Road.

Portmoak Under 5's FREE

Photo Session

with

Yellow 12 Photography

Sunday 13 November

Portmoak Village Hall, 9am - 4pm

Ian Mitchell, BIPP, is based at Crossgates and is delighted to be able to come along to Portmoak Under 5's again for another photo shoot. He specialises in natural, bold, beautiful and funky photography and is sure to capture that perfect picture of your loved ones! Any orders placed before 1st December will be delivered before Christmas. Please contact Lynda Hardie (01592) 840785 if you would like to book an appointment.

Music in Dollar

www.musicindollar.org.uk

Concerts are held in the Gibson Hall, Dollar Academy and begin at 7.30pm. Tickets are £8 per concert for adults and accompanied children are free. Season tickets for all five concerts are also available for £28 (single) and £52 (family).

- Sat 12 Nov **Allan Neave** (guitar) and **Robert Irvine** (cello). Two outstanding players of their instruments.
- Sat 21 Jan **Jennifer Logan** (mezzo-soprano) with accompanist. A highly entertaining evening.
- Sat 25 Feb **Alasdair Beatson** (piano). The renowned young pianist from Perth who is now in demand on the international stage.
- Sat 17 Mar **The Glasgow String Quartet**. The players are from the Royal Scottish National Orchestra and play works from the classical repertoire.

Messy Play

0 – 5s

Bring your Mum or your Dad
your Granny or your Grandad

Encourage your parent or grandparent to take part
in ½ an hour of:

art & craft, water play, play dough, drawing etc

We'll have 15 minutes of songs & stories before
fruit & water for the children; coffee & tea for the adults

Tuesdays 1, 8, 15, 22, 29 November

9.45 – 10.45 am

Activity Meeting Space, Loch Leven Community Campus

Spaces may be limited so please contact:

Pat Doran, Community Link Worker, LLCC

patdoran@pkc.gov.uk, 01577 867180 or 07903 335751 or

Catherine Findlay, Development Teacher for Early Years,

LLCC, cmfindlay@pkc.gov.uk, 01577 867223 or

<http://kinross.myallocator.com/index.php/community-link-work>

Kinross Floral Art Club

invite you to a

Coffee Evening

in the Upper Hall, Kinross Church Centre

Tuesday 22 November at 7.30pm

with Mrs Anne Buchan

“A Flower Arranger Reminiscing”

Entry £6

Tombola & Raffle

Keep Smiling Through

The story of the Home Front through unpublished diaries, newspapers and songs of the time. With Crawford Logan, Gowan Calder, Eric Rice and Dave Batchelor.

Originally on BBC Radio 4.

Saturday 5 November

7.30pm, Portmoak Village Hall.

Tickets from Dave Batchelor, The Old Manse,
Scotlandwell, Kinross, KY13 9HY. Email:

dave@davebatchelor.co.uk

Tel: 01592 840233 or 07740 982367

Milnathort FILMHOUSE

OCT 2011

Milnathort Town Hall
Sunday 30th Oct 3pm

HALLOWEEN SPECIAL

Nanny McPhee

**YOU'LL LEARN TO LOVE HER.
WARTS AND ALL**

TUCK SHOP

Tickets available NOW

Nanny McPhee (U) tickets available in advance
through our Facebook page

Family £15 (2 ad + 2 chd) Adult £5 (OAP & Student concession £3),
Screening 3pm, doors open 2.15.

Other info email milnathortcinema@btinternet.com

JOIN US ON FACEBOOK just search 'Milnathort Filmhouse'

Saturday 24 December The Snowman (U) 5pm

*Tickets from Milnathort Post Office two weeks before
screening. Films shown in Milnathort Town Hall.*

Kinross Parish Church Craft Group

CHRISTMAS, CRAFTS AND COFFEE

Saturday 19 November

Kinross Church Centre, 10am - 12 noon

Refreshments CRAFTS HomeBaking
ChristmasCards TRADICRAFT RecipeBook
Children's Craft & Pocket Money Corner

Kinross Parish Church of Scotland Charity No. SC 012555

T in the Park Public Meeting

Green Hotel, Kinross

7pm to 9pm

Wednesday 16 November

Residents and interested parties
may attend and make comments

Orwell Bowling Club BINGO TEA

Wednesday 16 November at 7.30pm

£1 entry, including refreshments
Bring your own cup please

Kinross-shire Historical Society

Meetings are held at Kinross Parish Church, Station Road, Kinross at 7.30pm. Membership £6 (Seniors £5); eighteen and under free. Visitors £2 per talk.

Programme for 2011 – 2012:

- 21 Nov Mysterious Kinross-shire:** Ghosts, witchcraft, bodysnatchers and other strange and supernatural happenings in the County. Geoff Hunter.
- 12 Dec They Came by Train part 2:** The Devon Valley Railway. Prof David Munro MBE.
- 9 Jan A Tale of Two Families:** A French Connection – Kinross links with French Diplomacy. Campbell Watson.
- 20 Feb The Adam Family:** The History of the Adam family from 1210 to 2010 including the Architects and Politicians. Elizabeth Adam.
- 19 Mar AGM + Fife Just the Place for Tourists:** The tourist discovery of Fife and how tourism affected the local communities. Eric Simpson.

MICHAEL BRUCE TRUST

Annual Illustrated Talk
'The Braes of Benarty'

by
Professor David M Munro, MBE
Chairman, Michael Bruce Trust
Portmoak Hall

7.30pm, **Thursday 17 November**
Tea and coffee Entry: £4

Kinross-shire Tourism Forum

Do you work in, or own, a tourism business in Kinross-shire or just interested in helping to promote tourism within the area? Then come along to a meeting in The Windlestrae Hotel on **Wednesday 23 November** at 6pm. The purpose of the initial meeting is to establish the level of interest in Kinross-shire and to work out the objectives of the group. To register your interest in attending or to find out more, contact: Fiona Craigon, Director, Kinross-shire Partnership by phone 01577 865679 or by e-mail: fiona@fionacraigon-marketing.co.uk (See also Articles p. 3)

Carnbo Bowling Club Ceilidh Dance

Glenfarg Dance Band
Crook of Devon Institute
8pm

Saturday 3 December

Tickets £10 Telephone 01577 840238
Bowling Club Prizegiving Teas Coffee

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



Seeking Zero Waste champions

Want to help work towards a zero waste Scotland?



Whether you're a canny cook, or a keen composter, or just concerned to reduce the amount of rubbish we throw away, we want to hear from you!

You will be trained in how to talk to the public about reducing waste – including how to reduce the amount of edible food that is thrown away, how to compost food scraps and household waste, and how to reduce unwanted mail. You will then go out and spread the message of waste reduction to neighbours and friends, community groups and events.

With your local knowledge and contacts, you could play an important role in encouraging people to reduce their waste and recycle and compost more. Come and be part of Scotland's movement to meet its world-leading zero waste targets. In the process you'll receive training, attend events and have fun talking rubbish!



Please contact the Volunteer Coordinator on 01738 476430 or email zerowastevols@pkc.gov.uk. You can also visit our website at www.pkc.gov.uk/zerowastevols or our Facebook page at www.facebook.com/PKZWChampions



CHILDREN 1ST

Christmas Coffee Morning

Cleish Hall

Friday 2 December
11am – 1pm

Soup Home Baking Coffee
Various Stalls
Donation at the door

Boys Brigade St Andrews Day Coffee Morning

Church Centre, Kinross

Saturday 3 December
10am – 12 noon

Raffle, Bottle Stall, Home Baking and more

Light Up Kinross

Monday 5 December

Light Switch On by Craig Levein, Scotland Football Manager

Orwell Dramatic Society

presents

Puss in Boots, a Pantomime

At the Loch Leven Community Campus.
Fun for all the family.

Performances are:

Friday 16 December 7pm

Saturday 17 December 2pm and 7pm

Tickets: Adults £7, children £5, family ticket £20.

Tickets are available from:

Milnathort Post Office, Sporting Chance or 01577 862323.

Hope to see you there!



THE
TALKING
DONKEY

Every Friday 11am - 2pm
@ The Millbridge Hall

For further information, or if you
want to be involved please ring
07766 515 950 or 07771 696 830

The Cafe where
everything is
FREE!

 Soups 

 Snacks 

 Hot Drinks 

 Cold Drinks 

 Home-cooked lunches 

All brought to your table by our friendly staff

The Talking Donkey is a Christian venture so there
will always be people on hand to offer

Prayer For Any Need





Kinross-shire Fund
Grants available for local
community projects



e.g. Events, Information, Transport, Welfare,
Physical Amenities, Recreational Facilities, Support for
Care of the Elderly, Voluntary Organisations

For more information and to download an application form,
see www.kinross-shirefund.org or contact Annabel Bath
on 0131 524 0300
or email Annabel@scottishcf.org

1st Orwell Brownies

I would like to say a huge thank you for the response that
we received from the advert for young leaders to help with
the new Brownie unit.

We had a huge response and have not been able to phone
everyone back but will keep your details and get back to
you all if and when more positions arrive.

**Social Activities
at Loch Leven Community Campus**

Badminton, table tennis and other social activities will be
available at the Loch Leven Community Campus as from
Wednesday 26 October 2011. Come along and embrace the
active side of life with a bit of gentle exercise and a catch
up of the weekly events with your friends.

Day: Wednesday

Time: 11.05am - 12 noon

Promotional Price: £1 from October - December 2011

Price: £2.90 with a LA Card and £3.90 without a LA Card



**Minority Ethnic Access Development
Project - Rural Outreach Project**

What we do?

The MEAD Project aims to give the expanding migrant and
minority ethnic population in Perth & Kinross the support to
play a full and active role in their communities.

What's new?

MEAD is now able to extend its work across rural
Perthshire. Four key areas that will benefit from this
initiative include Crieff, Kinross, Auchterarder and
Blairgowrie/Coupar Angus.

What does it mean for You?

Migrant workers and Minority Ethnic communities can
access multilingual information, advice and development
support on a weekly basis provided by MEAD's Rural
Development Officer.

What MEAD aims to achieve?

- help migrant workers living or working in rural
Perthshire to access local statutory and voluntary
services;
- increase awareness of migrant workers' rights and
entitlements;
- help with improving confidence and self-esteem;
- support in accessing services and participating more
fully in local community life.

Where and when You can find us?

In Kinross we are located in:

Kinross Learning Centre, Swansacre, Kinross, KY13
8TE, **Wednesdays from 9.30am to 12.00.**

*Are you a migrant worker who lives or works in
Kinross?*

Need information, advice or support?

*Contact our Information and Advice Development
Officer (Rural), Marlena Klapczynska, and make an
appointment on 07785 620192*

or e-mail: marlena.klapczynska@meadproject.org.uk

You can also drop in during office's opening time.

This Project is being part-financed by the Scottish Government and
the European Community Rural Tayside LEADER 2007-2013
Programme.

Light Up Kinross

VOLUNTEERS

are required for the Light Up Kinross Committee.

We meet around five/six times each year, building up to the
Switch On of the Christmas Lights in November/
December. Anyone interested will be made most welcome
and should contact M Scott, telephone 862945 or
mbs21@btinternet.com.

Ceilidh Dancing

Come and join us from 2 till 3 every Monday in the Guide
Hall, Milnathort, and learn to ceilidh dance. You don't need
a partner and it is all very informal and great fun.

All proceeds go to Common Grounds.

Just come along - the more the merrier. No age limit.

Drop in to the Skills Zone

Community Learning & Development
Adult Learning can support you to:

- Complete application forms
- Put together a CV
- Search for jobs
- Use the computer
- Practise interview questions
- Brush up with spelling, grammar and numeracy
- Learn new skills

Weekly, from **Wednesday 24 August**
Loch Leven Community Campus
Library ICT Rooms
6pm – 7.30pm

If you need further information, please phone
Roseanne Gray: 01577 867216 / 867177



Life Drawing

Wednesdays 7-9pm with tutor Simon Reekie
www.simonreekie.com
in Loch Leven Community Campus

26 Oct – 30 Nov £48 / pupils £30
18 Jan – 29 Feb £56 / pupils £35



To book, please send a cheque payable to: Perth & Kinross Council with your contact details (tel / postal address & email) to:

Arts Development, Blackfriars, North Port, Perth PH1 5LU.

Enquiries 01738 477834. First come first served.

All abilities welcome. Easels and basic materials provided.
Subject to a minimum 11 participants.

Note: a discount may be available on written application

Healing Rooms Scotland

New name: **Kinross and Loch Leven Healing Rooms**

New venue: 29 South Street, Milnathort, KY13 9XA

New time: Every Thursday from 10am to 11.30am

New team of trained volunteers from different churches
But the same God who heals and blesses!

Prayer sessions are completely without charge and are
strictly confidential. No appointment needed – just come in
and we will pray for you.

For more information call Grace on 07773717339.

www.healingrooms-scotland.com

Monthly Reiki Share Group

Second Tuesday of the Month, 7pm – 9pm

A monthly inspiring and loving gathering for
Reiki I, II or Master practitioners.

Format for the evening:

Meet and greet, Share experiences and Reiki news, Hatsurei
Meditation, Reiki sharing sessions, Closing Reiki Circle.

Venue: Green Hotel, Kinross (Gairney Room). To enrol,
email Susan King: sking77409@aol.com
or telephone 01577 865533

Newsletter Deadlines 2011/12

In rare circumstances it may be necessary to change a
deadline at short notice. Check Newsletter website for latest
information: www.kinrossnewsletter.org

Issue	Display Ads Deadline	Copy Deadline	Publication Date
December	Fri 18 Nov	Mon 21 Nov	Sat 3 Dec
Jan/Feb	Fri 6 Jan	Mon 9 Jan	Sat 21 Jan

Events at Hill of Tarvit Mansion House

2 miles south of Cupar

For further information call 0844 4932185

Website: www.nts.org.uk

Christmas Fair

Saturday 26 November

Get into the Christmas spirit with a range of traditional
activities and entertainment, such as Guess the Cake
Weight, Story Telling, Christmas Shop and lots more. Noon
to 4pm.

Christmas Choir

Saturday 10 December

Members of the East Fife Ladies choir will sing a variety of
Christmas songs. The programme starts at 7.30pm and
during the interval traditional refreshments will be served.
Tickets: Adult: £12, Child: £12.

Join the 2011

big bucket

collection

for children with cancer

Can you give one day
to help raise £100,000?

This December, CLIC Sargent really needs volunteers across the UK to take part in our Big Bucket Collection to raise money for children with cancer.

Please join us as a Collection Coordinator, asking your friends and family to help you collect for one day, and we'll match you to a venue near you.

Visit www.clicsargent.org.uk/bigbucketcollection
Call 0845 121 2495
or email bigbucketcollection@clicsargent.org.uk

Registered charity number 1107328
and registered in Scotland (SC039857)
11892980



Loch Leven Community Campus

Community Learning & Development

Adult Learning

Free local and friendly support with



Basic Computer Tuition

In small groups at a pace to suit the individual, no prior knowledge of computing is necessary.

- Get to know the computer
- Using Word for basic documents
- Introduction to the Internet
- Using E-mail

English as a Second Language

Would you like to improve your ability to –

- Talk to friends and neighbours
- Understand what people say to you
- Give information
- Talk on the phone
- Fill in a form
- Apply for a job

Adult Literacy & Numeracy

Reading Writing Spelling Numbers

"I can enjoy books now"

"I feel more confident"

"Filling in forms is less scary"

"I passed my driving test"

BOOKING ESSENTIAL

If you would like further information regarding any of the tuition please contact:

Roseanne Gray

Adult Learning Worker

Loch Leven Community Campus

Email: rgray@pkc.gov.uk

Tel: 01577 867216 / 867177

Orwell Bowling Club Whist Nights

EACH TUESDAY EVENING

7.30pm £1 + £1 raffle. All Welcome.

Perth Samaritans

Need to talk? We'll listen.

Contact us by

phone on 01738 626666 or 08457 909090

Email us jo@samaritans.org

or **visit** us at 3 King's Place, Perth, PH2 8AA

Mondays 1630 – 2130 Thursdays 1630 – 1900

Wednesdays 0830 – 1100 Fridays 1000 – 1630

and 1930 – 2130 Sundays 0800 – 2130

No pressure, no names, no judgment.

We're here for you, anytime.

Volunteers needed at our Kennels

16 years and over please

Baltree Country Centre, Gairneybank,
Kinross, KY13 0LF
Please phone or email for details

Adopt A
Greyhound

*Adopting just one Greyhound won't change the world,
but the world will surely change for that one Greyhound.*



Tel: 01592 890583
Mob: 07826 244765
email: ferniejimmyf@aol.com
www.greyhoundrescuefife.com

Blythswood Care

Sainsbury's Car Park

(if car park is full, van will park nearby, e.g. Park & Ride or Ochil View)

Tuesday 22 November

between 10.30 am and 11 am

Further details from 862258

Community Councils

Kinross: Secy: Mrs M Scott (01577) 862945

KinrossCommunityCouncil@pkc.gov.uk

Cleish & Blairadam: Secy: Mrs M Traylor (01383) 830059,

CleishCommunityCouncil@pkc.gov.uk

Milnathort: Secy: Mr J 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
Bill Freeman	64 Muirs	865045
Ian Jack (Treasurer)	Burnbrae Grange	863980
Laura Mackay	Brunthill Farm	07872 499145
Dot Mackay	29 Green Park	864635
Margaret Scott (Secy)	21 Ross Street	862945
Campbell Watson (Chair)	7 Gallowhill Gardens	861544
David West	9 Leven Place	07824 313974

Perth and Kinross Councillors

Kathleen Baird, Easter Clunie, Newburgh, Fife, KY14 6EJ

Tel (home): 01337 840218.

Email: kbaird@pkc.gov.uk

Michael Barnacle, Moorend, Waulkmill Road, Crook of Devon,

Kinross, KY13 0UZ. Tel/Fax (home): 01577 840516.

Email: Michael@mabarnacle.freeserve.co.uk

Sandy Miller, c/o Perth & Kinross Council, 2 High Street, Perth,

PH1 5PH. Tel (business): 01577 840462.

Email: SMiller@pkc.gov.uk

William Robertson, 85 South Street, Milnathort, Kinross,

KY13 9XA. Tel (home): 01577 865178.

Email: wrobertson@pkc.gov.uk

Loch Leven Community Library

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

Telephone: 01577 867205

Email: lochlevenlibrary@pkc.gov.uk

Opening Times

Monday	10am – 6pm
Tuesday, Wednesday, Thursday	10am – 8pm
Friday	10am – 6pm
Saturday	10am – 3pm

Fossoway and Cleish Community Office

A service for the Community, open:

Thursdays	2 pm - 4 pm
Saturdays	10am -12 noon

Out of hours there is an answering machine

Tel: 01577 840185 Email: fcco@btinternet.com

Kinross Recycling Centre, Bridgend

Opening Times: **Mondays to Fridays 9am to 7pm**
Saturdays and Sundays 9am to 5pm

For trial period: plastic food containers, carrier bags and film polystyrene.

Aluminium & Steel Cans, Car Batteries, Cardboard, Engine Oil, Fluorescent Tubes, Electricals (inc Fridges, Freezers, Televisions & Monitors), Garden Waste, Glass Bottles & Jars, Inert Waste, Metal, Paper, Phone Directories, Plastic Bottles, Textiles, Wood, Bicycles.

Member of Parliament for Ochil & South Perthshire Constituency Gordon Banks MP

www.gordonbanksmp.co.uk

Email: banksgr@parliament.uk

For dates and locations of regular advice surgeries, or to raise any concerns you may have, please contact the constituency office: telephone 01259 721536, fax 01259 216761 or write to 49-51 High Street, Alloa, FK10 1JF.

Members of the Scottish Parliament

All MSPs can be contacted at the following address:

The Scottish Parliament, Edinburgh, EH99 1SP

MSP for Perthshire South and Kinross-shire Constituency

Roseanna Cunningham MSP (SNP) Tel: 0131 348 5697

Email: Roseanna.Cunningham.msp@scottish.parliament.uk

MSPs for Mid Scotland and Fife Region

Claire Baker MSP (Labour) Tel: 0131 348 6759

Email: Claire.Baker.msp@scottish.parliament.uk

Annabelle Ewing MSP (SNP) Tel: 0131 348 5066

Email: Annabelle.Ewing.msp@scottish.parliament.uk

Murdo Fraser MSP (Cons) Tel: 0131 348 5293

Email: Murdo.Fraser.msp@scottish.parliament.uk

John Park MSP (Lab) Tel: 0131 348 6753

Email: John.Park.msp@scottish.parliament.uk

Willie Rennie MSP (Lib Dem) Tel: 0131 348 5803

Email: Willie.Rennie.msp@scottish.parliament.uk

Dr Richard Simpson MSP (Lab) Tel: 0131 348 6756

Email: Richard.Simpson.msp@scottish.parliament.uk

Elizabeth Smith MSP (Cons) Tel: 0131 348 6762

Email: Elizabeth.Smith.msp@scottish.parliament.uk

Mobile Library – Blairingone and Milnathort

Every Second Wednesday

Next visits: Wednesdays 2, 16 and 30 November

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

Any queries telephone AK Bell Library 01738 444949

Perth & Kinross Council

www.pkc.gov.uk

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

Regular Library Sessions for Young Children

At Loch Leven Community Library.

No need to book, just come along.

Story Telling

every Monday morning	10.15 – 10.45 am
and every Thursday afternoon	2.15 – 2.45 pm

Bookbug Rhymetimes

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

Bookbug Library Challenge: For children aged 0 to 4: On each visit to the library, children are given a sticker. After collecting four stickers, they are awarded a certificate.

Kinross-shire *Day Centre*

**Table Tennis • Videos • Cards • Dominoes
Daily Papers • Chiropody • Trips • Exercises**

Weekly Programme

Monday	Exercise Class	11 am	Elderberries	1.30 pm
Tuesday	Bingo	1.30 pm	Relaxation Class	1.15 pm
Wednesday	Morning Service	10.45 am,	Quiz Afternoon	1.30 pm
	Dominoes	1.30 pm	Scrabble	1.30 pm
Thursday	Art Class	1.30 pm,	Film Afternoon	1.30 pm
	Dominoes	1.30 pm		
Friday	Scrabble	1.30 pm	Dominoes	1.30 pm



Additional Event for November



Alzheimer Scotland Group Wednesday 9th 11.30am - 3.30pm (*see article, p. 38*)

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

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

**Sundays: The nearest open pharmacy is Asda,
Dunfermline**



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. The next visits are:

8 and 22 November

No appointment is necessary as the surgery is a drop-in service. For complex issues a further appointment may be necessary. Perth CAB can help you – our advice is free, confidential, impartial and independent. Contact us: Advice line 01738 450580; Appointment line 01738 450581.

Loch Leven Community Campus Partnership

As a member of the Community, your views and ideas in the development of this facility can be represented through the Partnership.

Contact the Loch Leven Community Partnership on campuspartnership@kinrosshigh.pkc.sch.uk

Watch this space

Better Place To Live Fair

**Kinross-shire Community Learning and
Development Group**

Loch Leven Community Campus

Saturday 3 March 2012

Kinross-shire Community Learning and Development Group represent the local communities, services, groups and voluntary organisations and is organising the 2012 event.

The purpose of the fair is to provide an opportunity for the community to see what Kinross-shire has to offer. Community groups, businesses, voluntary organisations and services are invited to be involved in an event to promote community achievement and a sense of pride in Kinross-shire.

Perhaps your group or organisation needs new members. Do you want to showcase your activities, or have an opportunity to display your services? Perhaps your group or organisation is proud of something they have recently achieved in the area and want to share it. Whatever you do or have done, this is your opportunity to let everyone know about it. There is no cost involved for community groups, voluntary organisations or services but a cost may apply for local businesses.

Book your space from 1 December 2011

To book your place, please contact:

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

Kerry Taylor KKtaylor@pkc.gov.uk
Capacity Building Student



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, subject to space.

Items for Sale

Cosatto cot-bed

Any offers considered

White wooden cot with mattress which converts to a child's first bed.

Boy's bicycle

Free

Falcon red bike suitable for approx ages 5-7 years. Needs new brakes but otherwise good condition.

For above items contact: Laura Logan 07804 209548
laura.logan@btinternet.com

Abdotrim Tummy Exerciser

£1200

Brilliant easy tummy exerciser to get into shape.

Seller details: Ms McFarlane 01577 830798

Abs bench

£5500

Purple Abs bench. Has a choice of settings which is selected by removing a metal pin. Great condition.

Seller details: James
animal_artist2003@hotmail.com

Links Crossbow Training game for Wii

£1000

Links Crossbow Training game for Nintendo Wii, brand new in box complete with Wii Zapper.

Dog Coat

£1000

Masta quilted dog coat. Red and black check. 26" suitable for large breed. Brand new, label still attached.

For above items contact: Patricia Mulrine 07723 626633
patriciamulrine@aol.com

Folding bed

£2500

Single fold up bed, uses less than 3ft x 1ft space. Suitable as spare. Small bedside chest of drawers free with bed.

Seller details: Maureen Kerr 01577 840369
maureenkerr@aol.com

Dark wood Dining Room sideboard

£5000

Dark wood sideboard with three drawers and shelves. L60" D16" H33". Good condition. If you wish a photograph please email seller.

Dark wood music cabinet

£2000

Dark wood music cabinet with two doors, originally to store LPs. L24" D15" H27". Good condition. Can be used to store other documents. If you wish a photograph please email seller.

4 Wheeled Walking Frame

£5000

Lightweight aluminium, suitable for indoor and outdoor use. Easy-grip handles and looped brakes. Padded seat, curved backrest height adjustable. Folds for easy storage.

For above items contact: Joelle Jack 01577 863980
Joelle.Jack@btinternet.com

iCandy Apple Stroller

£285.00

Carrycot, seat unit, rain covers, seat adaptors for car seat and other accessories. Excellent condition. Great price as cost over £700 when new.

Seller details: Debbie Drysdale 07766 358607
debbie.drysdale1@btinternet.com

Pine table and 4 chairs

£4000

Good condition.

Seller details: Jo Munro 01577 863095
jo-munro@hotmail.co.uk

Grants and Funding Websites

www.pkgrantsdirect.com

www.scottishcf.org

Situations Vacant

In conjunction with www.kinross.cc, the Newsletter is pleased to publish local situations vacant. Please go to the kinross.cc 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').

Kirklands Hotel, Kinross

Full Time Chef de Partie required to join a team of 4 in our busy kitchen. All food freshly prepared in house, great opportunity to work with award winning head chef. Split shifts 5 days from 7, salary negotiable depending on experience.

For more details contact Anthony or Shona on 01577 863313 or email info@thekirklandshotel.com

Funding Alert!

P&KC produces a huge list summarising funding opportunities for the voluntary sector. There are dozens of Trusts and Foundations giving away grants.

The list will be posted on **www.kinross.cc** or go to **www.pk.gov.uk** and look for the voluntary sector page.

Contacts:

The P&K Grants Direct Team 0845 605 2000

Steve MacDonald, P&KC External

Funding Officer 01738 477963

(Contact Steve MacDonald if you would like to subscribe to P&KC's regular e-funding bulletin.)

School Holidays, Academic Year 2011-2012

Academic year Tue 16 Aug 2011 - Wed 27 Jun 2012

In Service Days Thu 17 Nov 2011 - Fri 18 Nov 2011

Christmas Holiday Sat 24 Dec 2011 - Sun 8 Jan 2012

In Service Day Wed 15 Feb 2012

Occasional Holiday Thu 16 Feb 2012 - Fri 17 Feb 2012

Spring Holiday Sat 31 Mar 2012 - Sun 15 Apr 2012

In Service Day Mon 16 Apr 2012

May Day Mon 7 May 2012 (tbc)

Mindspace Counselling Service



Mindspace Counselling Services are now able to offer counselling to adults and young people aged 11+ at The Loch Leven Health Centre on Mondays and Tuesdays. We offer counselling to people who are facing a wide range of difficulties or challenges such as: bereavement or loss; isolation, anxiety or depression; stress of work or in the home; difficulties in friend, family or intimate relationships; confused feelings. Mindspace is the counselling service for Perth Association for Mental Health (PAMH).

If you are interested in this service you can self-refer via email to info@mindspacepk.com, by telephone on 01738 631639 or by visiting our website at www.mindspacepk.com. You can also be referred by your GP.

Mindspace also offer counselling to adults (18+) at their offices in Perth. For more information visit our website at www.mindspacepk.com



Local Correspondent

for Perthshire Advertiser and Fife Herald newspapers

Linda Freeman

Tel 01577 865045. Email: linda.freeman_64@btinternet.com

Diary

*A more extensive and regularly updated
Diary of Events can be found on www.kinross.cc*

October

Page

Sat-Sun	29-30	Clocks go back one hour	83
Sun	30	Milnathort Filmhouse presents: Nanny McPhee	84
Sun	30	Concert in Cleish Church	83
Mon	31	Curling Clinic (and on 25 Nov)	59

November

Page

Tue	1	Fossway & District CC meets	37
Tue	1	Lodge St Serf meets regularly	48
Tue	1	Messy Play for under fives plus carer, weekly in November	84
Wed	2	Mobile library visits Kinross-shire fortnightly	95
Wed	2	Kinross CC meets	26
Wed	2	Business Breakfast	8
Thu	3	Fifty Plus Club meets	54
Thu	3	The Thursday Group meets	83
Fri	4	Common Grounds AGM	48
Sat	5	A Country Fayre at Loch Leven Community Campus	83
Sat	5	Gorse removal and bonfire construction with SNH	72
Sat	5	Keep Smiling Through - show at Portmoak Hall	84
Tue	8	Citizens Advice Bureau visits Kinross twice-monthly	96
Tue	8	Portmoak CC meets	33
Tue	8	Psychic Evening	83
Wed	9	Dementia advisors visit Day Centre	38
Thu	10	Milnathort CC meets	29
Thu	10	Kinross Garden Group meets	53
Thu	10	Christmas Fair - Portmoak Primary School	83
Fri	11	Swansacre Playgroup Christmas Fayre	47
Sat	12	Children's author Tony Bonning at library	13
Sat	12	Portmoak Film Society presents: To Kill a Mockingbird	40
Sun	13	Remembrance Sunday	83
Sun	13	Kinross Pipe Band AGM, Rugby Club at noon	52
Sun	13	Portmoak Under Fives Photo session	83
Sun	13	KLEO Film at Community Campus: The Sound of Music	4
Wed	16	T in the Park public meeting	84
Wed	16	Orwell Bowling Club Bingo Tea	84
Thu	17	Michael Bruce Trust Illustrated Talk: The Braes of Benarty	87
Thu-Sun	17-20	Kinross-shire Music Festival	4, 7, 52
Sat, Sun	19, 20	Optics weekend at Vane Farm	72
Sat	19	Christmas, Crafts and Coffee at Kinross Church Centre	84
Mon	21	NEWSLETTER DEADLINE	1
Mon	21	Historical Society: Mysterious Kinross-shire	87
Tue	22	Blythswood Care Collection	92
Tue	22	Crime writer Aline Templeton at library	13
Tue	22	Kinross Floral Art Club coffee evening and demonstration	84
Wed	23	Tourism forum meeting	3, 87
Wed	23	Kinross & District Town Twinning Association AGM	38
Wed	23	Civic Trust 20th Anniversary Dinner	57
Fri	25	Paul Livingston's St Patrick's Ensemble at Kinross Parish Church	7

December

Page

Fri	2	Children 1st Christmas Coffee Morning	87
Sat	3	Christmas card making workshops for children at library	13
Sat	3	Carnbo Bowling Club Ceilidh Dance	87
Sat	3	Boys Brigade Coffee Morning	87
Sat	3	Santa's Grotto at Swansacre Playgroup	47
Sat	3	A Country Fayre at Loch Leven Community Campus	83