



Kinross Newsletter

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DEADLINE

for the January/February Issue

2.00 pm, Monday

9 January 2012

for publication on

Saturday 21 January 2012

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)

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

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

Editor

Eileen Thomas
50 Muirs
Kinross, KY13 8AU.....863714
editor@kinrossnewsletter.org

Advertising Manager

Ann Harley
2 Hatchbank Road,
Kinross KY13 9JY.....864512
advertising@kinrossnewsletter.org

Subscriptions

Julia Fulton
57 Burnbank Meadows,
Kinross KY13 8GE.....865530
subscriptions@kinrossnewsletter.org

Distribution

Lee Scammacca (Cree8)
62 Muirs, Kinross KY13 8AU.....863186
distribution@kinrossnewsletter.org

Treasurer

Ross McConnell
3 High Street
Kinross KY13 8AW.....865885
treasurer@kinrossnewsletter.org

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Front Cover: Kinnesswood in the snow, late December 2010.

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 6 January**.

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

A Fabulous First Festival

Congratulations to everyone involved in the Kinross-shire Music Festival. For an inaugural festival it was an ambitious enterprise, with an imaginative and wide range of entertainment and activities. As well as giving pleasure to those attending events, it created a buzz in Kinross and Milnathort and would have given a boost to local businesses. It must have been a huge amount of work in all sorts of ways, so well done to all concerned.

Changing Newsletter Deadline

We would like to give contributors advance warning that as from February 2012 the Newsletter deadline will be slightly earlier in the month and will be changing from a Monday to a Friday. Currently the deadline is 11 days before the Newsletter is delivered to the shops. As from February the deadline will be 14 days before delivery. If you feel this might cause a problem to your organisation, e.g. because of when your monthly meeting falls, please contact the editor and it might be possible to make special arrangements depending on your circumstances.

A very merry Christmas and a happy New Year to all our readers from everyone at the Newsletter.

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
Cllr: Councillor
CCllr: Community Councillor

THINK-A-HEAD HAIRDRESSER

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

CUT AND BLOW DRY
TINT, FOIL HIGHLIGHTS
PERMS

Special rates for OAPs and children

Call Elaine on 01577 840043

Dear Editor,

11.11.11

With thoughts of Remembrance still in our minds, now is a good time for those who have served in our military to remind themselves that help is there if they need it.

There are probably many people reading this who are struggling, and don't realise the level of support available to them through SSAFA (Soldiers, Sailors, Airmen and Families Association) Forces Help.

Some may not think that they are eligible for support, or don't like the idea of turning to a charity for help. However, it only takes one day of service to qualify for our help, and that includes direct dependants as well. There may be some people who would not like to accept charity help, but the truth is that those who served in our armed forces have earned the help. SSAFA has over 30 volunteers in the Perth and Kinross area. All are trained to provide assistance with a range of problems, including mobility scooters, home adaptations, training and housing.

Rather than suffer alone, I would ask anyone who has served, and feels that SSAFA can be of assistance to them, to call the local Branch office in Perth – 01738 625346. The help is there waiting for you. You have earned it.

Lt. Colonel Andy Middlemiss,
Chairman, SSAFA Forces Help
Perth and Kinross Branch

Farewell to Jen

21.11.11

Sadly, after nearly 22 years in business, Jen has decided to leave The Complete Look and spend more time with her lovely girls. Catherine and all the girls would like to thank Jen for all her contribution to the salon and wish her every bit of happiness in her new venture.

The staff of Complete Look
High Street, Kinross

Museum at Kinross Town Hall

21.11.11

I read with interest (November Newsletter) the Historical Society's report of a talk by Professor Munro on the making of Kinross museum. I would just like to expand upon the project to refurbish the Town Hall (1998-2002).

The Kinross Town Hall Association (KTHA) was formed to raise funds to refurbish the Town Hall and Library to improve the facilities, to reinstate the museum and to provide additional community facilities. The plan was that KTHA would lease the buildings from PKC, who would be responsible for maintaining the basic fabric of the building.

It is true that KTHA did struggle to raise sufficient funds for the internal refurbishment (the original estimates provided by PKC proving woefully inaccurate), but I would like to clarify that the decision to abandon the project was not the Association's. PKC decided it could not afford the maintenance works that were its responsibility (estimated in 2001 at £450,000) and on 27 February 2002 its Strategic Policy and Resources Committee declared the buildings surplus to requirement and voted to dispose of them.

Eileen Thomas
Former Secretary, KTHA
50 Muirs, Kinross



News & Articles

News from Councillor Baird

At this time last year we were battling against the first snow of the winter and little did we know we would all experience a long, difficult winter. I am sure as individuals we have learnt lessons from last year and are better prepared and if our journey is not necessary, will stay at home. I have never seen so many snow shovels and bags of salt outside shops. Are you prepared?

The Council has reviewed winter gritting and learnt some lessons from last year; new equipment has been purchased to tackle ice on pavements, the Council has consulted all CCs about the location of grit bins and have ensured that they are all full. Information about gritting etc is on the Council website. The Council cannot treat every route as a priority. I urge everyone to drive cautiously during adverse weather.

The weather this year has caused all sorts of problems. When did you last see crops not cut and straw not baled in November? Farmers and gardeners have not had an easy year.

Kinross High Street is at last beginning to improve: 2 and 2a Swansacre looks very good. I overheard a conversation by two ladies who were walking past and stopped to admire Swansacre. They were making very good comments about the stonework and how good the building looks now. This has taken years to come to fruition but an excellent result.

This is the start of the improvements to the High Street; initial draft plans have been prepared to improve the streetscape. It is intended to prepare more detailed designs early next year and consult with all those who would be directly affected to finalise the designs to make sure they meet the community and business need.

This is programmed to happen after the completion of the relief road later in 2012. Owners of historic property in the town centre can apply to Perth & Kinross Heritage Trust for a grant to help with any improvements they may wish to do. I hope in the year ahead some decisions and progress can be made about some of the empty buildings in Kinross town centre. The former High School site is a prestigious site for a variety of reasons. The Council is actively trying to remarket the site; councillors are in constant contact with the Head of Planning and Regeneration regarding buildings in Kinross.

As the year draws to a close I would like to thank all those who contribute in anyway to make their community better either through bloom committees or running clubs, volunteer drivers – the list is endless – or just by being a good neighbour. Thanks also to all those who contribute to the Newsletter and to the Newsletter team.

May I take this opportunity to wish everyone A Merry Christmas and A Healthy Happy 2012.

Councillor Kathleen Baird

T in the PARK

Application for Increase in Capacity

T in the Park have applied to Perth & Kinross Council to increase the Friday capacity for the 2012 event from 75,000 to 85,000. This will be discussed by the Kinross Community Council at their Meeting on **Wednesday 7 December 2011**.

If any members of the public have any worries about these proposals, could they please relay them to a member of the CC, or attend the Meeting on 7 December, which is held in the Masonic Hall, Muirs, Kinross at 7.30pm.

*Campbell Watson, Chairman
Kinross Community Council*

PARKING – COUNTY BUILDINGS

Car-owners are requested not to leave any parked car in the foreground of the County Buildings after 6pm on **Monday 5 December**. This is to allow the space to be used by members of the public attending the Light Up Kinross Christmas Lights Switch-on Ceremony.

Thank you for your co-operation.

LUK Committee

(For more details of the Switch-on Ceremony, see p. 83.)

A Community's Thanks

Bob Boath, known to many of us in Kinross-shire, has recently retired from active service with Tayside Fire and Rescue Service, based here in Kinross in the retained station next to the Police Station.

He has served our community for 25 years in this role, starting as a fireman and, for the last 15 years, as officer in charge.

He, of course, is not alone, we are fortunate to be served by a dedicated group of men and women who put their own lives at risk to save others. The Kinross station is known as a "retained" unit whereby all personnel are generally employed elsewhere and have agreements with employers to allow for sudden absences from work to attend emergencies. Our firefighters can turn the fire engine out in under three minutes from a call.

Kinross is a very busy station and has seen, and will continue to see, a wide spectrum of incidents – from the humorous to the tragic, all responded to with professionalism and dedication.

The station will miss his leadership but still has an experienced team.

The community thanks him for 25 years of time and effort.

*Campbell Watson
on behalf of Kinross Community Council*

New Executive Director

PKC has announced that Jim Valentine has been appointed to the post of Executive Director (Environment) after a detailed recruitment process. He is currently Depute Director (Environment) and will take up the post next year, following the retirement of the present Executive Director, Jim Irons.

Subscriptions to the Newsletter

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

For further details see www.kinrossnewsletter.org or phone Julia Fulton on 01577 865530 or email

subscriptions@kinrossnewsletter.org

Loch Leven Community Library

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

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 visit or telephone the library (see heading).

The Tale of Rapunzel

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, are available from the library.

Scottish Tales

A lively and engaging story session for children is promised early in the New Year when storyteller Fergus McNicol comes to Loch Leven Community Library.

Five to 11 year olds will have the chance to enjoy 'Scottish Tales' from 11.30am to 12.30pm on **Saturday 14 January**. Fergus has an interactive style of storytelling with plenty of songs and rhymes for youngsters to join in with.

Born in Glasgow and growing up in Cumbernauld and Jedburgh, Fergus is a primary school teacher who has taught

in Costa Rica, Canada and the USA, where he was introduced to storytelling. As well as Scottish folk tales, his repertoire also includes Irish legends like Finn McCool, Norse and Greek myths, environmentally-themed stories and other tales from around the world.

Tickets for this event are £3.50 per child and are available from the library in person or by telephoning (see heading).

Discover life 'living without walls'

Author and storyteller Jess Smith will give a glimpse into her early life as one of Scotland's travelling folk in a talk at Loch Leven Community Library in January 2012.

'Living without walls' will look at Jess's childhood on the road, living a different kind of life from most youngsters. She was raised on the stories, songs and poems of the Scottish tinker and her four published books, including 'Jessie's Journey', 'Tales from the Tent' and 'Tears for a Tinker' reflect her childhood days and what it was like when she grew up and cut her cultural ties.

The talk, suitable for adults and young people, will be held on **Tuesday 31 January** between 7pm and 8pm at the library. Tickets are priced at £5 each.

For further information or to purchase a ticket, visit the library in person or telephone (see heading).

Go stargazing at Loch Leven Community Library

Experts from the Royal Observatory in Edinburgh will bring the Starlab Planetarium to Loch Leven Community Library for a special family event in February 2012.

Four sessions will be held on **Saturday 11 February** (10am-10.30am; 10.45am-11.15am; 11.30am-12 noon and 12.15-12.45pm) looking at exploring the night sky, the stories in the stars and other fascinating facts about the heavens above us.

Tickets for Starlab, priced at £3.50 each, are available from the community library. For further information, or to reserve your ticket, please call 01577 867205.

Opening hours over Christmas and New Year

For variations to the library's opening hours over the festive period, see page 103.

Guide to sports in Kinross-shire

The Kinross-shire Community Sports Partnership has pulled together many of the sporting and physical activity opportunities taking place across Kinross-shire. We hope to expand on this booklet over the course of time to include every club and group. Copies will be placed at Loch Leven Community Campus reception and library – please take a copy and find an activity for you. A copy will also be available on the Kinross-shire website. If you have a business or facility and would be happy to have some available for members of the community to pick up, please contact Caroline Ness, Sports Development Officer 01738 472242 or email CMNess@pkc.gov.uk. If your club or group is not currently listed and would like to be included next time around, please also get in touch.

'ALTERED IMAGES'

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Learning Centre staff "Give an Hour"

Kinross Learning Centre is supporting the BBC's Give an Hour campaign with a range of free, hour-long sessions to help people get to grips with the Internet.

Figures issued by the Office for National Statistics reveal there are nearly nine million people still "offline" in the UK, with more than 40% of them over 55. The aim of these sessions is to help anyone take the first step and open up the wealth of information that the Internet offers.

According to the BBC Website, households can save up to £560 a year shopping and paying bills online; computer skills are required for 90% of new jobs, and good computer skills can increase earnings by as much as 25%, so it is vital that everyone has at least basic IT skills to keep up with the digital age.

The sessions will take place on Monday and Wednesday afternoons from 2-3pm, depending on demand.

To find out more or to book your place, contact Kinross Learning Centre on 01577 863863.





PERTH & KINROSS TREE WARDEN NETWORK

*For the protection of the environment through the care,
nurture and cultivation of trees*

The Perth and Kinross Tree Warden network is part of the Tree Council's UK-wide Tree Warden Scheme. There are hundreds of such networks nationally, but only a handful in Scotland. The scheme was established in 1990 as a response to the woodland devastation caused by winter gales, and by neglect of this natural heritage. The scheme called on community volunteers to take an interest in the trees and woodlands of their localities, and to act as champions for conservation and new planting as deemed appropriate.

Between 1993 and March 2011, Perth & Kinross Council coordinated the local network of volunteers, but they had to withdraw their support as one of the budget economies. The volunteers have now secured alternative funding and re-established an independent scheme with the Tree Council. We are 19 in number spread from Kinloch Rannoch to Abernethy, and we now wish to literally 'widen the net' to give better coverage across the area, to Kinross-shire in particular.

Our activities comprise making ourselves familiar with our local landscape patterns and the trees within them, speaking to tree owners about the future of their plantings, helping them to find skilled advice and funding, and involving ourselves in the statutory planning policies and decisions. We also plan to expand our direct activities by planting more trees, either independently or in collaboration with kindred bodies.

For this purpose we hold training sessions in the natural science of trees and the ecosystems to which they belong; and in Man's interventions such as afforestation, surgery, or felling. We learn about the law and financial regimes as they apply to trees. In all of this we are fortunate to have the support of the Forestry Commission, the Council's woodland officers for advice, the council Planning Service, Tayside Biodiversity Partnership in whose woodland sub-group we participate, and other voluntary bodies with like interests.

These are early days for us, but we are determined to make a positive contribution to our green and woodland environment in town and countryside. We would be keen to hear from any potential volunteers in the Kinross-shire area. If you might be interested please contact our secretary, David Penman, who can tell you much more. David's phone number is 01828 640801, and his e-mail address is david.penman3@btopenworld.com.

Public Exhibition: being [t]here

**A Photographic Research Project on the
County Buildings of Kinross**

Undertaken at The Glasgow School of Art by Catherine Markie. Supported by Kinross-shire Partnership.

The Exhibition will be at Kinross Library

9 – 11 January 2012

Views of the community are sought on the future use of The County Buildings. Visitors will be asked to complete a Questionnaire. You can also submit comments by email to mail@kinrosspartnership.org.uk

Being [t]here examines traces of layered habitation in an abandoned place, through archival documents and plans, past inhabitants' memories and photographic research. The project is led through a case study of a specific municipal building, the County Buildings of Kinross, the latest building in the centre of the High Street to become surplus to requirement. Although being a prominent building on the High Street, it was seen by the majority of the town and myself as merely housing council offices, yet research into archives and gaining access from the local council revealed a rich history hidden behind the late Georgian façade.

Initially built in 1825/6 as a courthouse, jail and mortuary, the County Buildings were last converted to use as council offices for social welfare, planning and the certification of births, marriages and deaths. The juxtaposition of the initial function against the council use and current state is played on through photographs relating to archival documents of events such as a prisoners' attempted escapes, handwritten accounts, architectural drawings, and personal photographs of an interviewee who used to work there in the 50's when the building still ran under initial functions. The building takes on its own being when the occupants leave; the mundane takes on new meaning and the everyday is exposed, revealing an insight into an example of a municipal building which is now seen differently than would have been revealed to its inhabitants when in everyday use. When in use the building became the backdrop, yet through adopting a formal, static architectural photographic style, the building now assumes its own presence, confronting us to question the everyday environments that we work in and occupy.

Catherine Markie

Artist Biography: Catherine Markie, from Kinross, studied Interior and Environmental Design at *Duncan of Jordanstone College of Art & Design*. In completion of her degree in 2007, Catherine worked freelance with Colin Wishart's Architectural practice *Freespace* on various architectural projects as well as photographic commissions for architectural publications and galleries. Throughout this time Catherine has been further working on her own artwork using photography and film and has carried out short courses in video and photography relating to the built environment with 2nd year students at *The Dundee School of Architecture*. This accumulated to undertaking a Masters of Research in Creative Practices at *The Glasgow School of Art* in 2010 - 2011, specialising in photography as research with a final masters project, *being [t]here* examining the County Buildings of Kinross for a photographic exhibition and dissertation.

Kinross-Shire
P A R T N E R S H I P


News from the Health Centre



Christmas and New Year Closing

Over the Christmas and New Year period, The Heath Centre will be closed on the following dates:

Mon 26 December	Closed
Tues 27 December	Closed
Wed 28 – Fri 30 December	Open 8:00 a.m. to 6:00 p.m.
Sat 31 December	Closed
Sun 1 January	Closed
Mon 2 January	Closed
Tues 3 January	Closed
Wed 4 – Fri 6 January	Open 8:00 a.m. to 6:00 p.m.

Out of Hours cover for evenings and weekends is provided by NHS24 and the Fife Primary Care Emergency Service. They will also be providing emergency cover over the weekends and also on the Mondays and Tuesdays when we are closed. They can be contacted on our usual emergency number, 01577 865252. All calls will be recorded and we would ask patients to please only contact them with a medical emergency which cannot wait until we re-open. Thank you.

Repeat Prescriptions

We would also ask all patients to please make sure that they have sufficient medication to last over the Christmas and New Year period. If you are due to submit a request for repeat medication over Christmas and New Year, please ensure that this request is with us by **Monday 19 December**. We receive a greatly increased number of requests at this time of year and therefore need a bit of time to process them all. Repeat prescriptions may now be ordered on line. If you have not yet signed up for this service, you can do so on our website:

www.lochlevenhealthcentre.co.uk

Tell Gordon about your broadband

According to Ofcom, Kinross-shire is trailing well behind the rest of Scotland and the UK in terms of broadband performance.

Ochil and South Perthshire MP Gordon Banks said:

“The level of broadband provision in Kinross-shire is shocking. The average sync speed of Megabits per second is 6.9; the percentage of people in Kinross-shire receiving less than 2 megabits per second is very high at 13.4% and perhaps the most startling fact is the availability of superfast broadband is 33%.”

Gordon Banks would like to hear from you about your experiences of broadband. Get in touch by contacting the Crieff constituency office on 01764 654738.

Deadline for all Submissions
2.00 pm, MONDAY 9 January
for publication on Saturday 21 January

High School success in national print competition

Three current 5th year Kinross High School students have enjoyed great success in a recent national printing, packaging and graphics competition. As part of their Standard Grade Graphic Communication course work, Ben Whiting, Jessica Ranaldi and Michael Wilson all submitted entries across various categories in this year's Print IT Scotland competition.

The competition is a collaboration between the printing industry, the Scottish Qualifications Authority and the Fairtrade Foundation and is an exciting opportunity to learn more about the UK's printing industry whilst producing highly creative work, with the chance to win prizes at the end of it.



From left to right: Jessica Ranaldi, Ben Whiting and Michael Wilson with their certificates and some of their prizes from the Print IT! competition

Students were asked to create a print-based campaign for the Fairtrade Foundation for wall posters, graphs or charts, leaflet dispensers and table talkers. (A table talker is multi-sided display item that conveys promotional messages.)

Entries were judged by a panel of experts and prizes were awarded for the best work submitted.

Michael won a digital camera for being a finalist in the best table talker category. Jessica won a digital camera, an all-in-one printer and paper for winning the Best Design Process and being a finalist for the best table talker. Ben scooped a digital camera, an iPod, an all-in-one printer and paper for being the Overall Winner of Print IT! Scotland 2010/11, winner of Best Graph or Chart, Winner of Best Table Talker, finalist of Best use of Fairtrade Brand Across the Range and finalist of Best Design Process. The students also received certificates of recognition for their efforts.

The students also won prizes for the school including desktop publishing software, a digital microscope, binding machine and colour reference charts.

Linda McCourt of Proskills UK presented Jessica, Ben and Michael with their certificates and prizes at a special assembly on 9 November.

This is the second year of the competition, with 105 schools from across Scotland submitting entries.

Richard Smith, class teacher, said: “I am immensely proud of what the students have achieved this year; they have pushed themselves beyond what is required of them within course work and demonstrated clearly that a highly creative approach that has real quality at its centre can achieve this level of excellence and recognition”.

January Start Leisure Courses in Kinross Learning Centre

There's plenty going on at Kinross Learning Centre and the January programme offers a few new courses to entice you!

As always, Computing, Art and Languages feature heavily in the programme, with the recent addition of a beginners' Gaelic class offering something slightly different. This course has the added benefit of attracting ILA funding, which means if you earn £22,000 or less, your learning could be free.

Brand new for January is the Cupcakes and Party Cakes class, which will cover novelty and children's birthday cakes. Other new courses include Upholstery and Soft Furnishings classes, Learn to Play Guitar, Scottish Art and Genealogy. These are likely to prove popular, so early booking is advised.

To find out more or to book your place, please contact Maureen Ross at Kinross Learning Centre, Swansacre, Kinross – 01577 863863 or by email pc.kinross@perth.uhi.ac.uk

Computing

Welcome to Computing	Mon 16 Jan	7-9pm	8 weeks	£55
	Tue 17 Jan	2-4pm	8 weeks	£55
Effective PC Management	Tue 17 Jan	12-2pm	8 weeks	£55

General Interest

Scottish Painters: 1600 to present day	Fri 20 Jan	9.30-11.30am	10 weeks	£68
Genealogy	Thu 19 Jan	1-3pm	10 weeks	£68
Learn to Play Guitar	Tue 17 Jan	7-9pm	10 weeks	£68
Cake Decorating:	Tue 28 Feb	10am-noon	6 weeks	£53
Cupcakes and Party Cakes				
Creative Writing	Mon 16 Jan	2-4pm	10 weeks	£68
Digital Photography, Introduction	Wed 18 Jan	7-9pm	10 weeks	£68

Languages

Beginners Spanish	Wed 18 Jan	7-9pm	10 weeks	£68
Beginners Spanish 2	Mon 16 Jan	7-9pm	10 weeks	£68
Improving your Spanish Conversation	Tue 17 Jan	7-9pm	10 weeks	£68
Beginners French	Fri 20 Jan	10.15-12.15pm	10 weeks	£68
Improving your French Conversation	Tue 17 Jan	1-3pm	10 weeks	£68
Improving your French Conversation	Wed 18 Jan	10.15-12.15pm	10 weeks	£68
Advanced French Conversation	Tue 17 Jan	10.30-12.30pm	10 weeks	£68
Beginners Italian	Thu 19 Jan	7-9pm	10 weeks	£68
Beginners Italian 2	Thu 19 Jan	1-3pm	10 weeks	£68
Improving your Italian Conversation	Thu 19 Jan	10am-noon	10 weeks	£68
Russian 5	Thu 12 Jan	7-9pm	10 weeks	£68
Beginners Polish 2	Wed 18 Jan	7-9pm	10 weeks	£68
Beginners Gaelic **	Mon 16 Jan	7-9pm	10 weeks	£68

Art and Crafts

Beginners Watercolours	Mon 9 Jan	1.30-3.30pm	10 weeks	£68
Watercolours 2	Thu 12 Jan	1.30-3.30pm	10 weeks	£68
Watercolours 5	Wed 11 Jan	1.30-3.30pm	10 weeks	£68
Watercolours 8	Mon 9 Jan	7-9pm	10 weeks	£68
The Art of Drawing	Thu 12 Jan	9.45-11.45am	10 weeks	£68
The Art of Drawing Intermediate	Wed 11 Jan	9.45-11.45am	10 weeks	£68
Soft Furnishings	Wed 18 Jan	4.30-6.30pm	10 weeks	£80
Upholstery	Wed 18 Jan	7-9pm	10 weeks	£80

** You can use ILA funding for this course.



Big clean up in Dunning Glen

Community volunteers have carried out a big clean up of mess in Dunning Glen caused by irresponsible campers. A total of 1.7 tons of rubbish was taken out the glen on 15 November. "A staggering amount," says Kevin Borthwick, the main organiser of the clean-up, "and that is after a bad summer, weather wise."

Rubbish included discarded tents, sleeping mats and bags and a large amount of bottles and cans. Dunning Glen, a local beauty spot, has in the last few years become a place where young people come to party. While 'wild camping' is allowed in Scotland, campers are encouraged to be responsible: take their rubbish home and not damage any fences, trees or shrubs.

Kevin said, "There are fire pits everywhere; they tear down living bushes to burn: these people are not interested in nature."

A multi-agency group, consisting of CCs, the landowners and other interested parties and chaired by Tayside Police, has been meeting for the last two years to find a solution for this problem. PKC awarded a grant for the clean-up and to erect a sign to encourage people to behave responsibly. The group will meet again to discuss strategies for the next camping season.



Volunteers help clean up Dunning Glen

Olympic Flame in our county

The Olympic torch will pass through Kinross-shire in the build up to the 2012 Olympics taking place in London.

The Olympic Torch Relay will make a 70-day journey around the UK, with the Flame, representing peace, unity and friendship, carried by 8,000 inspirational Torchbearers.

The Flame will pass through Milnathort, Kinross and Crook of Devon on Wednesday 13 June 2012.

Rail consultation

If you have an interest in the provision of rail travel, you might want to comment on Transport Scotland's 2014 Consultation, which was launched in November. It is an opportunity to help shape the development of rail services across Scotland. The relevant website is:

www.transportscotland.gov.uk/rail2014

The closing date for responses is 20 February 2012.

You are the Trackman

What would be on the soundtrack to your life? What songs would you put on a playlist that told your story? Songs to bring people, places and moments in time alive again.

Davie Watts is the Trackman. He knows what song to play to you and he knows exactly when you need to hear it. Davie seeks out strangers in need and helps them using the power of music.

But why has Davie been chosen as Trackman, and why is he so intent on losing himself in this new identity? Davie is hiding from an event in his past. An event so awful that it continues to haunt him, despite his attempts to move on with his life. Will Davie ever find peace? And who will play Davie the song he needs to hear to help him heal?

Trackman is a magical tale of love and loss, music and memories, hope and forgiveness. It is the first novel written by Catriona Child that is to be published by Luath Press Ltd in early January 2012.

Catriona, eldest daughter of Ronnie and Gill Child of Kinross, now lives and works in Edinburgh. She is a former pupil of Kinross High School and went on to study English at the University of Aberdeen. She recently completed an MA with distinction in creative writing from Lancaster University.

Further information about the novel can be obtained on the following websites:

www.catrionachild.wordpress.com, www.amazon.com (Trackman) and www.Luath.co.uk (coming soon).

Network of CCs goes ahead

A forum of Kinross-shire CCs looks set to continue after a successful meeting on 28 September 2011.

Cllr Mike Barnacle wrote to all CCs in the Kinross-shire ward of PKC in July this year, proposing the revival of a forum to enable local CCs to discuss topics of mutual interest. (An earlier forum in 2008-09 had foundered over membership, which at that time included pressure groups.)

Representatives from Cleish & Blairadam, Fossoway, Kinross, Milnathort and Portmoak CCs attended the September meeting.

Following discussions at the September meeting, Malcolm Parkin of Portmoak CC was asked to draw up statement setting out the aims and purpose of the group.

Early indications are that the group would like to call itself a network – a working title is the Kinross-shire Community Council Network – and that the purpose is to exchange information, discuss and define best practice and provide mutual help. The network hopes to improve the effectiveness of the participating CCs. It is not an executive or decision-making body in itself. Ward councillors will be present at the network meetings, but each meeting will be chaired by a member from one of the CCs.

Gordon Banks, MP for Ochil and South Perthshire, expressed his support for the network, saying:

"I feel this can only be to the benefit to the relevant CCs and the public in general within the county."

Glenfarg was the only CC from the PKC ward of Kinross-shire to decline membership of the network, but an invitation to the next meeting will be extended. This will be held in January 2012 when the Local Development Plan will be one of the items under discussion.



A great weekend at the Kinross-shire Music Festival



We hope you enjoyed the Kinross-shire Music Festival. Over the weekend of 17-20 November.

A great deal was packed into four days, with workshops, dances and concerts in twelve different venues around Kinross and Milnathort. Many thanks to all the venues and artists taking part in the festival – without you it obviously would not have happened!



Ryan Hunter, the youngest performer, opened the Festival

There are too many people to thank individually but we would like to take this opportunity to say a huge thank you to all the volunteers, both local and from Scottish Hydro who helped us out during the event. In addition, before the event, an amazing number of people helped us out by distributing flyers/brochures door to door in Kinross and Milnathort. A fantastic effort from all of you, so thank you very much for your help!

We were amazed by the beautiful table decorations the Ladies Circle did for the Big Dance on the Friday evening and Dobbies provided us with two beautiful Christmas Trees for the same event whilst the Boys Brigade helped us out greatly at the Kids' Disco.



Third Voice performing at the Kirklands Hotel

A big thank you to the staff of Sands Ironmongers, the Post Office in Milnathort and Iain Hunter's Butchers who sold our tickets and to the Kinross Newsletter who carried our advertisements and put us on November's front cover!

For the KLEO committee it has been a big learning curve and we know there are things we can improve on in the future. However, if you have any feedback about the event (positive or negative), please let us know and we hope to take this into account in future plans. Please e-mail your feedback to info@kleo.org.uk or phone Bouwien on 863107.

Bouwien Bennet, KLEO



At the Pipe Band Come and Try workshop



Alan Small, champion accordion player, giving advice at the accordion workshop

For more pictures from the Music Festival, see the Photolibrary at www.kinross.cc

Heritage Trail – new section open

An extension to the popular trail around Loch Leven was officially opened on 31 October. The new stretch improves links with the national cycle route, provides wildlife watching opportunities and is a step towards a link with Vane Farm.

The new length runs between Kinross Pier and the outskirts of Kinross, passing over a new bridge on the South Queich River. It has extended the current trail length to 14.5km.

There is an impressive, newly designed hide just a short distance from the car park at Kinross pier, with panoramic views over Loch Leven and its birdlife.

The new stretch of path means that cyclists using 'national route one' will be able to use the Heritage Trail as a peaceful alternative to the busy main road through Kinross and Milnathort.

The new link passes through the grounds of Loch Leven Mill, owned by Todd & Duncan Limited. Cutting the ribbon at the opening ceremony, Ian McGrattan, Managing Director, said: "We are particularly pleased that the project has incorporated an interpretation panel on the rich heritage of this Mill which has been an important part of Kinross-shire life since 1846 and continues to be the largest employer in Kinross."

Kinross-shire Councillor Willie Robertson, Chairman of TRACKS, the charity responsible for creating the Heritage Trail, said:

"The Heritage Trail project has brought together communities around the loch. It helps to promote healthier lifestyles and is a resource accessible to all. Its popularity has been immense and it has made a significant contribution to the local economy."



Neil Kilpatrick, the Project Director added:

"This new trail section is the first step towards completing the route from Kinross to Vane Farm and hence meeting the overall objective of encircling the whole of Loch Leven. There is a huge demand for the complete circuit – its completion now depends on the willing co-operation of a few remaining landowners and negotiations are now in progress." Funding for this latest section of the trail has been provided by: SNH, The Gannochy Trust, Sustrans, The Arthur & Margaret Thompson Trust, The Heritage Lottery Fund and Todd & Duncan Ltd.

The Heritage Trail is suitable for walkers, cyclists and wheelchair users and attracts over 200,000 visits a year.

For more photos of the new trail section, see the Photolibrary on www.kinross.cc



Cutting the ribbon, Ian McGrattan (centre), Managing Director of Todd & Duncan, with Cllr Robertson, Chair of TRACKS (left) and Neil Kilpatrick, Project Director. Photo: Graeme Lafferty

Large housing proposal for Rumbling Bridge

A developer has been consulting with the community over a possible 30-house development at Rumbling Bridge.

Ken Thomson Homes gave a presentation to the November meeting of Fossoway and District CC and held a consultation on 17 November in Moubray Hall, Powmill.

The proposed development is on the site of the former Caledonian Lodges and extends west of there, being just south of the current Braehead development of four houses opposite the nursing home.

However, the proposal was not submitted to PKC prior to the drawing up of the Main Issues Report (MIR), and is likely to contravene the proposed settlement boundary in the emerging Local Development Plan.

Cllr Mike Barnacle has serious misgivings at the size of the development. For several years he has worked with the west Kinross-shire rural communities to produce the Fossoway Long Term Development Strategy, which informed his submission to the MIR. The Strategy group felt that the village of Rumbling Bridge overall was not an appropriate area for development, other than gap sites and perhaps a small development on the periphery of the village if linked to community usage, but, Cllr Barnacle states, the Thomson Homes proposal "is way beyond that."

The Local Development Plan is due to be published in December 2011 and will be subject to a three-month consultation period.

Campus - views of users wanted

PKC has launched the second Community Campus Users' Survey. Users are invited to complete an online survey which is available until **Friday 9 December 2011**.

Go to www.pkc.gov.uk/communitycampuses and select the link for the campus you use. Findings from the survey will be shared with the local community.

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Fund raising award

Kinross resident Wilma Carragher has been awarded the title 'Highly Commended Volunteer Fundraiser of the Year' at the Institute of Fundraising Annual Scottish Conference Awards, held at the Hilton, Glasgow, in October. The award came as something of a shock for Wilma, who thought she was just helping out at the conference.

The award recognises Wilma's efforts in recent months to raise awareness of, and funds for, the Scottish Cot Death Trust.



Wilma with Trust staff at the awards ceremony. l to r: Fiona Brown (Executive Director), Lynda Bathgate (Community Services nurse), Gillian McKenzie (Executive Assistant), Angela Mackenzie (Finance Officer), Wilma Carragher and Lynne MacKenzie (Community Fundraiser)

Along with some friends, Wilma undertook a sponsored sky dive in the summer in memory of her son Andrew, who would have been 21 this year. Wilma was unaware of the Trust's existence when Andrew died aged just under four months, and she wants to ensure that other families affected by cot death have the support they need.

In addition to personal fund-raising, Wilma persuaded staff at the local Sainsbury's store of the merits of the Trust, with the staff going on to choose it as their charity of the year. Sainsbury's has already raised nearly £3,000. Wilma also gained the support of the Kinross-shire Round Table; they dedicated the funds from one of their charity Beer Festival evenings to the Trust. The local Dobbies store has also been supportive, allowing collections to take place in-store recently.

Lynne MacKenzie of the Scottish Cot Death Trust said:

"The Scottish Cot Death Trust would like to thank the Kinross-shire community who have wholeheartedly supported Wilma in her fundraising efforts over the last year."

She continued:

"Wilma has helped the Trust create an atmosphere where talking about cot death is acceptable and she is helping make people realise that they can have fun and be inspired to raise money for the Trust."

Every nine days a child dies in Scotland from cot death. The Trust has only five members of staff covering the whole of Scotland.

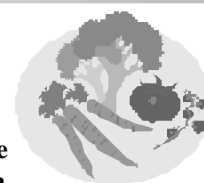
You can make a donation to the Trust at www.justgiving.com/RememberAndrew

Wilma is also selling Scottish Cot Death Trust Christmas Cards: telephone her on 01577 865228.

Beat Fatigue for the Festive Season

By Alisa V Wilson

The thought of preparing for the festive season can fill some people with dread, particularly if you are already tired and struggling for energy...



Many people over the age of 45 say that they suffer from tiredness and as you enter your 40s you may start to find your energy levels dropping. As we age, metabolic and physiological changes can impact on your body's energy levels, causing fatigue. Not a true ailment in itself, fatigue is usually a classic symptom of some other problem such as poor nutrition, poor digestion, overwork and stress, lack of exercise, poor sleeping, depression or food allergies.

However, with the right diet and exercise plan and a positive mindset, many people in their 40s and beyond feel more energetic than ever. The most important things you can do to boost your energy levels are to eat a healthy diet, cut down on caffeine and sugar and exercise more.

A healthy, balanced diet is crucial as nutritional deficiencies can lower energy levels and trigger fatigue. Top tips to improving energy levels:

1. Balance blood sugar levels: avoid insulin peaks and subsequent energy dips by eating little and often, including protein with every snack and meal and ensuring that you avoid caffeine, sugar and simple carbohydrates (white flour products, white rice and pasta etc).
2. Munch on lots of vegetables: if your carbohydrates consist of fresh vegetables (organic when possible) you will be provided with a nutrient dense source of calories, packed with vitamins, minerals and phytochemicals to optimise health. Additionally, if the vegetables are raw or very slightly steamed, they provide the body with wholesome enzymes to assist in digestion. Consider the five-a-day rule as a minimum and aim for eight or nine a day. Batch cook lots of warming vegetable soups, casseroles and curries to see you through the winter evenings.
3. Supplement nutrients: as an addition to a healthy diet, you could also benefit from supplementing with a daily multivitamin and mineral, especially one that contains vitamin B12, which is known to boost energy. Herb-wise, ginseng is the ultimate energy booster. Several trials have shown it to be effective in alleviating the symptoms of low energy. For women it is often better to use Siberian ginseng rather than any other kind, which may be too strong.
4. Drink lots! Drink plenty of filtered water or make up fresh fruit and vegetable juices, which are packed with free radical quenching antioxidant nutrients. Wheat grass and barley grass juices are also excellent sources of antioxidants.
5. Ensure you take time out from a busy work schedule and Christmas festivities for quality rest and relaxation.

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

Getting motivation to work for YOU!

By Caroline Winn

Most of us have struggled with a lack of motivation at some point in our lives. Usually it's just with simple things, like getting up on a cold, dark morning, or going to the gym after work. But what if you're struggling with motivation for much more important issues, like applying for a new job, or sorting out your paperwork? How can you get motivated?

There are two key types of motivator: the stick, and the carrot, and they're all about reward and punishment. When you're motivated by the "carrot", this is a "towards" motivation – you're motivated by what is in front of you, by what you're focussing on or working towards, and by the reward you get when it is completed – the carrot!



When you're motivated by the "stick", this is an "away from" motivation – you've motivated by what you don't want, by what you've moving away from, and by the punishment that might come if you don't do the task – the stick! The trouble with this type of motivation is that you're constantly focussing on what you **don't** want. As regular readers of my articles will remember, your brain can't process a negative. So by focussing on what you don't want, your brain has to first think about wanting it, before it can focus on not wanting it. This can really add to the stress of the situation, and often gets us stuck in procrastination!

A classic example of motivation by the stick is someone who wants to lose weight because they don't want to suffer from the health complications often associated with being overweight, like diabetes and heart disease. They may be very motivated to lose weight initially, usually out of fear of what could happen if they don't lose it. The trouble is, the moment they've lost a little bit of weight, the motivation to lose more actually **LESSENS** because the risk of suffering from poor health is now perceived to be smaller. And when the motivation to lose weight reduces, the likely effect is that the weight goes back on! This is why so many people suffer from "yo-yo" dieting.

If you're normally a "motivate by the stick" kind of person, and it's not working for you, here are our top five tips to help you change your motivator and achieve your goals:

- Identify what your goal is. For example: perhaps you want to get your project handed in on time at work, or even early, rather than leaving it until the last minute.
- Ensure you use positive language to describe your goal – negative language won't make it compelling enough!
- List what will happen, and what won't happen when you achieve your goal – eg you'll feel great that the project was handed in early, and you won't feel stressed about being late.
- Write a list of pros and cons about achieving the goal. Look at your pros, and find the one that resonates with you the most – this is likely to be your key motivator.
- Tell people about your goal! Accountability is often a strong motivator in achieving your goal.

Make sure that your goal is really achievable – there's no point in setting a goal that's so challenging and scary that you give up immediately. Perhaps you need to break your goal up into manageable steps, and plan their order, including which steps must be completed before the other

steps can start. This helps to make your goal feel so much more achievable. Then, imagine the successful completion of your goal. Really bring it to life! What will it feel like, handing in the project early? Visualise handing it over to your boss, with a great big smile on your face! What will your boss say to you? Hear the praise in your mind! What will you think about yourself, and say to yourself inside? Lock those feelings, sounds and sights into your mind, and recall them every time you think about your goal. It'll make getting started so much easier!

Knowing how to motivate yourself in the right way for you is critical to your success. Most people struggle with motivation to get started on a task, because they focus on the difficulties and challenges, or the more unpleasant aspects of the task. It's no wonder this doesn't get them motivated to start! They forget to look at all the positives that come when the goal has been achieved. For example, I struggle with getting enough energy to go out exercising, especially when it's wet outside. My motivator is the great feeling I get afterwards as I enjoy a lovely, long, steaming hot shower, and I look forward to this the whole time I'm exercising. If I just focus on the rain, I'd never get out the door!

The next time you're struggling with getting motivated, follow the above steps and you'll soon be on your way to achieving your goals.

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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Festive Period

With the festive period almost being upon us again we would like to remind you once again to remain vigilant. If you see or hear anything suspicious, contact us **at the time**, and help us to help you.

We will all be Christmas shopping for our loved ones and giving and receiving presents. Our houses will be full of gifts and we will be visiting, leaving our own houses unoccupied. **Remember to be sensible.** Secure your homes, leave lights on giving the appearance that you are still at home and don't leave valuables in view of windows. If going away over the festive period, let someone know, ask a relative, friend or neighbour to keep an eye on your house and don't forget to cancel newspapers, milk etc.

A very Merry Christmas and a Happy New Year to you all from everyone at Kinross Police Station

Antisocial Behaviour

Over recent weeks we have had a number of reports of anti social behaviour involving school pupils during their lunch period. One of the more common reports has involved the pupils throwing stones and these incidents have result in a smashed car window and also members of the public and other vehicles having very near misses. On one occasion a member of the public with a young child appears to have been specifically targeted by pupils after challenging them on their behaviour. This is wholly unacceptable and behaviour like this will be dealt with appropriately. A large number of pupils regularly attend at the Leisure Centre for their lunch and a small group of these seem to have a total lack of respect for the staff and users of the facility. Unfortunately their behaviour is increasingly such that the number of complaints we receive is steadily going up.

Whilst the vast majority of the pupils are well behaved and represent the school very well, a small number are badly letting the school down. Your local Community Officers are working closely with the High School to identify the pupils involved and deal with the complaints. The situation has moved on from youngsters just having a bit of fun and action will be taken where necessary. Regular patrols will be carried out around these times in an effort to minimise the problem.

We would urge the younger members of our community to seriously consider the consequences of throwing stones and the danger or annoyance this could cause to other members of the public. We will continue to take these complaints very seriously and any offenders identified may find themselves reported for crimes that could include culpable or reckless conduct, assault or vandalism.

Parking at Schools

Despite highlighting the problems as recently as the September issue of the Newsletter we have recently had a large number of complaints regarding parking issues at Kinross Primary School. In particular these have related to the Bowton Road/Ross Street entrance and also at the entrance to Douglas Crescent. It is an offence for any vehicle to cause an 'unnecessary obstruction' and rule 243 Highway Code states (among other things) that vehicles DO NOT park opposite or within 10 metres (32 feet) of a junction, except in an authorised parking space. This is covered by Dangerous Parking under Section 22 of the Road Traffic Act 1988. Local officers and Perth and Kinross Council parking attendants will be monitoring the situation and any offenders may be reported. Please ensure that you have consideration for other road users and local residents.

Operation Festive Homesafe

Tayside Police's Western Division runs Operation Festive Homesafe during December with the aim of ensuring that everyone

throughout Perth & Kinross

enjoys a safe and secure festive season.

Festive Homesafe – which runs throughout the Christmas and Hogmanay period - targets town centre criminality. That includes anti-social behaviour, as well as alcohol-related serious and violent crime that evidence suggests can become more prevalent during the festive period. Similarly, incidents of domestic violence can increase at this time of year and this is something that the Force will have a sharp focus upon.

Tayside Police recognises that vulnerable groups, including young people, can also be exposed to greater risk at this time of year as a result of alcohol consumption – whether they are consuming it themselves, or in the care of someone who has taken too much drink.

Operation Festive Homesafe replicates, and indeed enhances, the work undertaken every weekend of the year through Operation Homesafe, which extends throughout the Perth & Kinross area. It has proved to be of great value in Perth City Centre and other town centres throughout Perth & Kinross in terms of crime prevention and detection.

Previous Festive Homesafe operations have led to as much as a 20% reduction in serious and violent crime in Perth City Centre, with similar reductions elsewhere throughout the Perth and Kinross area.

Festive Homesafe is successful in providing resources to help drive crime down and enhance public safety. By analysing where incidents have occurred, the force provides a tailored service and directs uniformed officers and other police resources to where they are needed most. Police officers provide a reassuring high profile presence and are on-hand to deal with any low-level disorder that might otherwise escalate.

During the operation, uniformed police officers will undertake focused patrols within Kinross and Milnathort. They will liaise closely with licensees and their staff, as well as talking with members of the public and offering safety and security advice where appropriate. Officers will also make full use of Anti Social Behaviour legislation and will issue fixed penalty notices where appropriate.

The vast majority of people go out at the weekend to enjoy themselves in the company of friends, with no intentions of being involved in crime or anti-social behaviour. There is, however, a minority who take too much drink and then become ill, are injured, or get involved in violent and criminal behaviour. We are determined to uphold the rights of the majority to enjoy themselves in a civilised way, free of threat, fear or disturbance. The minority will be dealt with swiftly and robustly where they jeopardise the rights of others.

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 November Meeting

Present at the meeting held on 2 November were: CCllrs D Colliar, C Watson, W Freeman, D Cuthbert, D West, L Mackay, D Mackay and B Davies. Also in attendance were P&K Cllrs W Robertson and K Baird and two members of the public. Apologies were received from CCllrs M Scott, M Blyth and I Jack and P&K Cllr Miller.

Police Report: Police Officer Sadie Allan introduced herself and reported on crimes in the area. The Police are monitoring the use of the access road to Swansacre as some drivers were using it as a short cut. CCllr D Mackay asked if the Police could check the speed of vehicles driving from Station Road to the Park and Ride.

Kinross-shire Network: Cllr West gave feedback on his attendance. Represented by all CCs except Glenfarg, the meeting discussed the purpose of the network and presented a "Mission Statement".

Future of Kinross Buildings

Swansacre: CCllr Watson commented on the pleasure it was to see the Swansacre building being developed.



The refurbished buildings on the corner of Swansacre nearing completion

County Buildings: He also updated the meeting with respect to the County Buildings as it has been proposed by PKC that the CC and the Kinross Partnership withdraw their interest in the building as this would enable the Council to consider another serious purchaser. There is a meeting with the proposed purchaser. We would like to know they are serious before we withdraw.

Town Hall: CCllr Watson also expressed concern regarding the lack of movement with the Town Hall and suggested that the CC put pressure on PKC. Cllr Baird said that the Council had met with the developer and agreed to extend his three-month extension by two months to submit the development plans.

Miller's Bar: Planning agreed to the change of use from Public House to Betting office and flat 2009/10 (ref.10/01121FLL and 09/0138/LBC). It appears that PKC has not received notice of the initiation development. The CC will write to the Council.

Mill Street (former PKC building): Cllr Roberson commented on this. There has been discussion with the

Council to finance knocking it down and making a car park; this is under review.

Former High School: Cllr Robertson stated that there is no apparent interest, but PKC is to promote the site more actively. The level of vandalism in the school was increasing; Cllr Baird will investigate security.

Former Health Centre, Lathro: It appears that the NHS is awaiting funding for the development of a care home.

Common Good Fund

The Chairman asked CCllr Cuthbert to comment on the Kinross Common Good Fund (CGF). CCllr Cuthbert had received information as to the properties in the CGF and it appears the test used to identify these properties was complicated and appears not to follow best practice in defining the property status. As a result some potential assets to the CGF may be excluded or even included, attracting a financial burden to the fund. Cllr Robertson suggested that the CC write to PKC to clarify the method used to determine the CGF properties and to the Minister, asking what criteria and tests they recommend.

Planning

11/00824/FLL. Erection of stables, formation of access and associated parking (part in retrospect), land 150m north east of Monega House, Hatch Bank.

Gellybank Farmhouse Kinross: Erection of a wind turbine and formation of road entrance and driveway.

10/00264/FLL. Change of use of office (former public house) to dwelling house. Loch Leven Inn, 6 Swansacre.

11/01603/FLL Extension, 18 Springfield Park.

11/01687/FLL. Erection of new gate and section of stone wall, Kinross House.

11/01691/FLL Alterations and extension to dwelling house, 3 Springfield Road.

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Reports from P&K Councillors

Cllr Robertson commented on the successful opening of the extension to the **Heritage Trail**, with particular reference to the new hide.

He also made reference to a new report describing the **housing** situation in Kinross with respect to the high demand of social housing required: 85% of the houses in Kinross were owner occupiers, 15% private rental or council owned.

Correspondence

Public have expressed concerns about vehicles entering **Pier Road/Kirkgate** from Burns Begg Street as they were failing to give way to oncoming vehicles. The Council is now modifying the road with fresh road markings, and a new build-out section to narrow the road width, with delineation between the footpath and carriageway.

Proposed alterations to waiting restrictions: Notification received:

Swansacre, Station Rd, Main St, and Old Cleish Rd: Amend the No Waiting at Any Time parking restrictions on Swansacre and Station Rd.

Swansacre and Station Rd: proposed to install further No Waiting at Any Time restrictions at the junctions of Swansacre/Piper Row and Swansacre/Station Rd.

High Street and Old Cleish Rd: Removal of Occasional No Waiting restrictions would create additional all day parking provision in an area within walking distance of town.

High Street: Removing the school time waiting restrictions would create additional all day parking provision in an area within walking distance of town.

Objections to be received within 21 days of 12 October 2011.

Markings: CCllr Jack requested that the zigzag markings at the pedestrian crossing in the High Street be refreshed as

soon as possible. He also suggests that a review of all road markings in Kinross be examined at the same time.

Disabled Persons Parking Places Order: the Road Traffic Order was made by the Council on 12 October 2011 and will come into operation on 18.10.11.

Civic Trust: Event to be held in December.

Scottish Water: A new campaign being launched to encourage customers to ensure their homes and businesses are protected and prepared for winter.

Other Business

CC Election: At the next meeting of the CC, an elected member (Willie Robertson) of PKC should Chair the meeting for the purpose of appointing a CC Chairperson, after which the new Chairperson will chair the meeting to appoint CC member officers and adopt the constitution.

Skateboard park: CCllr Freeman asked if the lights could be repaired.

Finance query: CCllr Freeman asked who financed the Secretary of the CC in Milnathort. It was explained that in the Milnathort case the Secretary is not an elected Community Councillor and hence has no voting powers, so is eligible to receive an honorarium.

Link Road: Work should commence in January 2012. Enquires for the adjacent land should be forwarded to the Council.

Pantomime: CCllr Freeman reminded the meeting of the Pantomime Puss in Boots in the Community Campus, 16-17 December, with matinee and evening performances.

Flooding: CCllr Davies expressed repeated concerns about the continued flooding at the side access path to the Leisure centre, as this path also provides access for the residents to position their waste bins for collection. Cllr Robertson said he would follow this up.

The Next Meeting of Kinross CC will be an Extraordinary General Meeting followed by a regular meeting. These will take place on Wednesday 7 December in the Masonic Hall, Muirs, Kinross at 7.30pm.

Agenda for the Meeting on 7 December

Extraordinary Meeting

1. Welcome and Introduction.
2. Appointment of Chairperson. *Elected Member will hand over the Chair to new Chairperson.*
3. Appointment of Vice-Chair, Secretary and Treasurer.
4. Appointment of Data-Controller (Data Protection Act 1998).
5. Appointment of Planning Officer.
6. Adoption of Constitution, Standing Orders and Code of Conduct for Community Councillors.
7. Financial Statement.
8. Meeting dates and venues for 2012.
9. Training issues.
10. AOCB.
11. Date of next meeting.

Regular Meeting

1. Apologies for absence.
2. Minutes of the Meeting held on 2 November 2011.
3. Police Report.
4. Matters arising from the Minutes of 2 November.
5. Future of Kinross Buildings.
6. Planning Matters.
7. Reports from P&K Councillors.
8. Miscellaneous Correspondence.
9. Other competent business.
10. Date of next meeting (4/1/2012).

Late Addition to the Agenda

The CC will also discuss T in the Park's application to PKC's Licensing Committee for an increase in the Friday capacity for the 2012 event from 75,000 to 85,000.

Kinross CC minutes are posted on the webpage:

www.kinross.cc/cc.htm

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Milnathort Community Council

News from the November Meeting

In attendance at the meeting held on 11 November in Orwell Parish Church Hall were: CCllrs Hamilton, Cottingham, Halford, Thomson, Smith and Giacomazzi; Minute Secretary E Rougvie; P&K Cllrs Robertson and Baird and 12 members of the public. Apologies were received from CCllr Bennet.

Election of Chairman: As this was the first meeting since the CC elections, the first part was conducted by P&K Cllr Robertson prior to the appointment of a chairman. CCllr Hamilton was unanimously elected, having been nominated by CCllr Thomson and seconded by CCllr Giacomazzi. CCllr Hamilton expressed his thanks at being re-selected as chairman and conducted the rest of the meeting.

Election of other office-bearers: The following were unanimously appointed: Vice-chair: CCllr Cottingham; Secretary: CCllr Giacomazzi; Treasurer: CCllr Bennet.

Adoption of Constitution: CCllr Giacomazzi commented that the new constitution placed restrictions on CCs in terms of how they chose to spend their funds. In the past the CC had donated excess funding to organisations such as Milnathort in Bloom, but now all grant funding must now be used for administration purposes. Following discussion, it was agreed that this could be open to interpretation as MCC members do not claim expenses and this would be classified as a donation. Another requirement of the constitution, which is common to all CCs within Perth and Kinross, is that the minutes must be submitted to PKC in their draft form. The constitution was duly adopted on the understanding that it could be amended at a later date.

Co-option of eighth member: Two people had intimated that they would like to be considered for co-option to the CC, Mr Patrick Milne-Home and Mr Stuart McHardy. Mr Milne-Home was unanimously selected. Mr McHardy complained that this was unfair, but he was assured by Cllr Robertson that the correct procedure had been followed. As only seven people had put their names forward for eight places an election had not been necessary, but it was the responsibility of the new CC to co-opt the eighth member.

Scottish Water kiosk: Cllr Robertson reported that he had met with representatives from Scottish Water, who have agreed to move the kiosk at the end of Balfour Crescent as soon as possible as it constitutes a danger.

Jessie's Park: It was noted with pleasure that there had been very positive feedback locally about Jessie's Park.

Placecheck: CCllr Hamilton reported that he had met with the Placecheck team who had agreed to cut the grass in Donaldson Park twice a year. This will dramatically reduce the long grass but still allow wild flowers to grow.

Police matters: It was noted with regret that this was the third consecutive meeting that had not been attended by the Police and CCllr Giacomazzi advised that he had written to them to express his disappointment. He had received a written report which indicated that inquiries were ongoing into two incidents of theft (a boiler from outside the Royal Hotel and tools from a shed in Viewfar Road). Thieves have also been targeting items such as vehicles, plant, tools, quad bikes and fuel tanks from premises in outlying areas.

Speed checks have been carried out outside the primary school, in Perth Road and North Street.

Church Street and Victoria Avenue: CCllr Hamilton advised that he had met with the Police with regard to parking in Church Street and the situation at Victoria Avenue, where vehicles are consistently parked too close to the junction with

North Street. People are asked to make a note of the registration numbers and note dates and times and pass them on to the Police via their non-emergency number. It was agreed that the single white line in Church Street was confusing and, after discussion, Cllr Robertson agreed to address the matter of replacing it with double yellow lines.

Planning matters

Planning applications submitted:

Erection of 20kw wind turbine to serve plot 8, 7 Netherhall Steadings: Following lengthy discussion, it was agreed that the CC will not object to this but will write to PKC's planning department to ask if they have a policy with regard to the number of individual turbines permitted in one area. CCllr Milne-Home noted that there was already a turbine in close proximity to the proposed site and was concerned that it could develop into a cluster and have an adverse aesthetic effect. Members of the public who wish to object to this or any other application can do so on an individual basis.

Installation of replacement windows at Ballingall House: noted.

Installation of a single wind turbine at Cuthill Towers Farm: noted.

Modification of condition 2 of outline planning permission for land at the Pitdownies to extend the time limit in which a full application must be lodged: noted.

Planning applications approved:

Alterations to house at Half Acre, 25 Perth Road.

Alterations and extension to house at 23 Burleigh Road.

CCllr Cottingham advised that he had received a letter from PKC to say that an application to create recreational land for residents of the proposed new houses on the site of the former Ochil Hills Hospital had been approved despite the CC's comments that they would wish the land to also be available for local use.

New matters

Placecheck Newsletter: CCllr Hamilton distributed copies of the new Placecheck newsletter, which will be delivered to all households in Milnathort by CCllrs.

Donaldson Park: A petition was presented to the CC bearing 35 signatures objecting to the areas of long grass in Donaldson Park. As indicated earlier in the meeting, PKC are prepared to modify the grass cutting but will not do away with the long grass altogether. After discussion, it was agreed that Cllr Robertson will meet with the CC and Diane Cassidy of Placecheck and report back to the December meeting. It was agreed that lessons had been learned with regard to the Placecheck event, as those who had attended had been in favour of leaving the grass uncut to encourage biodiversity and this had been taken as an indication that this was the wish of the community.

Correspondence

A letter was received from Mr Stuart McHardy raising a number of concerns, including faulty drains in Whyte Place, outside the school, in South Street and Stirling Road; badly patched pavements, and an unsafe tree in Donaldson Park. Cllr Robertson advised that the drains in Whyte Place would be repaired shortly and that he would report the others. However PKC had inspected the tree and declared it to be safe. Mr McHardy also challenged the accuracy of the CC minutes, but the CC were satisfied that they were an accurate record of proceedings. CCllr Hamilton stressed that while having no powers, the CC was committed to working on behalf of the community and making constructive representations to PKC. No further discussion took place

regarding the letter as its contents were considered to be inappropriate.

Civic Trust Scotland is to hold a seminar in the Loch Leven Community Campus on 8 December. Noted.

The Planning Scotland zero waste seminar due to be held at the school on 12 November had been cancelled due to lack of interest. Noted.

Members of the public

Pitdownies: A member of the public said that there were concerns about access arrangements outlined in the Pitdownies application to build 49 houses. However, this is still at the outline stage and he was assured that the CC would not miss the opportunity to comment once the full application was submitted.

Unkempt gardens: A member of the public reported that one of the gardens in Crawford Place had been tidied up, but nothing had been done about the second one. Cllr Baird said that housing officers were still trying to address the problem.

Jessie's Park: Cllr Robertson advised that there will be an official unveiling of the plaque in due course, but in the meantime he will meet with members of the late Mrs Porter's family to discuss its final design.

Tillywhally Wood: Cllr Halford reported that the plaque in Tillywhally Wood is now on its plinth.

Olympic flame: Cllr Robertson advised that the Olympic flame would be passing through Milnathort, Kinross and Crook of Devon on 13 June 2012 and it was hoped to arrange a celebration to mark the event.

Role of the CC: The CC agreed to a suggestion by Cllr Robertson that information about the CC's role should be delivered to households along with the Placecheck Newsletter.

The Next Meeting of Milnathort CC will be held on Thursday 8 December 2011 in Orwell Parish Church Hall. Members of the public are welcome to attend.

Milnathort CC minutes are posted on

www.kinross.cc/milnathort/milnathort.htm

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Portmoak Community Council

News from the November Meeting

Present at the meeting held on 8 November 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 and Barnacle and five residents. Apologies for absence were received from P&K Cllr Robertson.

Police report (part 1): There have been thefts from farms in the Bridge of Earn and Kinross areas. Advice was provided on improving security. Vandalism in Kinnesswood Main Street was being investigated.

Treasurer's report: There was £512.69 in the general account and £730.40 in the MBW account.

Stephens Field: Although there was no progress with the transfer of the field to the community, Stephen's had recently visited the five-bar gate site at Bishop Terrace in preparation for repairing the supporting post.

Bus Stop at Scotlandwell: No further news. Some parents from Scotlandwell have spoken to the Head teacher. There was a suggestion of high visibility vests being worn.

Build-outs: Still awaiting remedial work to the build-out at Scotlandwell. It has now been over four months since this problem was reported to PKC. A resident had e-mailed the CC to say that the traffic flow through Kinnesswood was slower since the introduction of the build-outs.

The question of whether the build-outs were correctly designed was raised again, but the CC would wait for the response from Cllr Robertson, who was arranging for an inspection by PKC Roads, as agreed at the October meeting. It was also noted that it had been agreed at the October meeting that the CC would arrive at an agreed view regarding the viability of the build-outs.

Regulation of Water Level in Loch Leven: There had been no information received in spite of this having been promised several times. The Chairman would now try to obtain this information via The Freedom of Information Act.

Pedestrian footpath along A911 between Easter and Wester Balgedie: An e-mail from Cllr Robertson stated that a pathway between Channel Farm and Wester Balgedie had been agreed, but plans for the path from Wester to Easter Balgedie were still to be made.

Gritting and snow clearing: Despite assurances from PKC that a response would be given to the CC regarding this winter's gritting and snow-clearing programme, nothing had been received to date. Cllr Baird would raise this issue.

Cllr Barnacle informed the meeting that he had raised the issue of Turfhill's remaining as a storage site for the gritting and snow clearing machinery used in Kinross-shire.

Police report (part 2): Sgt Williams joined the meeting and gave an update on the current position within Central Scotland Police force. In Tayside, the three divisions were being amalgamated, with officers being lost from the top, as opposed to policemen on the beat. Section Inspectors would have more autonomy. The police would continue to prioritise community responsibilities.

There was to be a trial in Crieff, where volunteers from the public would use vehicle speed detectors.

The question of responsibility for clearing up mud deposited on the road by farm vehicles was put to the Police. During farming operations, when mud was being left on the road, notices should be put up to warn traffic of the hazard, and the responsibility for clearing mud from the road by sunset was that of the farmer. There was a range of opinion from sympathy for the farmers trying to work in adverse

conditions, to concern that farmers were showing a disregard for their responsibilities. Although mud on the road was considered a common problem in the area, there were few accidents recorded because of this.

There was no report of the recent accident which had destroyed the bus stop at Wester Balgedie, although the issue would be raised at the next Police/PKC road committee meeting.

During the cold weather last winter, ice had formed on the A911 Scotlandwell to Auchmuirbridge road, due to blocked drainage from the road into the adjacent fields. With cutbacks in PKC spending these events could become more prevalent.

Paths, Pavements and Roads: The latest part of the Heritage Trail was officially opened on 31 Oct and a route through the RSPB land has been agreed in principle. Repair of the culvert on the Michael Bruce Way is still outstanding.

A resident asked about progress with the 40 mph changes. Cllr Barnacle reported that following the Speed Limit Review there had been a number of comments and these were now being considered by PKC. The suggested changes at Auchmuirbridge had been completed by Fife Council, on the Fife side of the road.

The south side of Scotlandwell had still to be agreed.

Planning

There had been five planning applications received since the last meeting. No objections would be made in respect of: 11/01637 Pittendreich Farm Cottages: installation of waste water treatment plant.

11/01626 Wester Bowhouse, Leslie: extension to form accommodation and double garage.

11/01745 Benarty, Wester Balgedie: installation of solar panels.

11/01726 The Napix, Cobbles, Kinnesswood; formation of replacement driveway, replacement wall and parking spaces.

The CC is presently considering 11/01780/FLL; land to the East of Drovers Way, Easter Balgedie; erection of a dwelling house and garage.

Ongoing issues that the CC are discussing with PKC regarding Scotlandwell are expected to be resolved by the end of November, and problems with the PKC planning website have been overcome by the introduction of a new planning portal.

Reductions are to be made to solar panel feed-in tariffs and anyone wishing to take advantage of the present level of tariff would need to have solar panels installed before 12/12/2011.

Reports by P&K Councillors

Cllr Baird reported that PKC would not be taking up the offer of free turf from Turffit, which could have been used in the vicinity of the new path between Kinnesswood and the Hall, due to the higher price of laying turf compared to seeding the area. The Chairman would write to Turffit and thank them for their kind offer.

Cllr Barnacle was asked by the Chairman for his opinion on the proposed PKC ten-year moratorium on the right of tenants to buy their council houses, as the CC had recently been asked by PKC for their view of this. It was apparent from the following discussion that there were differing views on this policy.

Cllr Barnacle said that he was meeting with other Ward Cllrs and PKC Planning dept. to discuss the issue of material change.

The question of the developer contribution for the purchase of trees at Wellside Park was raised, as this money has not yet been received. Cllr Baird would investigate.

Other Business: Dog waste: It was agreed to ask PKC for a dog waste bin to be placed at the A911 end of Grahamstone track, because of complaints from residents and landowners regarding the disposal of dog waste in private refuse bins, or in fields. Cllr Baird agreed to progress this. (*Post meeting note: The ownership of the land where the dog waste bin is to be sited will be ascertained and relevant permission will be sought.*)

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

The Next Meeting of Portmoak CC will be held at 7.00pm on Tuesday 13 December 2011 in the Primary School.

Portmoak CC minutes are posted on the website

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Fossoway and District CC

News from the November Meeting

In attendance at the meeting held on 1 November were: A Lavery, S Anderson, M Anness, K Borthwick, A Cheape and R Cooper. Also in attendance were P&K Cllr M Barnacle and 21 members of the public. Apologies were received from: S Morrison, T Duffy-Wigman and P&K Cllr W Robertson. In Sandy's absence, Alastair chaired the meeting.

Community Policing: The police officer warned the meeting that theft of farm equipment had been reported, and that extra vigilance was needed. Farm gates, horse equipment, machinery had been stolen recently. Access roads to farms should be locked if at all possible. There was also a problem in the area with the theft of drain covers.

War Memorial, Blairingone: Trudy has emailed the War Memorial Commission but has had no reply so far. Removal of the memorial will require a planning application. John McCrone is the council member to contact. Trudy to follow up.

Dunning Glen: A grant has been obtained to fund a "clean-up" and this will take place 15 November.

Seamab: Trudy has raised the matter of children from Seamab climbing on neighbours' roofs with the Police Community Officer.

Pollution of the River Devon: PKC would like to take the up the CC's offer of talking about an early warning system, and have suggested a meeting. Kevin and Trudy will attend. Clackmannanshire Council issued a warning of pollution (which is downstream from PKC) and Crook of Devon received no warnings at all. Scottish Water won't comment because of the investigation into the incident. Trudy and Kevin to organise a meeting and report back.

Ken Thomson Homes gave a presentation showing the proposed development of 31 homes in Rumbling Bridge. This is on the Braehead Farm site. The development is to be sustainable, containing eco-friendly houses built to gold standard, with heat pumps and photovoltaic panels. There are six affordable homes planned aimed at the restricted mobility market. There is a public consultation meeting on 17 November in Moubray Hall, Powmill. Cllr Barnacle stated that the development was contrary to the local plan and the emerging plan. Rumbling Bridge was not one of the options in the PKC plan. The local plan is still the guiding influence until 2014. Ken Thomson was thanked for his presentation.

CC Business: From next month onwards there will be a new CC. Marion and Ramsay are stepping down and were thanked for their contribution. Sandy, Alastair, Kevin, Trudy and Rod Paterson have been nominated and thus elected unopposed. The CC may co-opt some members who have been unable to get their nominations in on time. A meeting should be held within 28 days from 3 November to announce the results of the election and appoint a chairperson. Action: Extra-ordinary general meeting to be called.

P&K Councillor's Report: A meeting of the Kinross network of CCs would take place on 18 January at the campus.

Some councillors have had a planning meeting with David Littlejohn to discuss procedure. He took on board the concerns of the councillors. The emerging plan and the work on the local strategy groups formed part of the discussion. There will be a further meeting on 7 December to discuss what's in the local plan.

Planning Applications

11/01604/FLL. Easter Muirhead Bothy, Blairingone: Extension to dwelling house. No CC comment.

11/01810/FLL. Land West of Station Road, Crook of Devon: Erection of dwelling house and detached garage. No CC comment.

Approvals

11/01625/PN. Wester Aldie Farm, Rumbling Bridge Kinross: Erection of agricultural building.

Withdrawn

11/01281/IPL. Dwelling house 40m west of Devonlade, Main Street, Crook of Devon.

10/01576/FLL. Land West of Station Road, Crook of Devon: Erection of dwelling house and detached garage.

General Correspondence: All outgoing and incoming correspondence was available for viewing.

Other Business

Issues of flooded roads because of blocked ditches was raised. Also hedges overhanging roads. There was also a question raised regarding having adequate road-salt supplies for the winter.

The CC wasn't informed about the removal of the 20mph limit at Fossoway School. This will be revisited.

There will be a Campus Partnership meeting if anyone is interested.

There will be an Extraordinary General Meeting on Tuesday 6 December at 7pm in Fossoway Primary School.

Agenda for Next Meeting

Welcome and apologies	Declarations of Interest
Community Policing	Minutes previous meeting
Matters arising	CC Business
Councillors' reports	Planning Applications
Correspondence	AOCB
All Welcome!	

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Cleish & Blairadam CC

Cleish and Blairadam CC met on Monday 24 October in the Tabernacle Hall, Blairadam. Present were all six CCllrs, P&K Cllr M Barnacle, eight members of the public and the Cleish & Blairadam Newsletter Editor. Apologies were received from the Police Liaison Officer.

The Tabernacle Hall has been refurbished and the CC congratulates the Tabernacle Hall Committee on the wonderful work it has done.

This was the last meeting to be chaired by Catriona Culley; she has been on the CC for 12 years, latterly as a most conscientious Chairman, conducting the meetings with skill, never letting the business get out of hand but at the same time allowing everyone to have their say. She was presented with flowers. She expressed her thanks to the members of the CC, not least to Sandy Morton, who is retiring. Sandy has been a stalwart member, always with wise judgment and a reliable source of information concerning Keltybridge and Blairadam.

Planning

A report was given on a meeting held with David Littlejohn, Head of Service Planning, PKC, on 3 October. Patty and Richard had attended and were impressed as he had been very helpful and sympathetic to the concerns raised by the CCllrs on the CC's behalf. Many general aspects of planning in rural areas were discussed and it was felt to be a positive meeting.

The draft of the new Development plan was due to be published in November with three months for consultation.

New applications

Extension to Cleish Church: The Acting Session Clerk spoke at some length about this proposed development, after which there was a full discussion. The CC, bearing in mind that their remit is to "ascertain, co-ordinate and reflect" the views of the whole community, agreed that they could not support this application primarily on the basis of its size and would write accordingly. The Acting Session Clerk was thanked for his attendance.

Erection of Agricultural Shed on land to the south-west of Ash House: this has been recommended for refusal.

Millwood Farm Cleish: Erection of six wind turbines: No objections were raised.

It was emphasised that when members of the community desire the CC to make a comment on a particular application, there is a requirement for them to make their views known to any of the CCllrs.

Recently approved applications

Erection of two dwelling houses at Beaufort Cottage.

Erection of Veterinary Equine Cline, Beaufort Cottage.

Planning Applications Pending

Still pending are: Erection of dwelling house at Moreland Farm; Change of house type at Sunnyside Farm; Gairneybridge Caravan Site (new access entrance etc).

Roads

Comment was made on the state of the roads with ruts in some places 2 or 3 feet deep and ditches overflowing. Much had been done on the road west of Cleish by an army of willing volunteers, known and unknown, who worked hard to clear the mud from the potato field but much remains to be done. Thank you, everyone. A member of the public also commented on the state of the Kinross High Street whose main feature must be the staggering potholes; agreed to inform the Roads Department.

Kinross Civic Trust

There is to be presentation by the Kinross Civic Trust in the

Community Campus on 8 December. The CC intends to send a representative.

Community Council Membership

As of 3 November the CC is as follows:

Elected members: Patty Fraser, Ron Kitchin and Hugh Somerville.

Standing for co-option: Fiona Macgregor and Richard Jeffrey. This leaves a vacancy for a sixth CCllr; this would involve a bye-election in 2012. It would be best to have a nomination from Keltybridge and Blairadam so that the whole Parish should have fair representation.

A question was asked as to whether information about the election was circulated to everyone. The Chairman confirmed that this was indeed done to everyone in Cleish and Blairadam via a flier in the last C&B newsletter. The Chairman expressed concern that there were no nominees from Maryburgh and Keltybridge. It was acknowledged that Blairadam has an active Tabernacle Hall Committee and Gardens Committee but the lack of enthusiasm for the CC cannot be explained.

The Minutes of the previous meeting were approved. Under the new guidelines minutes will need to be signed twice at the next meeting, but minutes will still be sent to PKC following electronic approval by the CCllrs.

Crime Prevention

Unfortunately no representative from the Police was able to attend the meeting. However, thefts of quad bikes, etc from Hardiston were reported – they had been in a safe, locked shed and the thieves has sawn through the padlocks; other similar thefts of agricultural machinery have been reported in the area. The other concern was a case of mane hacking of horses. These are all serious cases and the need for increased vigilance cannot be stressed too much. Our sympathies are extended to those who have suffered these crimes.

It was noted that the Police had not attended many CC meeting recently, not just here but elsewhere. This comment would be passed on.

Perth and Kinross Convention of Community Councils

The Convention continues to function but minutes of their last meeting suggest that there is a 50:50 split in the interest given from the CCs in Perth and Kinross. Cleish and Blairadam CC has already indicated that they would support a motion to dissolve the Convention.

Future of 'Kinross Forum'

Cllr Barnacle reported on a successful meeting when all CCs apart from Glenfarg had been present. There had been much discussion, all positive, on what the remit of the group is to be.



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It was agreed that this should be called the 'Kinross-shire Community Council Network' which would not be an executive or decision-making body. The purpose of the Network would be to exchange information, discuss best practice and provide mutual help for CCs for the benefit of Kinross-shire as a county. The next meeting will be held in January 2012.

Keltybridge and Maryburgh Water Supply

Work on this is near completion; again thanks to much hard work and grants being received.

Grit Bins

Requests for new grit bins and relocation of some existing grit bins have been made to PKC.

An Extraordinary Meeting was held in Cleish Village Hall on 7 November to adopt the new CC Constitution and elect office bearers.

News from the EGM

Present at the EGM held on 7 November were: P&K Cllr M Barnacle, Patty Fraser, Ron Kitchin, Hugh Somerville, Fiona MacGregor, Richard Jeffrey, the C&B Newsletter Editor and two members of the public.

Welcome: Cllr Barnacle chaired the meeting and explained that it had to take place within 28 days of the election of the new CC (3/11/11). There were three CCllrs elected on 3/11/11 – Ron Kitchin, Hugh Somerville and Patty Fraser. Two further members could be co-opted at this meeting, and the final sixth place could be filled the following year in a bye-election. There were two non-valid applications (late submitting them) for the election. It was agreed to co-opt both Fiona MacGregor and Richard Jeffrey.

A new **Chairperson** was appointed – Ron Kitchin, who was wished well by Cllr Barnacle, who is a supporter of CCs and their need to keep representing the views of their communities. The Chair was then handed over to Ron Kitchin.

The following positions were appointed: Vice-Chair – Fiona MacGregor, Secretary – Patty Fraser, Treasurer – Richard Jeffrey, Minute Secretary – Hugh Somerville.

Appointment of Data Controller: this position was previously held by Catriona Culley, the previous Chair. It was suggested that due to her knowledge and experience, she was in a good position to assist the CC in this post, and so it was agreed to appoint her as an Associate Member to assist the CC in this post for 12 months.

The new Constitution, Standing Orders and Code of Conduct for CCllrs were all adopted with unanimous agreement, to allow the continuation of Cleish and Blairadam CC.

Financial Statement: Richard Jeffrey reported that £1250.96 was currently in the account, prior to receiving the grant for 2011-2012, and before adjusting for interest, hall expenses etc.

It was discussed that this money is for the use of the CC to promote and improve Community Discussion and engagement. A successful event last year was the Christmas Tree lighting up evening (with mulled wine and hot snacks). It was agreed that this should be fully supported again this year, with trees at both Cleish and Blairadam. We will liaise with the Hall Committees at both villages to help arrange and fund these evenings, and that members of the CC will be delighted to attend both evenings. Fiona MacGregor will write to Scottish Woodland (who are felling the woods above Cleish) to ask if they would be prepared to donate trees for both villages.

Meeting Dates: it was suggested that the first Monday of each month was suitable for more frequent meetings, in an attempt to promote more community liaison and attendance at the meetings. A member from the floor commented that the Newsletter provides excellent awareness and information about the meetings. Other thoughts discussed included bi-monthly newsletters rather than for each meeting; putting spare newsletters in the phone box / book exchange box; the need for more regular meetings to be shorter, concise meetings covering new topics.

The next meeting will be 5 December at Cleish, but due to bank holidays, 2 January will be missed.

Training Issues: no action.

AOCB: Suggested date of 10 December for the Christmas lights and mulled wine – will liaise with the hall committee.

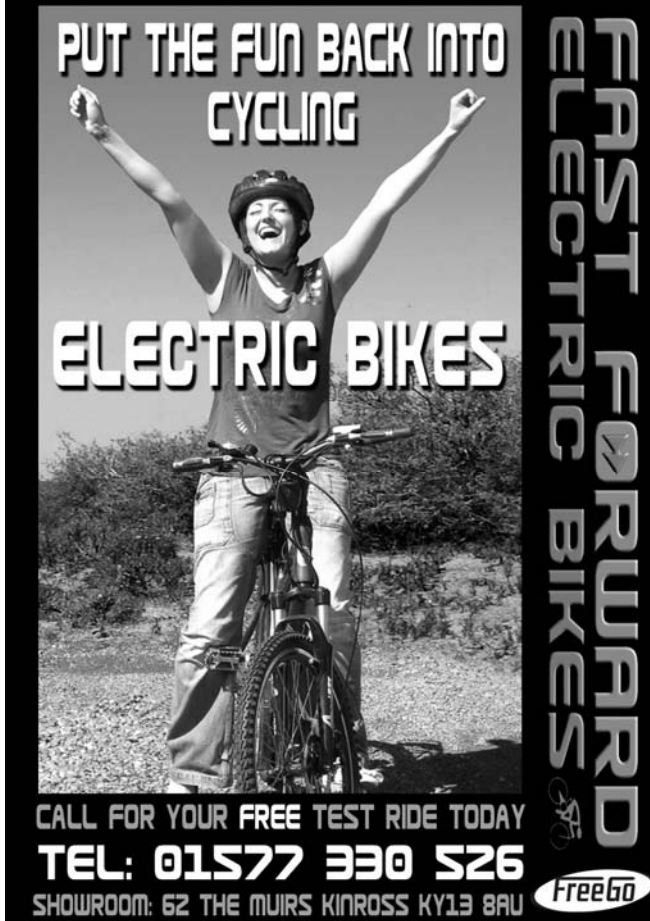
Cllr Barnacle reported that he had been asked to visit the Minister to discuss the application for the Church extension.

The Kinross Fund holds four meetings per year to discuss the possible applicants for receiving grants. This is mainly funded by donations from T in the Park for the benefit of local communities. It was discussed whether the CC could apply for a grant towards a joint project between Cleish and Blairadam for the celebration of the Diamond Jubilee.

The next meeting of Cleish & Blairadam CC will be in Cleish Village Hall on 5 December at 7.30pm.

Cleish & Blairadam CC minutes are posted on the website

www.cleish.org



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Club & Community Group News

Lancastria Association of Scotland

Registered Scottish Charity No SC039936

The Lancastria Association of Scotland Memorial was unveiled on Saturday 1 October in the grounds of the Golden Jubilee Hospital, Clydebank. It stands on what was the Beardmore shipbuilding yard where she was built in 1920.



The Lancastria Association of Scotland Memorial

Designed by sculptor Marion Smith of Leven, Fife the memorial was unveiled by the First Minister, the Rt Hon Alex Salmond. The toast to the memory of the Lancastria was given by the Lord Lieutenant of West Dunbartonshire, Rear Admiral Michael Gregory OBE. The Scots Guards Piping Association, Royal British Legion standard bearers, air, sea and army cadets and the patrol boat HMS Pursuer holding station in the Clyde all contributed to the memorable occasion.

The association extends its very grateful thanks to all those who have contributed to the Lancastria Memorial Fund and given us such tremendous support over the last six years to make the memorial a reality for the families connected to the disaster which was the greatest loss of life in British maritime history when she was sunk on 17 June 1940.

Fiona H. T. Symon

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:

Jewellery party, Christmas party.

For further details about us, to join or to see upcoming events, please go to our website:

www.kinrossladiescircle.co.uk



Alzheimer Scotland Action on Dementia



Further advice visits to Day Centre

Because of the initial overwhelming interest, 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 the second Wednesday of the month between December and March. The dates are:

14 December, 11 January, 8 February and 14 March.

Sincere apologies are offered to the people with dementia, the carers, families and friends who came along in November but were not able to wait and speak with us. Please take the opportunity to stop by again and meet us at these additional times. Everyone is welcomed 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.

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 on telephone no. 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.

Portmoak Community Woodlands

Portmoak Community Woodlands Steering Group have come up with a cunning plan to remove conifers from a raised peat bog near Scotlandwell – and help people who need a last minute Christmas tree.

They are holding a **Christmas event** in Portmoak Moss from 11am-1pm on **Sunday 18 December**. They hope people will come along and enjoy a Christmas drink and pick a tree to take away with them. Donations to help with future projects will be much appreciated.

It's important to remove trees from the peat bog as part of the ongoing work to restore this rare habitat. Instead of trees, the bog should support sphagnum mosses, heathers and plants like bog cotton.

The Christmas tree offer is not a commercial venture, so trees will not be wrapped. The main thing is to make sure the tree will fit in the car or can be carried home. There are plenty of sizes to choose from and steering group members will cut the trees down. So, a winter walk, Christmas activities and a nice fresh tree are all on offer.

Another date for your diary: the **Portmoak Woodlands Burns Supper** will be on **28 January 2012**.

Scotlandwell in Bloom - Knitters

Our knitting for the African Baby Project has been more successful than we could ever have imagined, and we are very grateful to everyone who has been busy with their knitting needles. Unfortunately the funds we laid aside for the postage of all the knitting are now exhausted, and given that we have been doing the project for a year now, we feel this is an appropriate time to end the project. If you still have some knitting you would like to send, then we will accept any you have until the end of the year. If you wish, you can send any knitting to Roslynn Sinclair direct; her address is Mrs Roslynn Sinclair (Charity), PO Box 4749, Rietvallei Rand, Pretoria 0174, South Africa. Pictures and details on the knitting we have already sent can be found on <http://knit4africa.webs.com> or you can contact Roslynn at ros@lei.org.za

We are always looking for new projects in which we can involve as many people from the local community as possible, and if we can find a knitting project closer to home which won't incur such high postage costs, we will let you know.

Once again, thank you for your support, and if you require any further information, please don't hesitate to call.

Elaine (01592 840652) and Karen (01592 840379).

Kinross-shire Volunteer Group And Rural Outreach Scheme



We have been very busy over the past few months and now that winter has arrived – minus degrees these mornings – see no sign of requests for our services easing off. It is to be hoped that lessons have been learned and adequate provisions made to keep the road networks as clear as possible if another winter like last should hit us.

BURNS SUPPER

MONDAY 23 JANUARY 2012

Our Burns Supper will be held in the Windlestrae Hotel on **Monday 23 January 2012** starting at 6.30pm for 7.00pm. Tickets will be available from mid December – contact Ann Munro, 01577 840196 or Bill Michie, 01592 840602. This is a very popular evening with great entertainment and good company so don't miss it.

If anyone would prefer vegetarian haggis please say so when you buy your ticket.

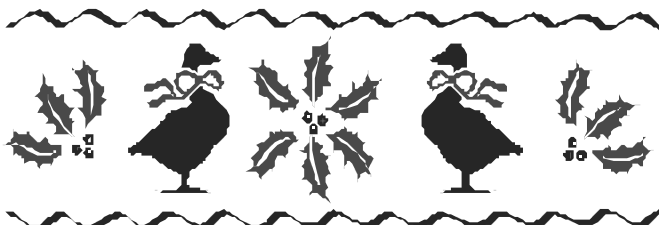
Kinross Garden Group



The speaker at our November meeting was Mark Armour, Head Gardener, Kellie Castle, who gave us a talk entitled "The National Trust/Organic Gardening".

Our next meeting is on **Thursday 8 December** in the Millbridge Hall, Kinross at 2pm. We will be delighted to welcome Ian Dewar of Luncarty who will give us a talk on "The Use of Stone in the Garden".

Our **Festive Lunch** takes place on **Thursday 12 January** at the Windlestrae Hotel, Kinross.



Milnathort FILMHOUSE

In 2009 volunteers from the local community founded Milnathort FILMHOUSE within Milnathort Town Hall. We are closely linked with Milnathort Town Hall Committee and all our profits go toward Milnathort Town Hall Refurbishment. Our aim is to re-establish the building as the focal point of our village.

Through trial and error we are striving to tailor our screenings to maximise attendance from the local community. Affordable children's films, which allow whole families out for the occasion, have been most successful.

We are very keen to extend our screenings to wider sections of our community and welcome any thoughts in this regard. Our season finale this year is 'The Snowman' and will be held on Christmas Eve. This is always a sell out screening so if you would like tickets please contact us ASAP. You can even get mulled wine, a warm mince pie along with our customary tuck shop and freshly made popcorn!

We have a big following on Facebook where you will find lots of useful information.

If you are interested in joining our small group of volunteers helping us to anchor Milnathort FILMHOUSE as a permanent resource for the wider community, you would be made most welcome. Please do not hesitate to contact me.

Thanks for reading,

Susan Britton

07737 461 293

susanjbritton@yahoo.co.uk

Or search for Milnathort FILMHOUSE on FACEBOOK!

Boys' Brigade

The Kinross Company has been quite busy over the past month with members participating in the annual service of remembrance on Armistice Sunday. Andrew Jack carried the Company Colours, with Michael Ferguson laying the wreath at the war memorial.



Michael Ferguson laying the Boys' Brigade wreath at the war memorial

On Sunday 20 November the Company held its annual enrolment service at Kinross Parish Church. The BB band led the praise with the colours being carried by William Constable and Rodney Thomson.

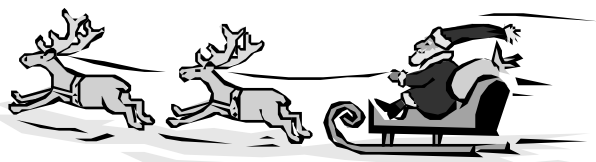
In Battalion competitions Junior Section members took part in the mini-volleyball competition and Company Section members won the table tennis competition.

Senior members assisted at the KLEO disco whilst younger Company Section members were part of a Battalion group given a guided tour of St Johnstone's McDiarmid Park.

In the National Competitions, the Company has won through to the second rounds of the table tennis and badminton. The masterteam quiz team finished fourth out of six in the first round held at Scone but scored full marks in the rounds on Bible Knowledge and BB History. The five-a-side Football is being held at Buckie in early December and the second round of the chess will be played early in the new year once the draw has been made.

The Battalion swimming gala for Junior and Company section members will take place at Perth Leisure Pool in early December.

The annual **Christmas Coffee Morning** will be held in the Church Centre on **Saturday 3 December** from 10am till 12 noon with tickets priced very reasonably at £1.50, available from all members or payable on the day. There will be the usual stalls: lucky dip, bottle stall, chocolate fountain, guess the number of sweets in the jar, raffle etc.



Portmoak Film Society

31 film fans saw the November film, the 1963 adaptation of the classic Harper Lee novel "To Kill a Mockingbird". It is a totally compelling story with spellbinding performances from the actors playing lawyer Atticus Finch and his young daughter Scout. It chalked up 96% on the audience approval ratings, which put it in sixth place overall in the 45+ films we have ever shown – not bad for a 49-year-old black & white movie!

Next up are a couple of modern films. Both did the 2010 distribution circuit and the first, on **10 December**, is "**The Way Back**". It's about a group of prisoners who escape from a Siberian gulag during the 2nd World War. The film is inspired by *The Long Walk*, a book written by a Polish PoW in 1955. In case it's rather harrowing, there'll be Christmas cheer served after!

On **14 January 2012**, we're showing "**The Social Network**". Most people will know that it's the story of how Mark Zuckerberg, Harvard undergrad and computer programming genius, founded Facebook. Six years and 500 million 'friends' later, he is the youngest billionaire in history... but success comes at a price.

We'd like to take this opportunity to welcome all 'friends of film' to the above events, new and old. You can just turn up and pay £5 on the door – I forgot to mention last time that the AGM decided on a small increase, but it's still only half the price you'd pay at the nearest multiplex – and much friendlier! Films start at 7.30pm.

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

Portmoak Hall 100 Club

October Draw

1st	No. 29	Anna Mills, Kinnesswood
2nd	No. 91	Harry McLennan, Kinnesswood
3rd	No. 21	Andrew Morton, Kinnesswood

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Milnathort Primary School

Class News

We have had a busy start to our 2011-12 session. P1 and P1/2 held an open afternoon for their families and showcased their wonderful learning on fairy tales by creating their very own magical Fairyland experience. The children in P2/3 had been learning about holiday destinations and the distances people had travelled and held a late Holiday Party complete with summer clothes and made their own leis (Hawaiian flower garlands). P3/4 experienced Chinese cookery and had a visit from Mr Roddy Renfrew from PKC who plays a key role in the links Perth & Kinross has with China. P1-3 had a Meet The Author event when Chae Strathie dropped in to read to us from his book "Loon on the Moon". P4 have been immersed in Egypt and all things Egyptian, making papier-mâché masks and learning to write in hieroglyphics. P5/6 had a Scottish themed baking session with parents helping them with their baking and the tasting of the finished article! We are grateful for the support of parents in the delivery "Bikeability Scotland" to a group of P7 pupils, with plans to roll this programme out to all P7 during the coming session. P5, P5/6 and P6 have been involved in a workshop with Scottish Opera, culminating in a wonderful afternoon operatic performance to their families. P6 further demonstrated their skills in front of an audience when they held a captivating assembly centred on Australia. Nursery children, along with P5/6, displayed early signs of having a strength in all things engineering when they were involved with a group of Scottish and Southern Energy employees who came along to help us build an ECO greenhouse. We are so grateful to the employees who, as part of their organisation's support for communities, were seconded to us for a day to help: without them we would not have the

super greenhouse that is now situated in our Sunken Garden.

Fundraising Efforts

Milnathort Primary has a link with a school in Kenya and since August our Global Citizen Responsibility Group has been the driving force behind a series of fundraising activities. Such is the generosity of Milnathort children and parents/carers that we have raised over £650 to date. The children held a talent show, have had a baking session, dress down day and individual children have, in their own time, entered sponsored events and raised money for Top Ride Academy in Kenya. We are extremely proud of every child in our school in showing such thoughtfulness towards others.

Milnathort School Association ran their traditional Halloween discos to raise money for school funds. The event was attended by an array of scary monsters, ghosts and other such characters and was a huge success. Their next event is the traditional **Christmas Fair** which will be held at Milnathort Primary School on **Saturday 3 December** starting at 10am: come along and browse around the many stalls that will be there! We look forward to seeing you!

Parent Council

For the most up to date minutes and other information, please see our website, www.milnathortprimary.org.uk. Alternatively contact the Clerk, Elyse Kirkham on 07747534513 or e-mail

elyse.kirkham@milnathortprimary.org.uk

Milnathort PS Parent Council will be meeting at 1930 hrs at Loch Leven Community Campus (where possible in the ICT Room) on the following dates:

2011: Monday 12 December

2012: Mondays 23 January, 5 March, 23 April, 4 June.

Swansacre Playgroup

Thank you to everyone who came out and supported our Christmas Fayre at the Windlestrae Hotel on 11 November. Thanks also to all of the vendors who participated and made such generous donations to our raffle table! The evening raised a significant amount of money for the charity, and we are very appreciative of everyone who contributed towards this! Santa will be at Swansacre Playgroup from 10am to 1pm on **Saturday 3 December** for the annual **Swansacre Santa's Grotto**. Tickets are £5 for one child; £9 for two children; and £12 for three children. Children under the age of one enter free. Ticket price includes a visit with Santa, a bouncy castle, crafts, and juice and a biscuit. Mark your calendars and plan to come along and join in the festivities as we prepare for the holiday season – contact Swansacre Playgroup on 07807 908833 to book your child's visit with Santa.

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 01577 862071 or 07807 908833, or email enrolments.swansacre@gmail.com.



Kinross Camera Club

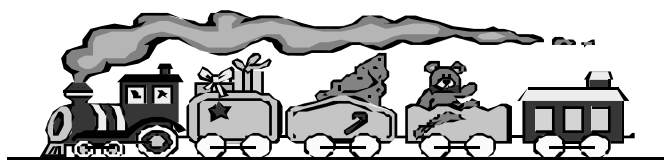
We were treated to a journey along unfamiliar tracks in a very informative talk by Archie Thom on railways, including those of the Far East and Australia, then



Robert Walker, one of our own members, remained closer to home when he showed and talked about pictures taken throughout Scotland. That was followed by the judging of our first League competition; the subject was "Open" and David Hay had a wide variety of images to view and comment upon. Irene Froy, an international and national photographic judge, showed beautiful images under the title "Pastels and More" and generously gave insights into how these effects are achieved. We await the final November lecture "The British Coast" by Bill Paton, another of our members.

December begins with the club making one of its occasional public appearances at the Country Fayre on 3 December when among other attractions we will be exhibiting members' prints and holding a competition, the winner of which will receive a copy of the winning print.

The skills of members will be tested at our first December meeting when volunteers will be called upon to give a talk lasting ten minutes on a subject either of photographic interest or illustrated by photographs, while at the following meeting panels of prints on the subject of "Coast" will be judged in the "Thackery Trophy" and members' creative skills considered in the Creative Digital Competition.



Kinross 50 plus Club



The December meeting will be held on **Thursday 1 December** at 2pm in the Millbridge Hall. The speaker at the will be John Elder who will give a talk about the work carried out by Mary's Meals. A raffle will be held at the meeting, the proceeds of which will be donated to this charity. A collecting bowl will also be available for anyone wishing to donate money.

The speaker at the November meeting, Mary Lockhart, gave a most interesting and moving talk about her time in Bosnia.

The Club would like to thank Jackie and Robert of the Red Cross who attended the November meeting and distributed "Winter Weather Packs". The club members greatly appreciated their generosity

Away Day December (N.B. only one away day this month) Thursday 8 December: Museum of Scotland

Away Days January:

Thursday 12 January: Fire Brigade Museum, Edinburgh.

Thursday 26 January: Bankfoot & Pitlochry.

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, the coach will leave the Green Hotel at 12.45 prompt. Contact Edith Oswald 01577 865731.

Holiday February 2012: The balance of monies due are payable at the December meeting. Please make cheques payable to "Kinross 50 plus Club". Contact Pat Crawford 01577 862962.

Friday Walkers:

9 December: Two way-marked walks in Blairadam Woods along good paths, and not much more than 6 miles in total.

23 December: Starting at Deep Sea World, along the Fife Coastal Path to the Yacht Club at Aberdour - a one way walk of about 6 miles, hopefully at a safe distance from the radioactive beach in St David's Bay.

6 January: "The Sair Heid Walk" at Falkland, from the duck pond near Falkland House to the Monument, and back for soup and sandwiches in The Bruce Hotel, Falkland.

20 January: From Dollar to Powmill via Muckhart Mill - this is an old favourite along paths and back roads, usually having lunch looking down on the black horse at Muckhart Mill - probably over 6 miles.

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

Friday Hill Walkers:

2 December: Hermitage/Rumbling Bridge (Alan)

16 December: South Queensferry - with Christmas lunch at The Railway Bistro.

13 January: Falkland/Monument/Maspie Den. (Richard)

27 January: TBA (Bob)

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.

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

Fly Tyers: The Fly Tyers meet each Monday between 2 and 4pm. This group has both men and ladies within its membership. Contact: Ian Campbell for details of venue 01577 830582.

Keep-Fit: This enjoyable activity runs every Tuesday at 2pm in the in the Masonic Hall. The cost is £1.50 per session and mats are provided. The class is now full and is not accepting new members for the present. Contact Val Oswald 01577 864020.

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

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

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

Inner Wheel



A very successful 'Coffee Morning' was held on Thursday 10 November on behalf of the Inner Wheel's Overseas Programme. Over £200 was raised and will be presented as a contribution towards an Ethiopian Medical Project.

The speaker at the monthly meeting was local author, Gillian Galbraith. Gillian gave a resumé of her working career following a University degree. This took her through a wide variety of jobs from washer up in a local restaurant to assistant book seller to journalist to advocate. Over the time she gained experience in writing the stars, writing as an agony aunt/uncle and a doctor's column. She became involved with the Courts regarding litigation and learnt about pathology and mortuaries which all gave her 'fodder' for the writing of detective novels. She divulged her sources of inspiration. Windmill farming captured her imagination when she became involved with meetings locally regarding their development and experiencing the passion of those involved gave her the stimulus for her second book.

The next month's meeting takes place on Monday 12 December.



Inner Wheel Ladies enjoying one of their Frugal Lunches hosted by Moira Smith

Kinross High School



Last month you will have read of our impending visit from the Inspectors. I am happy to tell you that they have been and are gone. Happy, because we had a positive experience. The Inspection process in schools has been radically overhauled recently and no longer do they focus in on a few departments but instead they endeavour to cover more areas and focus in on five main quality indicators. I cannot give any detail in this report as the final report will not be available until 19 January. What I feel I can say is that the HMI team saw many positive aspects of our school. They engaged fully with staff, pupils and parents and at the end of these processes they had a very good picture of our school. In their feedback they also indicated some areas where they felt we could do better and these will also be indicated in that final report.

Now we can return to the normal business of school. Our 4th year pupils should be busy at home studying for their prelim exams. These are very important as they indicate to pupils and teachers just how well the young people have learned and how much further they might have to go in order to achieve their potential. There is still time before the actual exams in May to do this polishing; hopefully our pupils will take the opportunity to do well in the next few weeks.

Last week we started our programme of Parent Evenings when our staff reported on our 3rd year pupils. As always, it was a busy night with much conversation and plenty of good news too. I am always grateful to the parents of KHS who turn out in huge numbers for these events. It helps our teachers by knowing that you are interested in all subject areas and gives us the opportunity to speak to almost all of you.

HMI were keen to highlight the large amount of achievers we have in our school and in doing so they also recognised that not all of our pupils are achieving their successes in school but often associated with school events. This month I have been made aware of two such pupils; Mhairi Ogilvie and Kirstie Miller. Mhairi was a member of the Strathearn Pony Club which qualified for the prestigious Prince Phillip Cup at the Horse of the Year Show, now at NEC Birmingham. I was lucky to see the team competing in television and was delighted that they did so well in the face of much competition. Kirstie, on the other hand, is a swordswoman. At the recent Scottish Schools Fencing Competition she was successful in achieving a Bronze medal in her Sabre and a Silver medal in her Epee whilst representing Kinross High School. It is gratifying to hear of such success and hopefully both girls can go on to bigger and brighter things in the future.

Now that December is upon us we take a little time to focus on the festive season. Our pupils have their Christmas dances to look forward to with lots of Strictly Come Dancing practice time in PE. A group of 6th year pupils are making preparations for the Pensioners' Party. Our rehearsals are going well for the Christmas Concert. A group of staff are braving the footlights (again) to put on a panto. Rehearsals are going well – on no they are not, oh yes they are – A Lad in Kinross! Tickets will be available soon. We are doing three nights (20, 21, 22 December) but get in quick because they will fly, as they say.

Hopefully the vagaries of the weather will be a memory of previous years, but parents should have our severe weather arrangements by now – please check the bottom of that bag.

Dick Keatings

Kinross High School Parent Council

Website: www.khspc.org



Chair: Brad Wood 01577 850 767
Email: chair@khspc.org

Vice Chair: Rory Stewart 01577 830504
Email: vicechair@khspc.org

Treasurer: Allan Miller 07779 700088
Email: treasurer@khspc.org

School Uniform: Victoria Robb
Email: blazersales@khspc.org

Events and Fundraising Team: Lisa Megginson
Email: efchair@khspc.org

Clerk: Sheila Herron 01577 864015
Email: clerk@khspc.org

There was a healthy turnout to our last meeting held on 8 November and, as always, parents are reminded that they are more than welcome at any of the Parent Council meetings. The dates of next meetings can be found below.

School Inspection: At the time of the last meeting the school was in the midst of an HM Inspection. The inspectors were attending classroom sessions as well as interviewing pupils, staff and parents. An initial report, in the form of a parent letter, should be available shortly after completion of the Inspection. Watch this space!

Parent Survey: This is now complete. A huge thank you to all who completed the Survey, either online or by paper copy. The results are being analysed and should be published soon.

School Uniform: Regretfully, Sporting Chance is closing down. This is creating some uniform issues for pupils. As a consequence, the Parent Council was considering the possibility of selling school ties, in order to ensure continued and easy supply to pupils. Blazer sales continue to get better and better. Dora Smith is standing down as the main contact for school uniform sales, with the very grateful thanks of the Parent Council for all her hard work, determination and perseverance! We welcome Victoria Robb, email blazersales@khspc.org, as the new main contact for uniform issues. Thank you Victoria for taking on this role.

Curriculum for Excellence: The school held an S1/S2 parent presentation evening which was very well attended. A copy of the presentation can be found on the School website. If further information is required about Curriculum for Excellence, please contact the Head Teacher.

A full copy of any Parent Council meeting minutes can be requested by contacting the Clerk or by visiting our website at www.khspc.org.

The KHSPC meetings for the current academic year are:

10 January 2012: 28 February: 17 April: 29 May: 12 June [AGM].

Please remember that the Parent Council is in place to represent the views of parents and guardians of pupils at the school, to help ensure that our young people can learn and develop to their maximum potential. We work in partnership with the school to create a positive and proactive environment which supports pupils, staff, and parents. The Parent Council is always on hand to help support the process of communications with the School; we are always keen to hear from you, whether it be good, or not! If you would like to join the Parent Council you would be most welcome. Please contact the Clerk (as above). Thank you.

Probus Club



The speaker for the meeting on 2 November was Mr David Torrie, who had worked for D C Thomson from 1962 to 2006, mainly on the comic section of the firm. His subject was "The History of the Dandy and the Beano". In the 1930s, D C Thomson found that they had a surplus of journalists. So to make use of them they started publishing comics for teenagers such as "The Adventure", "The Wizard" and "The Hotspur". In 1937 the first Dandy was published followed in 1938 by the first Beano. At about the same time D C Thomson started a sister paper "The Magic", but in 1939 the Second World War started, paper was rationed so D C Thomson stopped "The Magic". David Torrie illustrated his talk with a series of slides of early copies of the comics, telling us many amusing stories about D C Thomson. Ken Morrison gave the vote of thanks, expressing the enjoyment the members had hearing his tales about the Dandy and the Beano.

The speaker for the meeting on 16 November was Mr Ian Fairley and his subject the well known saga of the mutiny of the Bounty and her captain William Bligh. William Bligh started life in the Royal Navy as a cabin boy aged 12. It was known in the Royal Navy that fresh fruit was good for the crew and protected the men from scurvy. So they decided to try and grow breadfruits in the Caribbean and sent the Bounty under the command of William Bligh to Tahiti in the Pacific to bring a large number of breadfruits back to the Caribbean. They were some months collecting the plants and when ordered to sail, the crew mutinied. On 28 April 1789 the mutineers, under their leader Fletcher Christian, put Captain Bligh and 18 men who remained loyal into an open boat only 25ft long and with very little food and water and cast them adrift in the middle of the Pacific, 4000 miles from any European civilisation. The nearest place in regular contact with Europe was the Dutch trading base on Timor but in just under three months they reached Timor, a marvellous piece of seamanship and navigation. Mr Fairley pointed out that in the films on the story Captain Bligh is portrayed as the villain, the bully who treated his men harshly and Fletcher Christian as the hero, but consider their subsequent careers. The mutineers sought a refuge from the vengeance of the British navy and settled on Pitcairn Island but there was no discipline and Fletcher Christian and a few others were killed in a brawl. On the other hand, Bligh distinguished himself at the Battle of Camperdown under Admiral Duncan and also under Admiral Nelson in his battles. He was made a Governor of New South Wales in Australia where again he had to face another mutiny. Finally he was promoted to Vice Admiral in the Royal Navy. John Mills gave the vote of thanks for a most interesting talk.

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Kinross Potager Garden



On Saturday 5 November, we held a special celebration at the Potager Garden, to mark 15 years of the community garden, and to inaugurate the new irrigation system.



*Mrs Chris Renton, a founder member, cutting a ribbon alongside Councillor Kathleen Baird, with other supporters of the garden
Photo: Ian Thorogood*

A grant was received for the automatic watering system from the Kinross-shire Fund, administered by The Scottish Community Foundation. It was recently installed by Applied Irrigation from Polmont, with assistance from community service workers from the Criminal Justice team in Perth. The system will save volunteer time, and water, and ensure healthy growth of crops grown at the garden by pupils from Kinross Primary School next season.

Around 15 invited guests joined the volunteer team for a special afternoon tea, to celebrate the ongoing success of the garden. These included founder members, former volunteers, and helpers from Kinross in Bloom, as well as a teacher from the school, and other supporters.

We were pleased to welcome so many friends to the garden who have been involved over the years, and are grateful for the grant from the Kinross-shire Fund, and donations from Kinross in Bloom and Kinross Ladies' Circle, which will enable us to complete the work by laying new paths around the vegetable beds.

Work at the garden is now winding down for the winter, with young plants cosy inside the cold frames, which protected them well last year, despite the cold and snow. I would like to thank all the volunteers for their work this year, and wish them a good break, to return to gardening refreshed in the spring.

A happy Christmas to all, Amanda James

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Common Grounds

As we head towards the celebrations of the birth of Jesus Christ and onwards to the coming of a New Year, spare a thought for those not so well off, either on our doorstep or somewhere else in the world. At Common Grounds our door is always open and our log fire is there to cheer; all are welcome. We take this opportunity to wish Season's Greetings to everyone for Christmas and a Happy New Year.

Project: Our current project is Self Help Africa. Self Help Africa works with poor rural communities in nine African countries where they provide practical and technical help as well as short term, repayable loans for projects such as bee keeping. Training is given for irrigation projects and the use of boreholes, wells and treadle pumps and also local workers are trained by SHA as seed growers, producing good quality seed suitable for local conditions.



James Galbraith presenting the Lyths with a cheque for £800

Project Lunch: Our project lunch on 8 November was a great success and enjoyed by around 30 people who heard Helen and David Lyth tell of their work in Uganda. David, a doctor, was well able to tell us about fighting diseases such as cholera, typhoid etc. Helen, a teacher, also spoke about education and health issues. We were pleased to give them a cheque for £800 to go towards their continuing work. Our thanks to the Lyths for an interesting talk and also to their friends from the Vine Church in Dunfermline who came to the lunch. A very enjoyable lunch of homemade soup, bread, cakes and Fairtrade tea and coffee followed the talk. Many thanks to the Volunteers who helped at the lunch and provided the delicious food.

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Beetle Drive: This was a great fun event enjoyed by people whose ages ranged between 4 and 80. We hope to repeat this event sometime in 2012. Thank you to all who took part.

AGM: Our AGM took place on 4 November and we had a good turnout of Volunteers and one member of the public. Our new committee was elected unopposed and is as follows:

Convener – James Henry, Vice Convener – Claudia Pleass, Secretary – Linda Freeman, Project Co-ordinator – James Galbraith, Volunteer Representatives – Elspeth Caldwell and Frances Miller. John Colebourn and James Henry will continue to share the Treasurer's position until someone comes forward (we hope). The Convener thanks everyone for their hard work, which keeps us going. We look forward to another good year which will hopefully see us pass yet another milestone in the life of Common Grounds – more on this as the year progresses. Thank you again to all who helped in the past and to those who will help in the year to come. Lastly a special thanks to John Colebourn for continuing to keep our finances in order.

Music in Common Grounds: On **Saturday 3 December** Tom and Karen are coming to sing and play guitar/fiddle 11am to 12.30pm at the Guide and Scout Hall. All welcome.

Website: Our new website address is:

<http://www.spanglefish.com/commongroundcharitycafe/>

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.

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Portmoak Primary School

Class News

The committees are now well established and are working hard on their respective areas of expertise (Eco-schools, Pupil Council and Library, Rights Respecting School Award, Glow and ICT and Health Promotion). All classes produced handcrafted items to be sold at the Enterprise stall at the Christmas Fayre and we have started working towards the Nativity production already, as it will be the end of term before we know it!

Primary 1/2 presented their first assembly to parents and friends on 4 November. They were able to share their learning about Guy Fawkes with their audience and remind us all of the rules we need to follow to stay safe around bonfires and fireworks. A visit from the dental hygienist made sure that we knew the rules about keeping our teeth clean too.

Primary 3 made the most of Halloween by making up spells in the spooky cave, which appeared in their classroom. The class really enjoyed their Roald Dahl work last term, especially *The Giraffe, The Pelly and Me* and are embarking on a new class novel in *The Owl Who Was Afraid of the Dark*.

Primary 4/5 completed their Romans topic, which has really been a fun chance for them to learn about people and places history. Primary 4/5 also presented an assembly to parents and friends on St Andrew, our patron saint.

Primary 5/6 enjoyed their Science topic last term. The children enjoyed taking part in experiments relating to Air Resistance and Gravity. They were asked to predict and explain their thoughts behind the outcomes of experiments or activities, made the testing fair and wrote brief reports about what had happened.

Primary 7 finished their topic on Japan on a high (or in some cases, not so high) by flying the kites they had built in technology. One team managed several good flights with their kite while others sadly didn't really get off the ground! This term they are trialling a project about the well and wash house in Scotlandwell. They hope to put their work onto Glow so that other schools will be able to do this project too. During the project we hope to write and film a "Reporting Scotland" type programme about the celebrations in Scotlandwell following the improvements to the village by Thomas Bruce.

Two **Halloween Discos** were held this term, one for P1-3 and one for P4-7. Both were well attended by a whole host of spooky creatures as Portmoak Pupils dressed up in their creepy costumes, each scarier than the last! The staff would like to thank the parents who gave up their time to plan and manage this event, which as well as being great fun also helped to boost our fundraising efforts into the bargain.

Christmas Fayre: Thank you to everyone who supported us by coming along on 10 November. This was organised by the Events and Fundraising Team, and was well attended by Portmoak families as well as members of the wider community.

Other Fundraising Activities: Although we have not heard officially yet, we believe we have missed out on the chance to get the £6000 grant from RBS. It was very close, however, and we are really grateful to everyone in the wider Kinross area who lent us their support. This term we have two new initiatives that we are undertaking in order to raise funds for our new library project. These are Bag-packing at Sainsbury's on 19 November and the Round Table Santa's Sleigh collection around Kinnesswood on **Monday 13 December** from approximately 6pm-8pm.

Kinross & Ochil Walking Group

Even on short winter days you can build up your fitness by walking this winter. Whether you're new to walking, returning to walking or a regular walker, try out a walk or two to see if you'd like to join us. Walks are led by volunteers from our group and new members are made very welcome. We have one last walk of the old year and our first two walks of the new to offer.

Sunday 4 Dec: Kennet to Kennet Pans. 5 miles. A short winter walk over tracks and roads to the River Forth. Accompanied children and dogs on leads welcome.

Sunday 8 Jan: Townhill Woods and Loch. 6 miles. Walk through Townhill woods and around Loch. (Scotland's National Water Skiing centre). Accompanied children and dogs on leads welcome.

Saturday 21 Jan: Lady Mary and Laggan Hill walks/ Summer walks meeting. 7 miles. Riverside walk followed by a climb to Trowan Monument and return by Laggan Hill. Accompanied children and dogs on leads welcome. 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, please call our Group Secretary, Jacqui Ritchie, on 01577 866813.



Lomond Antiques and Collectors Club



Larry Hutchison, the Antiquarian bookseller based in Dunfermline, presented a rich and varied selection of items from his current stock to our November meeting. He outlined the history of books from 1500 and went on to suggest categories of book collecting - children's books, books on poetry, on local history, books sought as much for their illustrations or bindings as for their text. The choice was enormous.

Speaking of the earliest books, he showed us an 'incunabula' as the rare survivors from 1501 are known. Using examples from his collection he showed the effects of the Darien Scheme on Scots in a list of 'pressed sailors', evidence of the rush to build a strong merchant navy.

His scope was wide, old political controversies, medical texts, crime from Deacon Brodie to the works of Ian Rankin - all were in his collection, as was a local item on Michael Bruce. It was his collected poems which was so poorly edited by John Logan that we were unable to determine which the young poet wrote. The evening flew by as the evident enthusiasm and knowledge of our speaker kept us in thrall.

Please note that the party on 14 December will start at 7pm this year.

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

Kinross Museum



October was a busy month in the Museum with volunteers responding to a wide range of requests for information and continuing to catalogue and research the archives. A visit made by 20 postgraduate MSc students from Heriot-Watt University made good use of the Museum's extensive collection of material on Loch Leven and a presentation was given to a Family History Adult Learning Session later in the month. Trust Chairman Professor David Munro gave a talk to Kinross-shire Historical Society entitled *Marshall's Bequest* which outlined the background to the creation of Kinross (Marshall) Museum. A visit to the Loch Leven Campus by HM Inspectorate of Education enabled the Museum to demonstrate its involvement in the life of the Campus through exhibitions, school education and adult learning projects and the provision of a community research facility.



The Provost's chair, acquired from the County Buildings

Courtesy of PKC, the Museum was able to acquire the former Provost's chair from the County Buildings. This had been gifted to Kinross Town Council in 1967 by Todd & Duncan to celebrate the centenary of the company. Also gifted to the Museum by the Council was a collection of Ordnance Survey maps dating back to 1896.

In order to increase the Museum's presence in the Library area, the Trustees of the Museum have ordered three new display cases from Clicknetherfield. The purchase of these state-of-the-art cabinets has been made possible following the receipt of a generous grant from the Arthur and Margaret Thompson Charitable Trust. We are currently planning new exhibitions for 2012 including a display to mark the Queen's Diamond Jubilee. The Trustees would welcome the loan of accession or coronation year items as well as material relating to the Queen's visit to Kinross in October 1960 for this exhibition.

Kinross and District Art Club



This time last year we were in the grip of one of the worst winters on record. Our Christmas lunch and AGM almost had to be called off and it was under the most difficult conditions that we made it through the snow and ice to the warmth of the welcome and the excellent meal at The Kirklands Hotel. We are planning on a repeat of the excellent meal and the AGM at The Kirklands this year and hoping for milder weather to prevail!

In previous reports to the Newsletter we have referred to the Waiting List for membership of our club. We had thought that an evening session would accommodate some of these hopeful people eager to join us, but a more detailed review of those who put forward their names confirmed that what was needed was more capacity in our existing afternoon club sessions.

We have now arranged to book an extra room in The Millbridge Hall on Tuesday afternoons, enabling us to welcome seven new members to the club. This takes our total membership to 49 and is probably now our limit, without making significant structural changes to the way we work.

Our goal now is to foster and develop the talent of our members, by encouraging and supporting each other, by the advice of our Professional Adviser, Artist Tom Sutton-Smith, and through the use of external expertise in the expansion of our library of books and DVDs and in arranging for high quality input from visiting Artists to our monthly Group Activity sessions.

You can follow our events on our web site at www.kadac.co.uk and if you can't wait till September to see or buy some of our paintings, do call in at The Boathouse where you will see a fine collection of paintings by our members, including a number of local scenes.

Town Twinning Association



The annual general meeting of the Association was held in St Paul's Church in late November with members being given more details about the visit to Gacé next summer (29 July – 6 August 2012).

Members were saddened to learn of the sudden death of Chris Pilling, who has been a member of the Association since its inception in 1975.

Anyone interested in travelling with the party should contact chairperson Jean Paterson (tel Kinross 862159).

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Kinross in Bloom

November so far hasn't been as bad as last year, and the milder weather has allowed us to plant out some winter pansies in some of our barrels, some hyacinths and pansies in the planters, and some daffodils at the Gallery and the fountain, and thanks to a kind donation from Dobbies, we have also managed to plant out some lovely tulip bulbs; thank you, Dobbies, it is much appreciated.

Talking of thanks, a belated but nevertheless big thank you to Paul Johnson and his team from the Round Table, who kindly helped us take down all our hanging baskets; the job was completed in record time, a good job, well done, and thank you.

A few of us gathered at the Potager Garden on 5 November, where we helped to clear and tidy, before attending Afternoon Tea and a demonstration of the new state of the art automatic watering system; there should be no excuses now when watering the plants next year. Thank you, Amanda and the Potager, for your invitation.

Our 200 club results for November are:

51 Sandra Findlay	42 Barbara Izatt
47 Jean Simpson	03 Violet Henry

December winners are:

08 Louisa Barr	46 Marie Weir
74 Linda Band	07 Kathleen Baird

Kinross in Bloom held a reception at the Green Hotel, Kinross on 28 September 2011 to commemorate the completion of the flying geese sculpture at the entrance to Kinross. Lady Delia Montgomery unveiled the commemorative plaque which will be fixed to the sculpture. Traditional craftsman David Wilson was commissioned to design and create the sculpture which has been formed from copper and stainless steel. Each feather was made individually by hand. Kinross in Bloom Chair Iain Todd said: "We are delighted to see the geese flying and that we have been able to work together to enhance our town. We would like to thank the many volunteers, funders and supporters who helped us to make our plans a reality."



I to r: Zoe Gamble (project manager,) David Wilson (sculptor), Iain Todd (Chair, Kinross in Bloom) and Lady Delia Montgomery at the plaque unveiling ceremony.

Photograph courtesy Perthshire Advertiser

We would like to wish all our friends and helpers a very Happy Christmas, and all the very best for 2012.



Kinross & District Rotary Club



The Club meeting on 17 October was addressed by Club member Alastair Smith on a subject near to his heart – Water. (Not our weather here!) Alastair introduced members to the innovative concept of Sand Dams as a way of conserving water in those parts of the world which suffer from monsoons etc. and then many months of water shortage. Many Rotary Clubs throughout UK are now supporting a charity which shows villagers in parts of East Africa how to build dams to retain sand and gravel and which then at monsoon time also retain water in the sand at dams built near to their villages. This water can then be withdrawn for many weeks when, without these dams, none was available at a location near to the village.

The next meeting was one of two talks this month on historical subjects. George Sutherland, a visiting Rotarian, told members of his experiences searching for and finding lost aircraft of the Dutch Air Force, which were lost in the jungles of Borneo during the last war. George explained how he was able to find part numbers on some of the wreckage which led, via the aircraft manufacturers records, to establishing exactly who were the crew members who were lost.

The next meeting was the regular monthly Business Meeting at which, once again, a wide range of Club Service activities, both local and international, were discussed.

At the next full Club meeting, John Gilbert, a retired RAF Squadron Leader, gave a great insight into the 'whys and wherefores' of military low flying. He was able to explain the main reasons why this was so essential and went on to describe the methods of training for those essential skills which provide aircrew with one of the best chances of survival in a conflict situation.

The 14 November meeting was again addressed on a historical subject by Helen Mabon. She gave what was obviously a well-researched talk on the 'Queen of Science' – Mary Somerville (1780 – 1872). This was a most illuminating talk on the mathematician and astronomer from Burntisland, about whom many of us had no knowledge at all. Born in Jedburgh as Mary Fairfax and brought to Fife as a youngster, Mary studied and then went on to predict the existence of the planet Neptune. Her second husband, William Sommerville, was such an encouragement to Mary that her successes in academia led to a college at Oxford being named after her. Also, in Burntisland, what was originally Quality Street was renamed after her. Mary spent her last days in Italy and was buried in Naples at the age of 92.

Mention was made last month of the progress of the Interact Club which your local Rotary Club set up at the High School. They have really got going already. They made a wonderful job of raising money – nearly £130 – for Children in Need by selling Pudsey and Blush badges. It makes all the local Rotarians so proud to have been associated with bringing together such an enthusiastic group of young people who are so keen on putting "Service above Self" – the motto of Rotary world-wide.



Kinross-shire Historical Society



There was a large turnout of members of Kinross-shire Historical Society on 21 November to hear 'Mysterious Kinross-shire', a talk by Geoff Holder, author of many books on the paranormal. Geoff started with the story of the Kinross Poltergeist, which was written about in a pamphlet published in the early 18th century. The events which took place in the Manse of Rev McGill included objects being moved and then found in unlikely places, pins being found in meat and eggs although cooked under the supervision of Mrs McGill, household items and a Bible falling into the fire, stones coming down the chimney, fabrics being cut to ribbons (even clothes which were being worn at the time), and a press falling over and breaking the contents. At that time, it was considered that such events would involve an adolescent girl but no name was suggested.

The next part of the talk was devoted to the practice of bodysnatching, which was rife until the early 19th century, to supply medical students with the cadavers they needed for their studies. This happened because the law at the time meant that there was always a shortage of bodies for the students. Edinburgh University had most medical students and so the biggest shortage. A meeting took place in Kinross in January 1820, at the house of a Dr Glass with a medical student, two Edinburgh criminals and a London bodysnatcher. Dr Glass gave them instructions to go to Portmoak Churchyard and there they stole the body of James Fisher from his grave. Their tracks could be followed the next day through the frost on the ground to Pettycur by Kinghorn in Fife, from where crossings were made to Edinburgh. At a further meeting at Dr Glass' house, they were told they had taken the wrong body. The authorities had descriptions and arrests were made, but they all blamed a Dr Lizar of Edinburgh. He was eventually found to have the body concealed but despite all the evidence, no prosecutions took place as the Establishment covered it up. Until the law was changed, many precautions were put in place to prevent bodysnatching such as watchtowers, morthouses, mortsafes and iron coffins.

The final part of the talk was devoted to the sighting of Big Cats, one of which was made in 2000 near Loch Leven. Geoff Holder suggested what the various explanations could be such as wrong identification of animals like dog otters or domestic cats, but he showed a slide of a cat's footprint in snow, taken near Creiff, which was large and so could be the print of a puma or a lynx. A change in the law relating to keeping dangerous animals was introduced in 1976, which meant that some large cats were released in to the wild rather than the appropriate licences being acquired.

Bill Blair thanked Geoff Holder on behalf of the society for his interesting and entertaining talk.

For details of the next meeting, see p. 88

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Milnathort Explorers mountain biking

Four local scouts joined the explorers for a day's mountain biking in Pitmedden Forest. The explorer scouts demonstrated their cycle maintenance skill by checking all the bikes for roadworthiness then helping the mountain bike leaders to rectify the faults identified.

There was a quick run up and down the forest road to check that the participants could change gears. Alasdair demonstrated the benefits of splashing others with puddles by using a rear wheel lift; he stayed dry unlike those who tried with a front wheel lift. The group then headed up the trails and were rapidly bogged down in the mud – a result of the wet, soggy autumn.



Mountain biking in Pitmedden Forest

We headed for drier trails in a different bit of the forest. Gillian offered a bag of sweets to anyone who could cycle up one technical bit and had to hand the sweets over to the other mountain bike leader. The group split up with the more competent riders heading off with Alasdair and the others with Gillian.

Meeting up for lunch the groups compared mud splatters and exchanged tales before heading out together over one of the routes the "expert" group had tried in the morning. Splitting up again, the groups explored more trails in the sunshine.

The ability of the scouts and explorers to keep moving in the terrain made more challenging by the mud improved notably during the day. Mountain biking was a new experience for a couple of the group. They all enjoyed themselves and want to go mountain biking again, preferably somewhere less muddy.

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Kinnesswood in Bloom

The Bonus Ball, one of our regular fund raisers and currently organised by Gordon Vance, has several numbers now available. Please contact Gordon for more details.

As we move into the winter season we continue to tidy up, cutting back growth, sweeping up leaves and generally tidying all the village areas. Recent work parties have met at the school, the Michael Bruce Cottage and for bulb planting. On 5 November as our contribution to CSV Make a Difference Day, a hard working group of adults and children met below the golf course and in the course of an hour and a half managed to plant 400 bulbs. Several ladies were knitting premature baby hats to donate to a local hospital and the whole group finished the morning with delicious home bakes provided by Janette Gardiner.



Volunteers on Make a Difference Day

Plans are going ahead to purchase the village Christmas tree and put it up in the Picture Garden on 10 December. Let's hope the weather is kinder than last year. Mince pies and refreshments will be provided on the day. A plaque will also be installed in memory of the late Dave Goodwin.

£150 had been raised by the group earlier in the year at the decking sale and presented to the Sri Lanka appeal. Some of our regular fund raising events have been put on hold in the meantime due to the closure of the Lomond Hotel but we hope to have some in the New Year.

Work has continued with the children of Portmoak Primary School and the latest event has been planting out the wellies with violas and making felt pictures of poppies to sell at the school sale.

As the group look forward to the New Year they hope they will attract some new members to the group. People do not have to commit themselves to going to KIB meetings or taking part every week but it would be good to have people to give us a hand on an occasional basis or to volunteer to help with a specific area in the village.

We would like to thank all those who have contributed to making this a successful year and making Kinnesswood such a lovely place to live. We wish you all a happy and healthy New Year.

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.



Recipe

supplied by Kinnesswood in Bloom



Turkey or Chicken Dinner Leftovers

This recipe uses up the leftovers from a roast dinner, even Christmas dinner and anything can be added into the patty mix. It also uses up the less popular pieces of turkey or chicken. You can add stuffing, bread sauce or even vegetables to the mix. I learned this one from an Indian Cookery class and it is a popular way of using up the Christmas leftovers.

Ingredients

500g cooked chicken, turkey, stuffing, chipolata sausages or any other remains from roast dinner (chopped up small)

125 g boiled potatoes

small carton natural yogurt

30g breadcrumbs

1 onion chopped finely

2 cloves garlic

piece of fresh ginger

1 green chilli finely chopped

¾ tsp chilli powder

1 ½ tsp coriander powder

1 tsp garam marsala

½ tsp cinnamon

¼ tsp clove

1 ½ tsp salt

2 tsp white vinegar

1 egg

Method

Mix the roast turkey and other leftover roast dinner pieces, ginger, garlic, chilli, all powders, salt, vinegar, breadcrumbs and yogurt. Put in a large saucepan on high heat and bring to the boil. Give a good stir and cover the pan. Reduce the heat and cook for 15 minutes until the mixture is dry. Remove from the heat and cool completely.

Mash the boiled potatoes, add to the cooled mixture and make into about 20 equal patties by rolling each in your hand then flattening slightly. Dip each one in the beaten egg.

Heat the oil in a non-stick pan and shallow fry turning till golden brown on both sides.

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The Kinross-shire Civic Trust



Scottish Civic Trust/Planning Aid for Scotland

Scottish Civic Trust (SCT) and Planning Aid will be holding a Seminar on **Thursday 8 December**. The seminar will be in the Loch Leven Community Campus at 4pm until 6.00pm.

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.

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.

Next Year's Programme

The Best Kept Village Competition: The Trust will be organising the BKV Competition again next year and judging will be taking place some time in July.

Architectural Awards Competition: Next year the competition will be for Architectural excellence in the design of old buildings with the aim being for conservation, conversion and extension of existing buildings.

Portmoak Priory Group

The group continues to make progress in establishing the site of the original Portmoak Priory. Work has progressed in defining the site of the building and preparing a site in the remains of an adjacent old stone farm shed, where an information Board will be set up explaining the History of the Priory.

Buildings of Interest in Kinross-shire The Green Hotel

Originally known as the Kinross Green Inn, the Green Hotel's earliest recorded inn keeper was James Skelton, whose son became a celebrated Sheriff of Kinross. It was Skelton who first ran a mail gig between Queensferry and Kinross sometime between 1785 and 1790, but the inn had been in their hands for some time before that. A writer in *Ruddiman's Weekly Magazine* in 1772 gave the inn a rave review suggesting that "None is more famous in Scotland for skill in cooking in all its branches than Mrs Skelton, Kinross Green Inn." Three years earlier in 1769, after a summer tour of Scotland, the celebrated traveller Thomas Pennant noted that "he lay at a good inn, a single house, about half a mile north of Kinross."



The Green Hotel, Kinross

Situated by the Green of Kinross, where burgh fairs and festivities were held, the Kinross Green Inn was managed from about 1790 till his death in 1816 by Donald 'Dunkie'

Donaldson whose business prospered after the arrival in July 1798 of the first mail coach linking Edinburgh and Aberdeen via Queensferry, Kinross, Perth and Dundee. At that time, before the development of the High Street north of Piper Row, the inn was situated in open countryside to the north of Kinross. Rebuilt in 1829, the inn was bought by the Morrisons of Finnerdie who maintained it as a private house until 1879 when Robert Harris, previously owner of the Kirklands Hotel, and his son James were granted a lease to run the building as a hotel once again. They renamed it 'The Green' and eventually James Harris bought the hotel outright in 1895. By then the coaching days were long gone but the railway had arrived, bringing anglers to fish for trout on Loch Leven. Robert Harris, who died in 1887, had been a champion fisherman and with the development of the pier by Sir Basil Montgomery from 1902, business was brisk as anglers flocked to Kinross during the summer months. Having witnessed a tenfold increase in the number of club fishing competitions from 27 in 1873 to 266 in 1933, it was no wonder that Sir Basil had decided to buy the hotel in 1926. The ledgers and day books of The Green Hotel (Kinross) Ltd., recently acquired by Kinross (Marshall) Museum, provide an insight into how the business was run and who came to stay at the hotel. In the 1930s, for example, a licence for the hotel Daimler cost £5 5s and you could have rubbed shoulders with celebrities such as the noted writer and art critic Sir Sachaerell Sitwell and members of the Mitford family who visited Kinross in August.

Extended in the 1920s and again in the 1990s, when it received a Kinross-shire Civic Trust architectural award, the greater part of The Green Hotel still comprises the 1829 reconstruction as a purpose-built coaching inn with its distinctive 16th-century styling of diagonally set chimneys and broad mullioned windows.

Sports News



Kinross Volleyball Club

The Kinross Club has welcomed a few new members for this season, which is very encouraging. The Perth & District Premier League teams Kintronics and Scotrange met in the first match of the season, which resulted in a drawn game for the first time ever. Three teams from Kinross are competing in the Perth & District Recreational League: Kinross BB, Kinross BB Girls' Association and Kinross High School. The High School team had a tough opening fixture against the current league champions but after a shaky start they settled into a recognised shape. The youngsters also faced Aberfeldy, who finished in the top three last year, but again they showed character and although losing both games, thoroughly enjoyed the experience. Kinross BB GA also lost their opening two fixtures but again the youngsters in the squad are progressing and over the season they will produce the odd shock result. The Kinross BB side welcomed back Andrew Hutchison to their ranks along with the Brown brothers, Jackson and Mitchell. The "big" BB side won both of their games, leaving them top equal in the league.



Kinross High School volleyball team who competed for the first time in the Perth & District Recreational League on Sunday 20 November

The Club has entered the first ever Regional League with home and away fixtures starting in January. The Club will also participate in the National Plate competition with the draw being made in early December. This could mean travelling to Aberdeen, Inverness or Ayrshire depending on the draw.

Training continues at the Campus on Monday evenings from 7.30pm-9.30pm with any other new members welcome.

The Kinross Club is also gearing up to send designated members to coaching and officiating courses in the new year to broaden the skill levels at the club.



Kinross Tennis Club

www.kinrossstennisclub.org



A few late results from the Junior Club Champs:

U12 Doubles

Winners: **Cameron Banks & Jack McNeill**

Runners-Up: **Hannah Miller & Kirsty McCloskey**

U14 Singles Winner: **Cameron McCloskey**

Runner-Up: **Callum Buchanan**

Senior club sessions will run throughout the winter on Wednesdays from 6.30pm and Sundays from 10.30am – all members are welcome, floodlights costs are £2 per person at winter clubnight sessions. The Thursday 1.30pm drop in sessions will also continue, weather permitting.

Laura continues with mini red, orange and green coaching at Loch Leven Community Campus during Nov/Dec and Feb/Mar – sessions are running on Monday and Friday evenings for those aged 10 and under – enquiries to laura.grimmond@hotmail.co.uk.

Our Christmas Dinner will take place on Wednesday 21 December at The Kirklands Hotel – the more the merrier, so if you are interested in joining us, please let Susan know.

Things go just a little bit quieter on the courts over the winter, but behind the scenes the newly elected committee from the AGM in November will be working away developing the tennis programme for season 2012. As ever suggestions and new volunteers are always gladly received.

May we also take this opportunity to thanks the owners and staff at Sporting Chance for all their help and support over the years – the High Street will be a lesser place without them.

Enquiries as ever can be made to our secretary Susan on 01577 863774 and by email to kinrossstennis@gmail.com

Kinross Badminton Club



Our Junior Club will be closing for the Christmas break on Thursday 15 December and re-opens on Thursday 5 January. They are about to start their annual tournament and both the players and the coaches are excited to see some entertaining and competitive matches.

The Senior Club's last night of play is Thursday 22 December, and the first night back after the Christmas break is Tuesday 3 January. The results from the Kate Francis tournament will be in the next newsletter and the Macdonald Quaich will be held the week before the Christmas break, so the results from that will also appear in the next newsletter.

The Senior Club is still looking for new members of any ability, and we will continue to encourage current members to bring along friends who are interested in the sport.

The President and the rest of the committee wish all members in the Junior and Senior Clubs a happy Christmas and best wishes for 2012.

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 Curling School

TRY CURLING DAY (Free)

Saturday 7 January 12:00 - 14:15

Devised by the Royal Caledonian Curling Club following the growing public interest that was generated by the Vancouver 2010 Winter Olympics, Try Curling nights have successfully been held at rinks across the country to let everyone sample the sport in a fun environment with other curious members of the public. Last season we hosted several Try Curling sessions, all of which were fully booked and thoroughly enjoyed. If you'd like to attend our first Try Curling session of the 2011/12 season, please email the Kinross Area Curling Development Officer, David Jones (see end).

THREE-DAY BEGINNERS COURSE (£50)

Saturday 14 January 11:45 - 14:45

Sunday 15 January 11:45 - 14:45

Saturday 21 January 11:45 - 14:45

Aimed at new curlers, this 3-day course will give you plenty of on-ice confidence for the season ahead. Coaches will guide attendees through all aspects of the sport, so that everyone will have a good understanding of the rules, tactics, and techniques used in club curling.

Following the Beginners Course, you may want to consider joining the Virtual Club, which is designed to give new curlers regular sessions of both coaching and games, so that you can play purely for fun, with none of the pressures that you may find in club curling or competitions.

If you'd like to attend our Beginners Course, please email David Jones (see end) and he'll send you a booking form.

CURLING CLINICS (£12.50)

Monday 5 December 12.15 - 2.15 pm

Thursday 19 January 5.45 - 7.45 pm

Learn how to improve your technique and knowledge of the game.

COACHING

Don't forget that Kinross Curling School offers coaching to all curlers at Kinross! Just book a sheet of ice and get in touch with David Jones who will arrange a coach.

INDIVIDUAL AND GROUP COACHING

(excluding ice charges)

Cost individual: £15 per coach per hour.

Group: £20 per coach per hour for first coach.

Additional coaches £10 per coach per hour in the same booking. (Maximum of 8 to coach.)

Corporate booking: £25 per coach.

JUNIOR SECTION

The Kinross Juniors continue to meet every Sunday, 5.00pm-7.15pm. For more information please phone Elaine Spain (01577) 864713. For information on the various After School Clubs, please email David Jones (see end).

Sundays: 5.15pm-7.15pm **Kinross Juniors** £4.00.

Mondays: 3.45pm-5.00pm **Primary After School Club** £3.00 (limited space).

Thursdays: **Primary After School Club** £3.00

Fridays: **Secondary After School Club** £3.00

DISABILITY CURLING

Kinross Wheelchair Club continues to meet on Saturdays. Anyone interested please contact Archie Bogie, secretary of the club, archie.bogie@talktalk.net

The Visually Impaired Club continues to meet every Monday at 12.15pm. Anyone interested contact either Maureen Aitken jmaaitken@aol.com or Dottie Burt dottie.burt@hotmail.com

David Jones, Kinross Area Curling Development Officer
Email: kinrossdev@royalcaledoniancurlingclub.org



Kinross Curling Club

With the curling season well underway, Kinross Curling Club has already enjoyed success by winning this year's province bonspiel. This competition dates back to 1870 and is now played over three sessions of ice with two teams from each of the province clubs competing. The club with the highest aggregate score wins and is automatically entered into the inter-province championship the following year.

Kinross men started the bonspiel slowly with a closely fought 6-4 win against Orwell Ladies thanks to Ross McCleary, Gregor Hutcheson, Stewart Wallace and Jamie Montgomery. However as previous winners usually needed an aggregate score of +10, there was still a lot to compete for in the second session. Dave Beveridge, Paul Baughan, Steve Wilcox and Craig McNaughton played against a promising team of Kinross Juniors. The ice was difficult to read with a large swing on one hand. Despite losing a one at the first end, Kinross men won 15-2 to take the game and the trophy.



The modern-day outdoor curling pond, Kinross

Did you know that nearly all curling was played outdoors before 1938? All the clubs in this area had their own pond or area which could be flooded if there was a night or two of frost. The first outdoor curling pond in Kinross was built at Bracklemoss (across from the entrance to the Windlestrae Hotel) around 1840. This was eventually abandoned through lack of water. An outdoor pond was then made at the Myre where water from the burn flooded the pond by use of a dam. In 1933 the current curling pond was constructed at the back of Kinross Bowling Green, utilising mains water. As there was no golf club at that time, the car park was surfaced for the use of curlers. Apart from the war years, the pond was used regularly by all the local clubs until the opening of the Green Hotel ice rink in 1978. However, thanks to a refurbishment in 2003, curling has returned to the outdoor pond most winters. It is hoped that frost will allow this to continue again this season.

For more information about Kinross Curling Club, please contact Paul Baughan on 01577 863085.

Kinross Road Runners



A new event for the Club - one of our coaches Roger Stark, who is a former Senior Lecturer in Nutrition and Biochemistry, gave a very informative and entertaining presentation on nutrition for runners. It's all about the carbs, fluids, Jelly Babies, oh, and more carbs! We hope this will be the first of a series of winter talks.

Jillian Gordon must have been on the carbs when she ran in the **Jedburgh Half Marathon** because she was the first KRR over the finish line. She ran it in a time of 1hr 28 mins 4 seconds and came 37th out of over 500 entrants. Allan Kemp was the first male KRR to finish in 1.29.56. Other KRRs taking part were Michael Cooper 1.35.27 and Ronnie Ritchie 1.40.30.

Jillian had great success again at the **Strathaven 'Run with the Wind' 10k**, finishing in a stunning time of 37:57, which meant she was the overall female winner out of over 400 entrants! Allan was first KRR home in a time of 36:40. Others taking part were Graham Kemp, Lisa Hill and Martin Hill.



Maureen Hill at the Templeton 10 mile race
Photo courtesy of Roadrunpics.com

Templeton Woods 10 mile race is described as 'character building'. In other words, it's tough and hilly! Held on 6th November, it was a gloriously sunny day for running on the rural roads around Dundee. Steve Crawford ran it in 01:05:37 and was the first KRR home. Maureen Hill won the 1st Lady Vet Prize in 1.12.58.

Twenty KRRs took part in the **Glen Clova Half Marathon** on a sunny 12th November. KRR Andy Laycock came in 4th overall, another great result for him. Well done to all the 20 KRRs who took part.

The **Hartley Relay** was this year hosted by Wee County Harriers, a running club based in Alloa. There was winning success for one of the Kinross senior mixed teams and one of the Junior teams.

We are now looking forward to the Club 10k Handicap on **11 December**, and our Awards Dinner in the New Year. Meanwhile, our winter training continues on Wednesday evenings. If you would like to come along and 'try before you buy', you are welcome to take part in a few free taster sessions. Meet at 7pm at the former health centre.

Kinross Cricket Club



It's Party Time – Let Us Entertain You!

The club's now legendary Christmas Party is being held on **Friday 2 December** at the Windlestrae Hotel. Tickets remain at £5 this year and we are delighted to welcome back the brilliant local band, Andy & the Strummers as well as Lisa's Disco. We have fantastic raffle prizes again and grateful thanks go to all the local businesses and individuals that continue to support the club so generously. A full list of donors will be published in the next issue. If you fancy a great fun night out for the whole family, contact secretary@kinrosscc.co.uk for tickets.

Winter Training

Preparation for the 2012 season is well under way, with weekly sessions for juniors aged 10 to 15 taking place at the Community Campus every Monday, 6pm-8pm.

Girls' and Women's training is every Thursday night at Craigclowan School, Perth and 1st and 2nd XI training begins on Sunday 9 January 2012 from 2pm-4pm.

New members are very welcome. Please contact secretary@kinrosscc.co.uk for further information.

Halloween Quiz Night

The fundraising committee held a very successful Halloween quiz night. Over 80 people of all ages attended and were well entertained by quizmasters Al Emslie and Zoe Conway. To date, just short of a very impressive £450 has been raised and is an excellent start to the club's "new ground" fund. The winners of both halves of the quiz were ladies captain, Anita Collins's team, although four teams vied for position throughout the night, Anita's team winning by a mere half point. Grateful thanks go to Mark Conway and the Masonic Lodge for allowing us to use the hall and for providing the bar. Thanks to everyone who supported the club and for the generous donations handed in on the night.

Congratulations

Well done to Kinross Ladies players Claire Jackson and Deanna Green for their selection in the National Under-17s Girls Development Squad. Go Girls!

The following junior players have been selected for the Perth & Kinross Area Performance Development Squads:

Under-12s: Jack McCreanor, Stuart McCreanor, Toby Douglas, Ewan Nicol, Lewis McLaren, Fin Hall, Hamzah Ulla, Suley Ulla, Angus Marden.

Under-14s: Fred Culley, Matthew Gilmour, Ewan Doig, Rory Cooke, Lachlan Peterson, Connor Emslie, Ryan Shah.

Under-16s: Calum Weir, Colum Stevenson, Callum Gosse, Grant Doig, Nick Diston, Fraser Gosse, Harry Waterston.

This is tremendous representation for the club. Well done, boys!

The Annual General Meeting

The Club AGM will be held on **Thursday 8 December** at Loch Leven Community Campus Conference Room at 7pm. All members are invited to attend.

WANTED! The club is seeking a new treasurer following the retirement of our current treasurer after many years of service to the club. Whilst a background in accountancy is not required, a general working knowledge of accounts would be advantageous and desirable. This position is voluntary. Please contact secretary@kinrosscc.co.uk for further information.

Kinross Ladies' Hockey Club



On 22 October both teams were playing in a cup competition. The firsts were playing at home where they beat Blairgowrie 13-0 with Gill and Vicky scoring four goals, Gail three and Lynn and Emma one each. Their next match was against Stirling Uni, which they won 7-0, with Lynn scoring three goals and Gail, Gill, AJ and Vicky one each. Grove then conceded! Meanwhile the seconds were up at Kilgraston where they were beaten 4-0 by Perthshire 1sts, a moral victory, and 1-0 by St Andrews Uni. We had lots of new and inexperienced players with us and they all did really well in the face of such fierce opposition.

Sunday 23 October saw the firsts playing Aberdeen Uni in the first round of the national competition. The score was 7-0 in favour of Kinross with Vicky scoring five and AJ and Gill one each; a good result.

The following week saw the seconds play in a friendly match at home to Blairgowrie, a match which we lost by 1-0. It was, however, a very good game.

On 29 October the seconds had another friendly against Brechin, who are riding high in the first division. We were beaten 4-0 but felt we had played very well.

6 November saw a return to league games and we were away to St Andrews to play their thirds. A little disappointingly we were held to a 3-3 draw, having been in the lead for most of the game. However, we did prove that we can score goals with Anna scoring two and Dawn one. Progress at last.

Congratulations from all of us to Anni Arthur, a current member, and Rachael Campbell, a former member, who have both been picked for the national squads in their respective age groups: a great achievement.

Training is on Wednesdays at KGV at 6.30pm. All welcome. For further information contact Morag Donaldson 863356.

Kinross Kobras (Junior Hockey)

At the end of October, Kinross Kobras hosted 16 junior hockey teams from Dunfermline Carnegie, Perthshire HC, Blairgowrie HC and Stirling Wanderers in a hockey tournament in U10 and U13 age groups. On a bright autumnal day, around 120 youngsters put their hockey practice to good effect and took part in a series of closely competed matches. In the U13 section three teams, Perthshire, Kinross Kobras 1 and Dunfermline Carnegie 2, came joint second, all winning two games and drawing one but the overall winners who won all four of their matches were Blairgowrie. In the U10 section Blairgowrie and Kinross Kobras 1 came joint fourth, the two Perthshire teams joint second and the winners with three wins and one draw were Dunfermline Carnegie 1. This is the second year Kinross has hosted a tournament at this time of year and many observed how the standard of hockey had improved from the previous year. Thanks go to the coaches and Dan Marsh and Pete Smith for umpiring. Training continues on a Thursday night 6.30pm - 7.30pm at KGV until the weather stops us!

Community Website

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

Kinross Men's Hockey Club

What a start to the season for both newly promoted teams!

What a start to East District Division 1 league and unbeaten after four games with 10 points. Next second top of the table Edinburgh University 3rds gave Kinross a stern test and deservedly led 2-0 at half time, but Kinross regrouped, the defence held strong against the second half University onslaught whilst David Goodenough showed some individual brilliance in attack and smashed in two goals, with the equaliser five minutes from time. Kinross held out and were delighted to steal a point as the University had a number of second half goals disallowed. An unbeaten Kinross then faced league leaders Erskine S/M 3rds who quickly took a 2-0 lead. David Goodenough scored two goals but alas Kinross couldn't stop Erskine scoring the winner. So far played 7, won 4, drawn 2 and lost 1 and third in the league.

Kinross 2nds, like the 1sts, were in new territory in East District League 3 and suddenly found themselves joint leaders with nine points after three games. Against Peebles Dougie Ogilvie scored twice to settle nerves before man of the match Andy Stevenson made it 4-0 before Peebles grabbed a consolation goal. 4-1 to Kinross. Edinburgh University 7ths were next and led 2-0 at half time against the run of play. Andy Stevenson scored with new members young Ali Lester harassing in attack and dad Douglas Lester in goal keeping the students at bay with some fine saves. Kinross couldn't get the equaliser and were lucky not to be punished further than the 1-2 final result. Next game was against a very fit Stirling University 2nds who ran out 2-0 winners. Against Inverleith Development Kinross took a 2-0 lead before Inverleith managed to snatch a 2-2 draw. Kinross then faced league leaders and an unbeaten Dunfermline 1sts who started very strongly but Kinross were only 2-1 down at half time due to an Andy Stevenson goal. Dunfermline then took a 4-1 lead before Kinross fought back with goals from Mutley and Ali Vaughan but Kinross just couldn't get the equaliser. So far played 7, won 3, drawn 1 and lost 3 and fourth in the league.

Hockey training is on Tuesday evenings 7.30pm to 9pm at KGV astro pitch and is free and all are welcome no matter what your age or skills level. A previous report stated we had players aged 14 to nearly 50. Apologies to our oldest player, Alan Dickie, who is still playing at the ripe old age of 55 in a team with one player 41 years his junior! Well done, Alan.

Next league game:

10 Dec 2nds v Edinburgh Colts KGV 12.00pm

Then Christmas break until 28 January for the annual stock take of turkey and mince pies.

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

Kinross Hockey Club wish all readers a very merry Christmas and a happy new year.

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

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

Milnathort Golf Club

Senior Section

The Final of the Charlie Macari Trophy was played on Thursday 22 September, when the 'top nine' of the season's participants competed for the Trophy, and the 'lesser mortals' played in for the Sweep. The winner of this Trophy this year was Roy Stevens with Bill Michie as a close runner-up and the Trophy was presented to Roy by Seniors' Captain, Ron Macdonald.



Ron Macdonald (Senior Captain) presenting Roy Stevens with the Charlie Macari Trophy

Thursday 29 September saw the sixth and Final Round of the Seniors Quaich being played out in reasonable weather. The winner of the Round was Jim Marshall, with Donald Brown as runner-up and Bob Tolson coming third. The winner of the Quaich, calculated on the aggregated best four rounds out of the six played, was won by Phil Leiper, with Jim Marshall coming second and Charlie Payne third.

This concluded the Seniors Medal competitions for the season and the committee's thanks go to all who participated in our competitions and events and made them the success they have been. The Winter season will continue with weekly informal games and Sweeps which will not be confined purely to Senior members on Thursday mornings.

On Thursday 3 November, The Senior Section held its Annual General Meeting when the following were elected for 2012:

Seniors Captain: Roy Cogbill; Seniors Vice Captain: Charlie Payne; Sec/Treasurer: Bill Michie; Committee Members: Phil Leiper and John Mills. Ron Macdonald will serve as Immediate Past Captain.

The Senior Section send all its members and fellow golfers, wherever you are, Seasonal Greetings and hope for great swings and low scores in 2012.

Vivien Clarke

Dyslexia and Literacy Consultant

Qualified and experienced GTCS registered teacher
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Tuition and support for all ages
Adult assessment

vivienclarke@btinternet.com
01577 861323

Ladies Section

Congratulations to the Ladies team who triumphed in the finals of the National Nines Competition held in Jersey late September. They won a closely contested match and the winning team consisted of Jackie Sneddon, Karen Allen and Kirsty Flockhart. The Council congratulate them on their achievement as I am sure the membership would also like to do so.



l to r: Jackie Sneddon, Karen Allen and Kirsty Flockhart, winners of the National Nines in Jersey

Forthcoming Social events

Saturday 10 December: Children's Christmas Party FREE from 2pm-4pm. For children up to the age of 10. Supply a Christmas present up to the value of £10. Names and ages to the Steward or see notice on the board.

Saturday 31 December: There will be a **Hogmanay Bash** – details to follow.

21 January 2012: Burns Supper. A sheet will be going up in the next few weeks but it is an event you cannot miss; it has been superb in the past and no reason to see why this will not continue. There are not enough places, so it will be supply and demand. So when the poster goes up, get on Tam O'Shanter's mare and get yer name down.

Membership December Offer only

Should you join the golf Club during December, you will get to join at the old rates and you will basically get 15 months for the price of 12 as well – an offer not to be missed – an ideal Christmas present perhaps? Contact the Secretary or Steward at the Clubhouse on 01577 864069 or e-mail to milnathort.gc@btconnect.com for an application form.

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Kinross Otters

Kinross Otters A.S.C.
Warm Weather Training Camp
Coral Bay, Paphos, Cyprus,
15 - 22 October



Kinross Otters took part in their first ever warm weather training camp in the October holidays when they jetted off to the sunny shores of Paphos in Cyprus. Sixteen swimmers aged between 12 and 16 took part in a weeks training at the superb Coral Beach Hotel. This hotel was the choice of the British Swimming Team in the period immediately before the World Championships this year and it was easy to see why, due its excellent facilities and fantastic 10 lane 50m pool. To top it all, the weather was gorgeous and the beach was lovely too.

The swimmers worked really hard throughout the week, getting up at 6a.m. daily to complete a two hour swimming session before breakfast. Land training and stretching took up a further two hours and the day was brought to a close with another two hours in the pool. Most of the swimmers completed in excess of 60kms (about 38 miles)!!

The trip achieved the icing on the cake when the British Paralympic Squad appeared to train in the pool beside the Otters. To have the likes of Paralympic Gold medallist Ellie Simmons training in the same pool was a brilliant experience. The kids had a great time meeting with them later to talk and to get autographs and photos. The Otters wished them well for the London Paralympics next year.

Since their return the Otters have competed extensively and achieved some impressive personal best times. They are already looking forward to their next trip, such was the success of this venture.

These trips don't just happen of course and thanks must go to Head Senior Coach, David Haig, as the driving force behind the idea, to Amanda Reid (Club Secretary and highly efficient Team Manager) and to Jane Simpson (coach). Thanks also to everyone who assisted with fund raising and to Scott Jackson, part time swimmer/runner/cyclist and local businessman who donated £500, which was used to purchase swimming caps, T-shirts and shorts for the trip.

The final words must go to one of the swimmers who said, "YES! I would definitely attend next time. The whole experience was fantastic - the time of my life!"

Alloa Graded Meet

The Peak, Stirling, 29- 30 October

The annual Alloa Graded Meet once again took place at The Peak in Stirling over the last weekend in October. This is a hugely popular meet attracting hundreds of swimmers from mainly Central Scotland but also from as far Elgin, Oban and Peterhead. Some of the events had up to 108 individual competitors!! Kinross Otters sent a team of nine swimmers and managed to bag six medals, five fewer than last year.

Cameron McCloskey (13) continued his creep back to form with a superb gold medal in the 13-14 year old Boys 50m Freestyle in 29.78 seconds. This was his first jaunt under the magical 30 second mark and he was the only one to achieve it in this race. Towards the other end of the distance scale, his silver medal in the 13-14 yr old 400m Freestyle was a joy to watch. The field went off too quickly but Cameron did not panic and went through every check point in exactly the time his coach had asked for and he gradually picked off the field one by one to finish in a five second personal best of 4.55.23.

Euan Boyle (12) showed considerable improvement with an

excellent silver medal in the 11-12 year old Boys 100m Freestyle, smashing his personal best by almost 4 seconds in 1.12.86. He won another silver medal in the 11-12 yr old Boys 50m Backstroke knocking a second off his best time in 38.54 secs.

Aaron Gillon (just 13) found himself in one of the most exciting and competitive races of the whole meet when he lined up in the lane next to **Cameron McCloskey** in the 13-14 year old Boys 100m Individual Medley. After the Butterfly and Backstroke he was a second down on Cameron but re-claimed this and more in the Breaststroke to pull ahead by around a second with 25m of the Freestyle to go. He maintained form very well as Cameron stormed to within a quarter of a second of him at the finish. Aaron won the bronze medal and recorded a new personal best of 1.15.96 taking an amazing 3.5 seconds off his personal best. Apparently, he has requested that Cameron be in the lane beside him all the time!!!

Rachel Brisbane (14) claimed a bronze medal by the skin of her teeth in the 13-14 year old Girls 50m Butterfly, when she dead heated with another swimmer in a fast new personal best of 34.59 seconds.

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



Photo shows from left to right - Cameron McCloskey, Rachel Brisbane and Aaron Gillon

CONGRATULATIONS AND GOOD LUCK!

To all our swimmers who have qualified for the **Scottish National Short Course Championships** to be held in Inverness from 15/12 – 18/12. They are **Rachel Brisbane** (100m I.M. and 50m Breaststroke), **Iona Elder** (400m Freestyle, 50m Backstroke and 100m I.M.), **Ruairidh Haig** (100m I.M., 50m and 200m Breaststroke), **Mairi Mulhern** (200m Breaststroke) and **Cameron Nelson** (100m I.M., 400m I.M. and 200m Butterfly).

THANKS: Kinross Otters would like to thank Cutting Edge Engineering (Scotland) Ltd for their very kind £500 donation towards the Cyprus trip.

Cutting Edge Engineering (Scotland) Ltd is part of a group of dynamic companies which includes Pedal Power, Scotland's largest cycle destination store – www.pedalpower.org.uk. The companies in the group are committed to Scottish sport. Cutting Edge and Pedal Power are delighted to support Kinross Otters and look forward to working with them to achieve their future ambitions.



Health and Fitness

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



Benefits of regular exercise: a holistic approach to health and fitness

The human body is one of the most remarkable pieces of biological engineering. It is finely constructed; a complex and sensitive series of systems that react in direct relation to how we choose to treat them.

Exercise is one way that we can establish strong physical, emotional, mental and spiritual health.

Paul Chek, a world famous holistic health practitioner, has advocated treating the body as a whole system and finding the main cause of problems. He has been incredibly successful where more traditional methods have failed.

He has a simple message, which can be translated into appropriate action by the choices that we make. To become healthy he suggests that we must begin to 'Think Right'. He advocates three areas for personal review:

- Drink Right to Think Right
- Eat Right to Think Right
- Move Right to Think Right

My focus here will be on the Move Right equation but your body and exercise will be heavily influenced by what you eat and drink and when you do so.

There is plenty of advice available about a good balanced diet, the importance of eating fresh fruit and vegetables, reductions in salt and sugar intake and the avoidance of processed food. Food awareness is a key starting point. Making a weekly food diary, noting everything you eat and drink, including snacks etc is usually a good eye opener. Try to make small changes to improve the Eat and Drink Right equations. Alcohol is a body poison and should be taken, if at all, in moderation.

Moving right has several component parts and you should review your own exercise programme to see how you match up. Chek defines these components as:

- Flexibility: Stretching short muscles and bringing the body back into balance and improving posture.
- Energising exercises: Building vitality and energy through moderate to vigorous exercise.
- Core Conditioning: The foundation for all movement. Specific exercises can develop the entire torso.
- Functional exercises: Improving overall mobility and range of movement. These encompass full body workouts which should include basic functional movements such as squatting, bending, lunges, pushing, pulling and twisting.

A qualified personal trainer should include all these elements in any balanced fitness programme. Of course the specific design of a programme is unique to that individual. There is no such thing as a "one size fits all" approach to exercise design. Individuals doing exactly the same exercise programme will have a physiologically different response.

Achieving this balance of activity is the key to all-round fitness and health. Too much reliance on cardio is often a problem I see with many clients who are reluctant to include a weekly stretching programme, core conditioning or resistance work as part of their overall exercise plan.

So as the New Year approaches perhaps you should take time to reflect on what you are doing to improve your physical, emotional, and spiritual health. Exercise has been proven to work. For most of us it's a conscious choice. With perhaps a little expert assistance you could be enjoying a new lease of life and go into the New Year both feeling and looking better. Finally, a motivational thought from David Viscott, on adopting a positive mindset to support your effort. He says quite simply: "You must begin to think of yourself as becoming the person you want to be."

Recommended Reading "How to Eat, move and be Healthy" Paul Chek.

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.

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Ad hoc attendees £5 per class

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A work at your own level circuits class
with Boxercise as an optional extra.

WEDNESDAYS

4.30pm - 5.30pm Over 50s Fitness
Ideal for those who want a gentler
introduction to regular exercise.

5.45pm - 6.45pm Teen Fitness (Ages 13-18)
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News from the Rurals

CROOK OF DEVON – President Mrs Isobel Mill opened this month's meeting. After business was concluded she introduced Fiona Turnbull from The Prince's Scottish Youth Business Trust who gave a talk on the work they do to help 18 - 25 year olds in Scotland, providing financial and professional support to start up and continue to run their own business. Hamish McDonald Lockhart also came along to explain his role in being a panel member and a mentor.

Mrs Jean Jackson gave the vote of thanks.

Competitions:

Sheep Related Object	-	Mrs I Mill
Flower of the Month	-	Mrs C Bennett

BISHOPSHIRE – Allan Dearing gave a most interesting illustrated talk on the visit he and his wife made to the Holy Land. The descriptions of the places where Jesus had been brought the Bible alive in an exciting way.

Competitions:

Three sausage rolls	-	Wilma Barclay
Three gift tags	-	Joanne Cowan

POWMILL – President Mrs Mary Wilson welcomed members and extended a special welcome to members from Blairingone SWRI to the October meeting. After business, Mary introduced Vanessa from Cairn O'Mohr winery which produces award winning Scottish fruit wines made from berries, flowers and leaves. Vanessa explained how the company began and how the wines are produced while members enjoyed a wine tasting session ranging from Autumn Oak to Sparkling Strawberry and even a few non-alcoholic wines such as sparkling Elderflower and Elderberry. Gracie Wilson proposed a very well deserved vote of thanks.

Competitions:

Homemade Lemonade	-	Elsie Johnston
Unusual whisky miniature	-	Ella Shand
Garden Gem	-	Gracie Wilson

CLEISH – On 10 October President Dorothy Morris welcomed 16 members to Cleish Rural. Business was attended to then the fun began, a trial run for the Rural Olympics. Supper then a small raffle was held.

Competitions:

Flower of the Month	-	Fay Gibb
Limerick	-	Alison Morris
Smoothie	-	Alison Morris

President Mrs Dorothy Morris welcomed members to a short November meeting, where she led us in a minute's silence in memory of Mrs Chris Pilling, a dear member who will be sadly missed.

Competitions:

Flower of the Month	-	Margaret Nelson
Shorbread	-	Margaret Nelson
Article in tartan	-	Alison Morris

MILNATHORT – President Fiona Hynds welcomed us all to the October meeting. Our speaker was Norma Forbes from Spittalfield, who showed us a film showing the aftermath of the Tsunami, and spoke of the work she does in India for six months every year. She is a voluntary worker at Sumanahalli, the Leprosy Rehabilitation & Training Centre in Bangalore. She also brought along a sari and showed us how to put it on. Our treasurer Kate Mather was the perfect model. Norma brought along scarves, jewellery, leather goods and saris for us to buy if we wanted, all money going to the Centre.

Competitions:

Painted stone	-	Lorna Douglas
Flower of the Month	-	Barbara Wood
Chocolate sponge	-	Fiona Hynds

President Fiona Hynds welcomed everyone to our November meeting. We had no demonstrator or speaker this month, instead opting for a knit in! Members all brought wool and needles and spent the evening knitting squares which are all to be made into baby blankets to send to Africa. The non-knitters in the group enjoyed a game of dominoes. Everyone agreed it was a most enjoyable evening.

Competitions:

Flask of soup	-	Ena Thomson
Knitted scarf	-	Ena Thomson
Flower of the month	-	Nan Paterson

BLAIRINGONE – President Joyce Petrie opened the meeting by welcoming everyone and gave a special welcome to three new members.

After business, Joyce introduced Mrs Pat Dick who gave an excellent talk on the origin of jewellery. She also had a display of her beautiful homemade jewellery which members could buy.

Competitions:

Treacle scones	-	Mary Ramsay
Favourite bracelet	-	Agnes Murray
Flower of the month	-	Agnes Murray

GLENFARG – Glenfarg continued its festive season preparations with a selection of "tasty bites", puddings and recipes from Sylvia Martin. Much enjoyed by the members, her ideas will no doubt be well used this Christmas.

Mrs Helen Quartermaine proposed the vote of thanks.

Competitions:

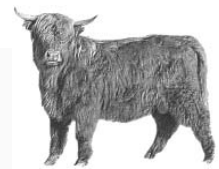
Oven glove	-	Margaret Scott
Canapes	-	Irene Bettaney
Flower of the Month	-	Margot Moran

CARNBO – President Elizabeth Campbell welcomed members to our November meeting. Mrs Elaine Webster from the Scottish Language Dictionaries gave us an entertaining and informative talk about our Scots words and their derivation. Mrs Christine Dawson gave the vote of thanks. Competitions:

Scots Verse	-	Mrs Susan Malcolm
Flower of the Month	-	Mrs Eileen Thomson



Out & About



Vane Farm



Hello again, folks. Well that's anither year about capoot wi the festive jollities jist about upon us near enough. Been a quickish year again or mibee that's the age thing comin intae play again 'n' am jist imagining it in ma rapidly advancin years?

Onywey, the auld reserve hiz seen a pickle cheenges this year, mainly the new wetland thit we hiv creatit which hiz been a big joab but yince it's settled doon will mak a humungous difference. Better fur birds, better fur visitors. The new bridge is noo installed across tae the Carden hide and reeds hiv been plantit roond about it so it shid be guid next year when the reeds grow up in the spring.

Winter birds hiv seen a fine selection o' wildfowl wi mallard, pintail, teal, goldeneye, pochard, tufted duck. Pinkfeet goose numbers hiv also been higher this winter, durin the monthly coonts numbers hiv been aroond double last year's so far. Whooper swans hiv also been about in guid numbers as weel. A winter plumage great northern diver also pit in an appearance, which is only the fifth record fur Loch Leven, so that wiz a wee bit different.

The early pairt o' next year, namely aroond February time, we will also be hivin a wee revamp in the visitor centre wi the café and shop getting a bit o' a zoosh up so it will be fair fantoosh when it's awe done. So jist tae gie ye a wee bit o' warnin; we will dae oor best tae gie ye a cuppa 'n' yer birdfood durin the alterations – nae worries, a master plan will be evolved!

The shop offers ower the next few weeks runnin in tae the first week o' New Year include 20% off selected birdfeeders. A bargain box o' 6 x 100g o' dried mealworms fur only £10 given ye a muckle savin o' £19.94 oan normal cost; buy twa get fower free 'n' a Christmas treat fur yer wee birdies in tae the bargain ho ho ho.

Anither thocht if yer stuck fur a pressie fur somebody is a "Good nature gift" whaur ye kin sponsor loads o' different things fae hedgehogs tae tigers, plant trees – that kina thing – solve the present problem 'n' help the environment at the same time. Ask in the shop fur details.

This year's events are still poddlin along wi a sorta runnin ideas fur things comin up gettin added when we come up wi them. Anither words, wur makin it up as we gan alang! No, only kiddin, but please check the website under the Vane Farm events section tae see whits happenin. Or gie us a bell oan the usual number.

So as this year comes tae it's end and the stubble in ma beardie gets anither shade whiter (well it diz when a dinnae hiv a shave) and a look mair like Ecky Claus by the minute, can we wish you awe the best fur the festive season tae you 'n' yours, hope ye hiv a guid yin 'n' ye get everythin ye want fae Santa.

Thanks fur awe yer support and custom ower the past year fae awe the staff and volunteers at yer local wildlife reserve; hope tae see ye back next year. See ya in ma usual famous place at the desk as ye come in.

Hiv a belter; ta ta till 2012.



Colin

Loch Leven NNR



After a quiet couple of years I'm pleased to report that pink-footed goose numbers are back up to their expected levels this year. 22,000 geese were counted flying in to Loch Leven last week - three times more than last year's peak count. The global population remains stable, and their movements do vary from year to year, but it is reassuring to know that Loch Leven remains an important hub for these wintering migrants.



Pink footed goose numbers have risen this year

Red squirrel sightings are increasing on the reserve, the latest being reported at Grahamstone. The native species has been pushed out of its natural habitat in Britain by the invasive grey squirrel from North America since it was introduced during the 19th century, and their catastrophic decline has been linked to the squirrel pox virus which grey squirrels carry but don't suffer from. Scotland remains a stronghold for red squirrels, and the population in this particular region is fortunate in that the deadly virus is not currently prevalent, meaning that both species are able to share territory. We are currently planning the implementation of conservation measures to ensure the red squirrel population thrives at Loch Leven, so any records of squirrel sightings will help us in our efforts.

Work is taking place on Carsehall to improve the habitat and further reduce the levels of nutrients entering Loch Leven. The water quality in Loch Leven has improved dramatically in recent years as a result of hard work in the catchment area reducing the levels of nutrients, in particular phosphates, entering the loch. Phosphate is often carried in fine silts washed into the loch. Clearing the silt traps at Carsehall will allow us to capture more silt before it enters the loch. As part of this work SNH will also be diverting more water through the *Phragmites* reedbed beside the heritage trail. These reeds then act as a natural filtration system locking up much of the nutrients contained within. Having passed through this, the water is then going to flow out, creating a great new wader scrape (shallow pool).

On the subject of water quality, remember you to can do your bit to improve the water quality in the future by using environmentally friendly cleaners and washing powders which are now available in most supermarkets.

You may see us out at Burleigh this month, as we begin construction of the replacement bird hide on the loch shore. With the new hide at Factory Bay now open, the network of bird viewing facilities around the loch will soon be re-established.

That's all for now folks,

Craig

Farming



In the office where I work part time – a few of my colleagues like to poke fun at my shepherding antics – they never fail to come up with a new rude joke based on sheep farming. It's not personal though; one staff member comes from Cowdenbeath and someone else supports Raith Rovers and this also seems to provide them with an excuse to create hilarity most days!

It's for that reason that I have not told them that I have spent the last few weekends counting the colours on sheep's bottoms! During November the tups are out in the fields with the ewes (who are in optimum condition and are coming into season). You don't need too many male sheep on a farm; we've got 14 to cover 625 ewes – so we do need to know if each tup is working. Before they are introduced to the ewes, a harness is strapped onto each one with a block of keel attached to it in the brisket region. Each time a tup serves a ewe, he leaves a mark so I know that ewe has been tupped. During the first week, all the crayons were orange before changing to blue. After the first 17 days, at which point each ewe will have gone through at least one cycle, I counted more than 500 orange and blue bottoms so I know the tups have been working hard. The keel crayon has now changed to green for the last part but I still need to monitor what's going on, as if an orange or blue mark ends up green it means the pregnancy didn't work out the first time and if this occurs frequently then one tup may be infertile.

Colour is a great management tool for sheep farming. Each flock has its own flock mark; all of mine are stamped with red in the middle of their back. I use keel, which is a thick coloured paste that washes out eventually but it makes them easily identifiable in case they stray into a neighbour's. I also use a different colour of ear tag each year to help me see at a glance how old each ewe is. There's a lot more information that you need to record with each tag but that's probably a whole other article - I'll think about that for next year!

Fiona



Counting sheep's bottoms - an important job at this time of year...

Weather



October Weather Report From Carnbo

Once again the weather during October was very like the previous months, with very little in the way of settled weather. Rain fell on most days, with only three dry days, but falls were mostly light. Temperatures were on the high side, especially early in the month.

Rainfall for month	133mm (106% of average)
Heaviest fall	29 mm (17th)
Rain days	23
Completely dry days	3
Highest temperature	16°C (1st)
Lowest temperature	0°C (20th)
Average temperature	8.9°C
Total cloud cover	85% (very high)
Sunless days	14
Ground frost on 2 nights	
Air frost on 1 night	
Snow not recorded	
Thunder not recorded	

P.S. Recently, the earth really did move for some Carnbo residents, but it turned out to be an earthquake on the Ochil fault line. The earthquake centre in Edinburgh confirmed that two tremors were recorded on 3 October at around 10.10pm. A reading of 2.3 on the Richter Scale was recorded; this about eight miles down in the earth.

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Congratulations



Ian and Sheila **REID** of Argyll Road, Kinross, and Billy and Jennifer **DALLAS** of Quarrieside Court, Milesmark, Dunfermline, send love and congratulations to **STEVEN** and **MICHELLE**, Lathro Park, Kinross, on their marriage in Mexico on Tuesday 15 November 2011. Congratulations also come from Simone, Scott, Ginny and niece Libby, Gillian, Andy and not forgetting Wills. May your life together be long, your love strong and happiness always be with you.

Andrew and Jenni for **JACKSON** are delighted to announce the safe arrival of their daughter **ANNA JENNIFER**, on 1st November 2011. First grandchild for Tom and Mary Graham and third grandchild for Andy and Evelyn Jackson.

Congratulations to Robert and Nicola **ALLAN** on the birth of their son **JAMIE** on 21 November 2011. A little brother for Grant.

ERIN GRAHAM, Milnathort, of Dunfermline & West Fifé Athletics Club, finished the 2011 athletics summer season ranked 2nd= in Scotland for U13 girls' High Jump. This was an improvement of several hundred places on the 2010 season. Congratulations and well done, Erin, and good luck for the 2012 season.

ARTHUR and **SUSAN LAWRIE** of Cuthill Towers, Milnathort were successful at the recent Northern National Ayrshire show and sale in Carlisle. They beat a record entry of 79 animals to win the overall championship with Cuthill Towers Kyles Lady, which had already been placed First in the Almins Red and White heifer-in-milk class. She was sold along with Cuthill Towers Ellie 13. The Lawries received an additional bonus with Cuthill Towers Pammy taking First in the maiden heifer class.

BACKSTAGE AT THE GREEN has been named a 'Famous Grouse Famous Pub' for 2011. The competition is run by the Daily Telegraph in association with The Famous Grouse whisky. Nominations were made by the public; a panel of three experts then chose the top 100 pubs in Britain. The award states that the live music venue is "a firm favourite amongst music fans and performers alike. Large enough to attract some famous faces; small enough to rub shoulders with them at the bar".

Glenn Tilbrook, former Squeeze frontman, with Backstage at the Green's latest award



Thanks



Mrs **MARGARET SHARP** would like to extend her grateful thanks to family, friends and neighbours for their many kindnesses, flowers, gifts, visits, cards and good wishes for a speedy recovery after her fall.

ORWELL OLD FOLKS ASSOCIATION would like to thank the Thistle Hotel, Milnathort, who allowed us to use their premises free of charge for a Psychic Night. This enabled us to raise £593, which will be used for the Christmas Lunch on Saturday 3 December. Thank you to everyone who came along and generously bought raffle tickets.

Sainsbury's Ladies Evening in aid of The Scottish Cot Death Trust

Sainsbury's would like to thank the following businesses for donating prizes towards its Ladies Evening held on 17 November:

Rowland's Pharmacy, Kinross; Davidson's Chemist, Milnathort; The Gallery; Hunter's the Butchers; Bower's Hairdressers; Milnathort Post Office; Loch Leven Leisure; Stewart and Smart Garage; Bayne's the Bakers; Williamson Flower Design; Sporting Chance and M&B Hair Design.

Thank you also to all the stall holders and fantastic therapists, Complete Look and the Zen Zone who gave up their time to make the evening such a good night.

Thank you also to Dave and his staff at the Thistle Hotel, Sharon Young for her hands-on support and Amanda Evans Nash for her wonderful chocolate and lemon treats.

A great evening was had by all and we are delighted to have raised **£490** in aid of the Cot Death Trust.

Once again, thank you to everyone who supported this truly worth while cause.

The Scottish National Blood Transfusion Service would like to thank all those who came to the donor sessions in October, when 245 people attended and 208 donations were collected. Once again, this was a great help to patients all over Scotland. The service next visits Kinross on 20 and 21 February 2012.

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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 Note: Church and Office closed 26,27 Dec., 1,2 Jan.

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

To Lease Church or Church Centre: Helena Cant (01577) 862923

helenacant@aol.com

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.

'..Connect.' Group for S5+, students, young workers. Varied social events (Sun. 4,18 Dec. and 8 Jan - contact John or Shona McKay 865388).

Mon 8pm Housegroup (contact Brenda Fraser 862000).

Tues 10am Pram Service (except 27 Dec. and 3, 10 Jan.).

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 (except 21,28 Dec., 4 Jan.).

7.30pm Various Housegroups (contact Margaret Michie).

Sat 10am- 12 noon Church Centre: 2nd hand book stall and café.

Special Services and events

December

Sun 4 10.30am Quarterly Communion Service

6.30pm Communion Service - Common Cup

Mon 5 8.00am Time for Prayer: Silent Meditation (30min)

Tue 6 2.30pm Service at Whyte Court

Sat 10 8.30am Prayer Breakfast (numbers in advance to church office)

Sun 11 10.30am Morning Service: LOVE scripture. Last of the special events inspired by the 400th. anniversary of the King James Bible

3.00pm Community Christmas Celebration, Loch Leven Campus

Tue 13 7.15pm: Guild Christmas Party, church centre

Wed 14 7.30pm Christmas Wrap: wrapping presents for homeless people

Thu 15 9.00pm - Time for Prayer: Service of Compline (20min)

Fri 16 7.30 Bruce Davies Christmas Concert (£6, children free)

Sun 18 10.30am Morning service, with Junior Church, including Nativity

Sat 24 Christmas Eve: 4.30pm Crib Service,

11.15pm Watchnight Service

Sun 25 Christmas Day 10.30am Christmas Day Worship - all age service

Tue 27 2.30pm Service at Causeway Court

January

Sun 1 10.30am Morning Service: Service of Carols and Readings

Mon 2 8.00am Time for Prayer: Silent Meditation (30min)

Tue 3 2.30pm Service at Whyte Court

Thu 5 7.30pm Thursday Group, church centre

Sun 8 2.30pm Annual Bereavement Service

Tue 10 7.15pm: Guild: 'CHAS' Rev. Evelyn Cairns, church centre

Sat 14 8.30am Prayer Breakfast (numbers in advance to church office)

Thu 19 9.00pm Time to Pray: late evening service of Compline (20min)

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

Advent Services

Second Sunday in Advent - 4 December 2010.

10am in Portmoak Church and 11.30am in Orwell Church.

Third Sunday in Advent - 11 December 2010.

10am in Portmoak Church and 11.30am in Orwell Church.

Fourth Sunday in Advent - 18 December 2010.

10am in Portmoak Church and 11.30am in Orwell Church.

Christmas Services

Sunday 18 December 2010 at 3pm in Perth

Come and join our visit to the Bethlehem Experience.

More details from the Minister or Church Office.

Sunday 18 December 2010 at 6:30pm

Carols and Readings in Orwell Church

Tuesday 20 December 2010 at 6pm

Carols and Lessons in Ashley House.

Christmas Eve - Saturday 24 December 2010

Family Service at 6:30pm in Portmoak Church

Watch-night Service at 11:30pm in Orwell Church

Christmas Morning - Sunday 25 December 2010

Family Service @ 10:00am in Portmoak Church

Sunday 1 January 2012 - Joint Service

11:30am in Orwell Church

January 2012

Sunday 22 January 2012 at 7pm

Week of Christian Unity Service in Orwell Church

Kinross Churches Together

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

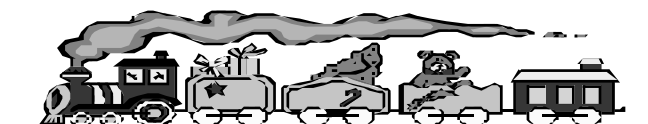
Services at Levensen: first Tuesday of the month at 4pm

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. Christian cards, gifts, bibles & books for sale. *Loads of new cards and gifts for Christmas.* 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



Cleish Parish Church**Church of Scotland**

Rev Joanne Finlay Telephone: (01577) 850231

E-mail: joanne.finlay196@btinternet.com

Reader: Mr Brian Ogilvie Telephone: (01592) 840823

Sunday Services 11.15am**Crèche** 11.15am**Junior Church** 11.15am**December****Sun 4** 11.15am Advent Communion worship**Sun 11** 11.15am Preacher: Rev. Joanne Finlay
6.30pm, "A Time To Remember"
service for the bereaved**Sun 18** 11.15am Junior Church Nativity**Fri 23** 11am Cleish Primary School end of term service**Sat 24** 11.15pm Watchnight service by candlelight**Sun 25** 11.15am Bring the Toys.
Christmas Day family service.**Time to Remember**

This is a quiet, reflective service for all individuals who are grieving the loss of a loved one, be that a family member, or a friend. All are welcome to share in this meditative service and to gather in the Village Hall at the close of worship for refreshments.

January**Sun 1** 11.15am, New Year Worship**Sun 8** 11.15am Epiphany**Sun 15** 10am Early Birds Worship
11.15am Lights and Beginnings**Sun 22** 11.15am "Onwards and Upwards"**Sun 29** 11.15am "Are We There Yet?"**St Paul's Scottish Episcopal Church**

Muirs, Kinross, KY13 8AY

Mrs Sarah Oxnard Telephone: (01577) 864213

Mr Sandy Smith Telephone: (01577) 862536

Website: www.stpauls-kinross.co.uk

December Services**Sun 4** 8.30am Holy Communion, 11.00am Sung Eucharist.**Sun 11** 8.30am morning prayer, 11.00am Sung Eucharist.**Tue 13** 7.30pm Informal worship in meeting room.**Sun 18** 8.30am morning prayer, 11.00am, Sung Eucharist.
18.30 Service of 9 lessons and carols, followed by mince pies in meeting room.**Sat 24** 23.30 Midnight service (please note, no communion).**Sun 25** 10am Sung Eucharist.**January Services****Sun 1** 11.00am Sung Eucharist.**Sun 8** 8.30am morning prayer, 11.00am Sung Eucharist.**Tue 10** 7.30pm Informal worship in meeting room.**Sun 15** 8.30am morning prayer, 11.00am, Sung Eucharist.**Sat 22** 8.30am morning prayer, 11.00am, Sung Eucharist.**Sun 29** 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.

Fossoway Parish Church**Church of Scotland**

Rev Joanne Finlay Telephone: (01577) 850231

E-mail joanne.finlay196@btinternet.com

Reader: Mr Brian Ogilvie Telephone: (01592) 840823

Sunday Services at 9.45am**Wrigglers Group (0-3 years), Junior Church, crèche and teens group** every Sunday at 9.45am. All meet in church for family worship and thereafter in their own space.**Tots Music:** Friday mornings in hall, 9.30am**Café Refresh:** Every Thursday, church hall, 2-4pm**Yoga classes:** Mondays 7pm - 8.30pm**Joint Choir:** Wednesday evenings, 7.30pm.**December****Thu 1** 7.30pm Kirk Session**Sun 4** 9.45am "Hanging the Evergreens"**Tue 6** 2.30pm service at Rumbling Bridge**Sun 11** 9.45am Preacher Steve Hamblin

6.30pm "A time to Remember".

A service for the bereaved, Cleish Church

Sun 18 9.45am Junior Church Nativity**Tue 20** 2.30pm service at Rumbling Bridge**Fri 23** 11am Fossoway School Service**Sat 24** 6-6.45pm Family Christmas Eve service.

Refreshments with a special Christmas visitor in hall from 5.15pm.

Sun 25 9.45am "Bring the Toys".

Family Christmas Day service of worship

January**Sun 1** 9.45am Readings and Carols for New Year**Sun 8** 9.45am Epiphany**Sun 15** 9.45am Lights and Beginnings**Sun 22** 9.45am Onwards & Upwards**Sun 29** 9.45am "Are we There Yet?"**St James's R C Church**

5 High Street, Kinross, KY13 8AW

Father Colin Golden Telephone: (01577) 863329

Mass Times	Saturday Vigil	7.00pm
	Sunday	9.30am

24 Dec Carol service followed by Midnight Mass 11.30pm**25 Dec** Christmas Day Mass 11.15am

Please note there will be no Saturday Vigil Mass on 24 Dec.

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

GARDEN STEPS & MORE....Brick, blocks, mono blocks
& stone work etc.Steps, paths, walls, patios, paving,
Repairs/pointing

Specialists in stone work

For advice and a free estimate call**William Morris****01592 840095****07866 961685(mobile)****William.morris18@btinternet.com**



It could change your world

We are now in the season of Advent; a time of expectation and preparation for the coming of Christ into our world. While on the one hand we often deplore the excess and materialism which is now synonymous with the word 'Christmas', it is nevertheless very easy to be sucked into the maelstrom of frenzied activity. 'How many more shopping days till Christmas?' 'Have you done all your Christmas shopping?' 'What do you want for Christmas?' - are all words we will hear over and over again during this time.

But Advent – surely there must be a deeper meaning to 'the coming'. Is there a better way to prepare, to 'make straight in the desert a highway for our God'? That yearning for something we can't quite put our finger on – is this a desire for an experience of God's touch on our lives?

The year 2011 has marked the 400th Anniversary of the publication of the King James Bible. Perhaps of all seasons of the Christian calendar, it is in Advent that the familiar words of this translation resonate in that deep part of our being.

'The people that walked in darkness have seen a great light: they that dwell in the land of the shadow of death, upon them hath the light shined.' Isaiah 9

'And she brought forth her firstborn son and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.' Luke 2

'The angel said unto them, Fear not: for, behold I bring you good tidings of great joy which shall be to all people. For unto you is born this day in the City of David a Saviour, which is Christ the Lord.' Luke 2

'They shall call his name Emmanuel, God with us.' Matthew 1

At this Advent time, can we create a space to let these words speak to our hearts? Maybe then all the other preparations will be put into perspective.

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

ADVANCED DENTURE COMPANY Ltd.

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All produced in close consultation with the skilled technical craftsman.

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Sports mouth guards

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

Ian Mackay 01577 864751

Kinross Gospel Hall

Montgomery Street, Kinross

Website: www.kinrossgospelhall.info

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

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

Recently bereaved? Needing some support?

AMONGST FRIENDS

(Bereavement Group)

meets at the Health Centre, Kinross

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

A warm welcome awaits all

For details phone Marg 01577 863557

Obituary

BRUNTON – Irvine, born Milnathort 1935, died Monday 10 October 2011 in Girrawheen, Perth, Australia after a long illness. Loving husband of Inez (née Melville), dear father to Iain, Yvonne, Angus, Fergus and Morag. Grandad to eleven and Great Grandad to four.

Acknowledgement

GREIG – Maureen Greig and Ernest would like to thank everyone who attended Jim's funeral and who sent cards and flowers. It was very much appreciated. Also the Rev. Duncan Stenhouse for his comforting service and Gordon Stewart for the funeral arrangements and to everyone else who gave so generously for Cancer Research UK.

CERAMIC TILING SERVICE

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

You may require a labour only service

Free estimates

Phone **GEORGE BIRD Kinross 862253**



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](https://www.facebook.com/milnathorttoddlers).

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

PORTMOAK UNDER 5s

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

We are a friendly and relaxed playgroup welcoming
children aged 2-5. We offer a wide range of activities
including arts and crafts, dressing up, outdoor play and
stories. We also on occasion arrange outings, parties and
have special visitors who come to the playgroup!

Babies and Toddlers (birth- 3yrs), Tues 10am- 11:30am
Playgroup (2yrs onwards), Mon & Fri 10am – 12noon

Contact Laura Porter (Play leader) 07547 076696
Website: <http://portmoakunderfives.wordpress.co>

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/carer.

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/carer. 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**

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!

Notices



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

Boys Brigade St Andrews Day Coffee Morning

Church Centre, Kinross
Saturday 3 December
10am – 12 noon
Raffle, Bottle Stall, Home Baking and more

Kinross Floral Art Club

meet in the Windlestrae Hotel
Thursday 8 December at 7.15pm
with Demonstrator Mrs Marie Rutherford
and “Christmas at Home”
and **Thursday 26 January** at 7.15pm
Members own night
and are asked to bring: small box, flowers,
greenery, oasis and scissors
All welcome to come and join us

Events at Hill of Tarvit Mansion House

2 miles south of Cupar
For further information call 0844 4932185
Website: www.nts.org.uk

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.

A Christmas Country Fayre

at Loch Leven Community Campus

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.

Light Up Kinross

Christmas Lights Switch on by Craig Levein

MONDAY 5 DECEMBER

- 6.45pm Procession, led by Kinross & District Pipe Band, leaves Church Centre and proceeds up High Street to War Memorial, County Buildings
- 7.00pm Switch on ceremony by Craig Levein, Scotland Football Manager

SANTA in his SLEIGH

FIREWORKS

Please come along and bring your children
(Santa gives out sweets)

Collection on the evening for Light Up Kinross
Please give generously

All donations help to keep

Kinross illuminated at this time of year

Parking at County Buildings: Car-owners are asked not to leave any parked car in the foreground of the County Buildings after 6pm on 5 December. This is to allow the space to be used by members of the public attending the switch-on ceremony. Thank you for your co-operation.

Volunteers: We are also URGENTLY in need of volunteers to sit on our committee. We are a friendly bunch and provide a warm welcome to anyone who wishes to assist us in this task. Speak to us on the night if interested or email mbs21@btinternet.com

The Thursday Group

8 December:

Christmas Dinner

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.

T in the PARK

Application for Increase in Capacity

T in the Park have applied to Perth & Kinross Council to increase the Friday capacity for the 2012 event from 75,000 to 85,000. This will be discussed by the Kinross Community Council at their Meeting on **Wednesday 7 December 2011**.

If any members of the public have any worries about these proposals, could they please relay them to a member of the CC, or attend the Meeting on 7 December in the Masonic Hall at 7.30pm.

Campbell Watson, Chairman, KCC

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, Premier New (Shoptextra)

or 01577 862323.

Hope to see you there!

Orwell Bowling Club

BINGO TEAS

for your diaries

7 December and 18 January

7.30pm start Entry £1

Bring Your Own Cup Please

Kinross-shire Churches Together Community Christmas Celebration

Loch Leven Community Campus, Muirs, Kinross

Sunday 11 December at 3pm

Carols to sing and to listen to with seasonal readings

All welcome

The retiring offering is in aid of the Kinross-shire Day Centre

Music in Kinross Parish Church

Christmas Songs and Carols with Bruce Davies

Kinross Parish Church, 7.30pm

Friday 16 December

Festive fare from a seasoned performer who has a personal take on life that is always engaging.

Festive refreshments also provided!

Tickets £6.00 for adults, children enter free.

Bruce will have CDs for sale at the end of the concert.

Orwell Bowling Club SCOTTISH NIGHT

Saturday 21 January

Tatties, Neeps, Haggis & Trifle

7pm for 7.30pm £5 per head

Tickets behind bar at the Club

Milnathort FILMHOUSE

Christmas
Eve 2011

Milnathort Town Hall

The Snowman (U) & Christmas Carols

Sat Dec 24th 5pm

The classic Christmas animated adventure about a young English boy who makes a snowman one Christmas Eve, only for it to come to life that night and take him on a magical adventure to the North Pole to meet Santa Claus

Festive Tuck Shop



TICKETS IN ADVANCE ONLY

PHONE SUSAN BRITTON **0773 746 1293**

The Snowman (U) Family £15 (2 ad + 2 chd) Adult £5 (OAP & Student concession £3) Screening 5pm, doors open 4.15.

Other info email milnathortcinema@btinternet.com

JOIN US ON FACEBOOK just search 'Milnathort Filmhouse'

Kinross-Shire

PARTNERSHIP



Kinross-shire Partnership Business Breakfasts

Open to all Kinross-shire Businesses

Kinross-shire Partnership will be hosting more Business Breakfasts at Loch Leven's Larder.

Over 30 businesses attended each of the first two events.

Please do come along, everyone welcome whatever size your business. Quite a number of businesses have reported winning new work from the event. It is a great opportunity for local businesses to help each other.

They will take place on:

Wednesday 7 December

Wednesday 1 February

Wednesday 7 March

Wednesday 4 April

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

Kinross-shire Volunteer Group And Rural Outreach Scheme



BURNS SUPPER



Monday 23 January 2012

Windlestrae Hotel, 6.30pm for 7.00pm.

Tickets will be available from mid December – contact Ann Munro, 01577 840196 or Bill Michie, 01592 840602.

This is a very popular evening with great entertainment and good company, so don't miss it. If anyone would prefer vegetarian haggis, please say so when you buy your ticket.

Light Up Kinross STARS IN THEIR EYES

Masonic Hall, Kinross

Saturday 4 February

8pm to midnight

Ticket price £5, available from Lorraine Rutkowski (tel 862941). Ticket price includes raffle. Various prizes on offer.

Also to be held during this event: Miss Kinross 2012.

Orwell Bowling Club ST. VALENTINE'S DANCE

Romantic Music by Bob Pryde

Saturday 18 February

7.30pm for 8.00pm

Come Along and Brighten Up February!!

Entry: £1 members (non-members £2).

Friends of Bydgoszcz Lecture

The Polish Army in Perthshire

by Steven Connelly

Tuesday 21 February 2012 at 7.30pm

A K Bell Lecture Theatre, Perth

Steven Connelly of the Library Staff will give a lecture on Polish Troops in Perth and environs during WW2. This clearly would be of interest to any who have Polish connections from that time.

The lecture is organised by Friends of Bydgoszcz and tickets are £5.00, including refreshments. Enquiries to Christine Robertson or Alex Cant, both of Milnathort.

THE HAYFIELD TRUST

The Hayfield Trust is an old Kinross Trust which is there to benefit the "poor and needy of the Parish of Kinross". The beneficiaries do require to live in the Parish of Kinross. If you consider that you are poor and needy, or if you know someone who you think might qualify for help from the Trust, please submit a written application to:

Campbell C Watson, Esq

Andersons LLP

40 High Street

KINROSS

KY13 8AN

Local Correspondent

for Perthshire Advertiser and Fife Herald newspapers

Linda Freeman

Tel 01577 865045. Email: linda.freeman_64@btinternet.com

Mindspace Counselling Service



YOUNG PEOPLES COUNSELLING SERVICE 11-25 YEAR OLDS

Mindspace Counselling Services offer counselling to adults and young people aged 11-25 at The Loch Leven Health Centre on Mondays and Tuesdays. Sometimes we all have problems that worry us and it's not always easy to talk to someone close to us. A counsellor is someone you can talk to in a different way, someone who will listen to you very carefully, who will not judge you or tell you what to do.

We offer counselling to people who are facing a wide range of difficulties or challenges such as: Feeling depressed/anxious; Making friends/keeping friends; Chaos at home; Feeling angry and don't know why; Bullying; Having a tough time; Parents splitting up; Death of someone special; Confused feelings about who I am; Wanting to hurt myself or others.

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.



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 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.

Are you suffering from Macular Degeneration?

A meeting is held by the Support Group at The Blind Society, New Row, Perth on the last Wednesday of the month. If you are interested or require further details, please contact **Hazel Rennie, telephone 01738 442358**.

Tullibole Castle

New Kinross Wedding Venue

Ideal for Marquee Weddings

*Indoor for 55 persons**

Space for large Marquee Wedding and Reception

17th Century Scottish Castle. Grade A Listed

By Crook of Devon

www.tulbol.demon.co.uk/weddings

weddings@tulbol.demon.co.uk

Tel: 01577 840236



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.

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.



themarriagecourse

'Give your relationship an MOT'

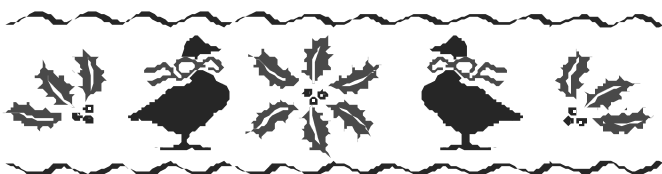
The Marriage Course in Kinross has been enjoyed by twenty-one couples over the last two years. It is timed to link with Marriage Week UK, which runs from **7-14 February** in 2012.

The next course will begin with a 'Taster Evening' on **Monday 13 February** at 7.00 pm in The Kirklands Hotel. Come and enjoy a buffet meal with others, some of whom have already participated in the course, watch an introductory DVD and take the opportunity to ask questions. You may also, if you wish, sign up for the course which will begin around two weeks after the 'Taster Evening'.

The Course itself will follow the same format as before; a relaxed atmosphere, a romantic meal at tables for two, a practical talk, a chance to discuss as a couple and a promise of **NO GROUP WORK!**

If you would like to find out more or to register for the Taster, please contact Ewan & Myra Cathcart on 862039.

See also www.kinrossparishchurch.org



Moorelands Travel

are delighted to announce that they have opened a branch in Kelty.

Being part of one of Britain's largest Independent Travel Companies, Barrhead Travel, we can offer impartial advice and peace of mind that your holiday is secure.

We have secured the best deals at discounted prices.
'WE WILL NOT BE BEATEN ON PRICE'

Moorelands Travel, 133 Main Street, Kelty, Fife KY4 0AQ
Call us on 01383 830333

Email: amy.drummond@barrheadtravel.com
marie.shevas@barrheadtravel.com

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



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 Better Place to Live Fair 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 this event to promote community achievement and a sense of pride in Kinross-shire.

- Perhaps your group/organisation needs new members?
- Do you want to showcase your activities?
- Is your group/organisation proud of something they have recently achieved in the area and want to share it?
- The Campus has fantastic facilities to support groups and organisations to display your services.
- This is your opportunity to let everyone know about your group/organisation.
- There is no cost involved for community groups, voluntary organisations or services.
- 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 01577 867224
Capacity Building Student



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

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.

**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



culture matters
MEAD



PKAVS
Making the Difference

**Minority Ethnic Access Development
Project - Rural Outreach Project**

MEAD with its new Rural Outreach Project has
opened drop in offices in:

**CRIEFF, KINROSS, AUCHTERADER and
BLAIRGOWRIE/COUPAR ANGUS**

Our goals

- ⇒ Help migrant workers living or working in rural Perthshire to access local statutory and voluntary services;
- ⇒ Increase awareness of migrant worker's 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 noon

Are you a migrant worker who lives or works in Kinross?
Need information, advice or support?

Contact our Information and Advice Development Officer –
Rural Perthshire
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.










MEAD Project, The Old Academy Building, Suite 1, 6-7 Rose Terrace, Perth, PH1 5HA tel 01738 634789 www.meadproject.org.uk
MEAD Project is a partnership initiative in Perth & Kinross and is managed by Perth & Kinross Association of Voluntary Service Ltd (PKAVS)
Registered Scottish Charity (SC 005561) Company Limited by Guarantee: Registered in Scotland (No. 86065)

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




**Simpli
Yoga**

Yoga Classes

Kinross Church Centre

Drop in or block booking

All levels welcome!



**YOGA ALLIANCE UK
SYT
SENIOR YOGA TEACHER**

Tuesday @ 6.45 – 8pm - Beginners

Tuesday @ 8 – 9.15pm – Yoga for Curlers

Also available for:

Royal Yoga Massage, Ayurvedic Massage & Therapies
Corporate Yoga Events, Partner or Group Private Sessions

www.simpliyoga.com

Email: suthesh@simpliyoga.com 07466360152

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

Newsletter Deadlines 2012

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
Jan/Feb	Fri 6 Jan	Mon 9 Jan	Sat 21 Jan
March	Fri 10 Feb	Fri 10 Feb	Sat 25 Feb

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

Life Drawing

Wednesdays 7-9pm with tutor Simon Reekie

www.simonreekie.com

in Loch Leven Community Campus

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

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





Jed Bancroft

Handyman - Tree work - Garden Structures

Tree work :

- Felling
- Limbing
- Planting




Garden Structures including :


- Fencing
- Decking
- Sheds and sitooteries
- Existing structure repair and maintenance

If you think we can help then we probably can,
so for a no obligation chat about what we can do
please call :

01592 840403
07531 409616
Jedbancroft@aol.com



25 years experience, fully qualified and insured.




SHRINKINGTHINKING helps you to understand the emotions behind why you eat what you eat and teaches you how to regain control.


With SHRINKINGTHINKING you can:


- Stop feeling guilty about what you eat
- Understand and change your eating behaviour
- Dispel the myths around healthy eating
- Learn to separate hunger from cravings, emotions and habits
- Feel better about yourself


JOIN NOW!


The unique SHRINKINGTHINKING membership programme combines group workshops with one-to-one coaching sessions, helping you to live a fitter, healthier and happier life.














For more information and to join, call
0843 330 8729
www.ascentnlp.co.uk/shrinkingthinking



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.

Blythwood Care

Sainsbury's Car Park

(if car park is full, van will park nearby, e.g. Park & Ride or Ochil View)

Tuesdays 20 December, 17 January

between 10.30 am and 11 am

Further details from 862258

Tel: 01592 890583
Mob: 07826 244765
email: FERNIEJIMMYF@aol.com
www.greyhoundrescuefife.com

Give A Hound A Home

Why not come along and see our homeless hounds
contact us to arrange a suitable time to visit.
phone number 01592 890583 (evenings) Mobile 07826 244765
you can email us on FERNIEJIMMYF@aol.com.

Volunteers needed for our Kennels

Greyhound Rescue Fife

16 years and over please

Baltree Country Centre, Gairneybank, Kinross, KY13 0LF
Please call or email for details

Community Councils

Kinross: Secy: Mrs M Scott (01577) 862945

KinrossCommunityCouncil@pkc.gov.uk

Cleish & Blairadam: Secy: Patty Fraser (01577) 850253,

CleishCommunityCouncil@pkc.gov.uk

Milnathort: Secy: Mr J Giacomazzi (01577) 864025

MilnathortCommunityCouncil@pkc.gov.uk

Fossoway & District: Secy: Trudy Duffy-Wigman (01577) 840669,

FossowayCommunityCouncil@pkc.gov.uk

Portmoak: Secy: Mr J Bird (01592) 840368,

PortmoakCommunityCouncil@pkc.gov.uk

Kinross Community Councillors

Margaret Blyth	6 Muir Grove	
David Colliar	10 Rannoch Place	864037
Dave Cuthbert	Highfield Circle	861001
Barry M Davies (Vice Chair)	60 Lathro Park	865004
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 14 December, 11 January**

(Note: There will be no visit on 28 December)

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 Events for December

Alhambra Theatre - Blood Brothers	Wednesday 7th 1.15pm
Alzheimer Scotland group	Wednesday 14th 11.30am - 3.30pm
Christmas Lunch & Concert	Thursday 15th noon - 3.30pm
Christmas Prize Bingo	Tuesday 19th 1.30pm



Holidays

Please note that the Day Centre will be closed **Monday 26, Tuesday 27 and Wednesday 28 December 2011, and Monday 2, Tuesday 3 and Wednesday 4 January 2012.**

May we take this opportunity to thank all our volunteers & customers for their extremely kind support throughout the year, and to wish everyone a very Merry Christmas and a Happy New year.



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

Support Websites

Samaritans	www.samaritans.org.uk
Breathing Space	www.breathingspacescotland.co.uk
Childline	www.childline.org.uk
Perth Assoc for Mental Health	www.pamh.co.uk

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:

13 December, 10 & 24 January

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.

School Holidays, Academic Year 2011-2012

Academic year	Tue 16 Aug 2011 - Wed 27 Jun 2012
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)

Grants and Funding Websites

www.pkgrantsdirect.com
www.scottishhcf.org

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

Mid tone hard wood extendable dining table and 4 chairs £450.00

Very good condition. Length 1 metre 60cm, height 60cm. Extendable sections add an extra 40cm length per section. Photos can be supplied.

*Seller details: Jess McHardy 07767 316755
jessicahind@hotmail.com*

Toy Story bike with stabilisers £50.00

Virtually brand new although a small scuff on handle bars.

Children's toys £15.00

ELC checkout till, chip and pin, basket and plastic food £15. FisherPrice Stand and Play garage with 2 cars and 2 people £15. Fisher Price smaller racing garage with one person and one car £12.

*Seller details: Wendy McEwan 07756 084601
wendy@clanmcewan.co.uk*

Sony Ericsson Xperia Neo £200.00

Unrequired upgrade – brand new. Currently on O2 but unlocked and can be used on any network. Faded blue in colour.

*Seller details: Laura Mackay 07872 499145
Lauramackay250488@yahoo.co.uk*

Toys £15.00

Brio wooden train set.

Silver Cross dolls pram £150.00

Brown coach built dolls pram, good condition.

Printer £20.00

HP Deskjet colour printer F380 white.

Child's Ladybird Buggy £25.00

Tigress, pink in colour, good condition.

For above items contact: Liz Louden 01577 863171

Children's carseat: birth – 18kg (4yrs) £10.00

Britax First Class Si model, 2 available, good condition with user guide booklets.

Children's wooden toys £25.00

2 Noah's Arks, pull along rabbit and a crocodile, set of alphabet cubes and big set of various shaped building blocks.

Lego Duplo Age 2-5 collection £20.00

Bob the Builder set plus 2 other sets in original boxes (models 5350 and 5513).

Reclinable child's bike seat £15.00

Hamax Sleepy model, attaches to back of adult bike, red and grey colour.

Brand new Aquarium Kit (2 gallon tank) £10.00

Boxed tank 25 by 22 by 32 cm, plants/gravel, lighted LED hood, filter system, air pump and tubing, base.

Two Habitat travel sunloungers £10.00

Harcourt design, pink with black frame in travel bags.

Large wooden dolls house & accessories £25.00

3 storey dolls house, garage, car, various furniture and dolls.

Vintage bathroom mirror/shelf wall panel £15.00

Smoked glass back panel (approx 80cm by 60cm), tilting mirror, chrome toothbrush/mug holders, smoked glass shelf.

Vintage chrome heated towel rail

3 hanging rails, approx height 1m, length 1.2m.

*For above items contact: K Low 07717 492312
kate@colinlow.co.uk*

Classified Adverts continued...

Upright piano

Donation

Well used, well loved upright piano in need of a new home. No charge but donation to Kinross-shire Day Centre.

Seller details: Nan Cook

01577 863869

Beko Frost Free Fridge Freezer

£100.00

Silver fridge freezer with built in water dispenser. Dimensions: 190 high, 70 wide, 95 depth. Approx 4 yrs old.

Seller details: Morag Shea

07787 550646

caitciar@hotmail.co.uk

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').

Property Sales Negotiator (full time), Andersons LLP, Kinross

Great opportunity for an enthusiastic, able person to join thriving Property Dept. within established legal firm. Experience of property useful, but not essential. More important is assurance and confidence and personal approach with the public. You will be involved in all aspects of property sales and letting.

Please apply in writing enclosing a current CV to: Mr John J Kenny, Property Manager, Andersons LLP, 40 High Street, Kinross KY13 8AN.

Café Assistants (part time), Cashmere at Lochleven, Todd and Duncan, Kinross

Recruiting 2 part time members of staff to help with busy lunchtime rush between 10.30am and 3pm. One of these shifts will include Sat or Sun. One member of staff – 16hrs, one member of staff – 12 hrs.

Applicants must have café experience, be able to work well in a team and have pleasant manner with customers. Attractive rate of pay, generous staff discount, uniform provided.

Apply in writing to: Heather Devanny, Personnel Officer, Todd and Duncan, Lochleven Mills, Kinross KY13 8DH.

Front End Developer (full time), Flintriver Design Strategies, Kinross

Looking for skilled front-end developer with knowledge of hands-on web development and ability to work closely with creative team to deliver solid web experiences and solutions.

For further details see Kinross.CC website.

To discuss the position please contact David Williams by telephone 01577 866868 or email dwilliams@flintriver.co.uk

Experienced Wreath Maker (full time), Kilted Christmas Tree Company Ltd, Balado

To be based either here in Kinross or surrounding area – Fife, Perth, Clackmannan etc. On average we produce 100 wreaths per day which are a variety of plain and decorated for wholesale and retail. Payment will be on per wreath basis and is negotiable.

To apply please call 01577 865500 and ask for Gordon.

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.)

Christmas & New Year Holiday Arrangements



Recommended Last Posting Dates

Airmail

South & Central America, Caribbean,
Africa, Asia, Middle & Far East (inc Japan),

Australia and New Zealand

Eastern Europe, USA & Canada

Western Europe

Mon 5 Dec

Fri 9 Dec

Mon 12 Dec

Within UK

Standard parcels

Second class & Recorded Signed For

First class & Recorded Signed For

Parcel force express 48

Parcel force express 24

Wed 14 Dec

Sat 17 Dec

Tue 20 Dec

Wed 21 Dec

Thu 22 Dec

Kinross Post Office (David Sands)

(Sun 25) & Mon 26 Dec

(Sun 1) & Mon 2 Jan

CLOSED

CLOSED

Loch Leven Health Centre

See News from the Health Centre, p. 8.

Rowlands Pharmacy, Kinross

Sat 24 Dec

Sun 25 Dec

Mon 26 Dec

Tue 27 Dec

Sat 31 Dec

Sun 1 Jan

Mon 2 Jan

Tue 3 Jan

9am - 5pm

CLOSED

3pm - 5pm

CLOSED

9am - 5pm

3pm - 4pm

CLOSED

3pm - 5pm

Davidson's Chemist, Milnathort

Sat 24 Dec

Sun 25 Dec

Mon 26 Dec

Tue 27 Dec

Sat 31 Dec

Sun 1 Jan

Mon 2 Jan

Tue 3 Jan

9am - 12.30pm

3pm - 4pm

CLOSED

3pm - 5pm

9am - 12.30pm

CLOSED

3pm - 5pm

CLOSED

Loch Leven Community Library

Sat 24 Dec

Sun 25 Dec - Tue 27 Dec

Wed 28 Dec

Thur 29 Dec

Fri 30 Dec - Tue 3 Jan

Wed 4 Jan

10am - 3pm

CLOSED

10am - 8pm

10am - 8pm

CLOSED

10am - 8pm

Loch Leven Community Campus

Fri 23 Dec

Sat 24 Dec

Sun 25 - Tue 27 Dec

Wed 28 & Thu 29 Dec

Sat 31 Dec - Mon 2 Jan

Tue 3 Jan

7.15am - 9.45pm

10am - 3.45pm

CLOSED

10am - 5pm

CLOSED

7.15am - 9.45pm

Live Active Loch Leven

Fri 23 Dec - Mon 26 Dec

Tue 27 - Fri 30 Dec

Sat 31 Dec

Sun 1 & Mon 2 Jan

Tue 3 Jan

CLOSED

12 noon - 6pm

10am - 4pm

CLOSED

7.15am - 10pm

Registrar, Kinross (Community Campus)

Telephone: (01577) 867333 for appt.

Sat 24 Dec - Tue 3 Jan

except: Wed 28 Dec, open

CLOSED

10am - 2pm

Registrar Milnathort

Closed during public holidays.

At other times by appt. only

Tel: (01577) 862536

By appointment only at all times.

Registration Emergencies tel 07771 666868

Waste and Recycling Collections

Domestic Collections

There will be no domestic collections on 25 and 26 December 2011 or 1 and 2 January 2012. Collections due on 25 and 26 December will take place on 24 December and collections on 1 and 2 January will take place on 31 December, unless householders are notified directly by letter.

There will be no scheduled garden and food waste collections from 24 December to 6 January. Garden and food waste collection dates will return to normal from 7 January.

Otherwise, all waste and recycling collections will take place as stated on your collection calendar.

Commercial Collections

Commercial collections of cardboard will be unchanged. Commercial paper collections scheduled for 26 December will be collected on 22 December. Commercial glass collections scheduled for 26 December and 2 January will be collected on 24 and 31 December respectively. Businesses will be notified directly by letter if there are any changes to general commercial waste collections.

Recycling Centres

All Recycling Centres will be **CLOSED** on 25 and 26 December 2011 and 1 and 2 January 2012. Opening hours otherwise remain the same over the festive period.

Special Uplifts

If you require a special uplift for bulky waste for the week beginning 19 December 2011 please call 01738 476476 by Friday 16 December 2011. The last special uplift collection will be Friday 23 December 2011. Normal collections resume on Wednesday 4 January 2012.

Extreme weather

If weather conditions prevent refuse collection vehicles accessing your area, waste or recyclable material will be collected on the next scheduled collection day.

For information regarding any of the above, please contact the **PKC Customer Service Centre** on **01738 476476**.



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Thu	8	Kinross Garden Group meets	37
Thu	8	Milnathort CC meets	27
Thu	8	Civic Trust and Planning Aid for Scotland Seminar	57
Thu	8	Kinross Floral Art Club: 'Christmas at Home'	83
Thu	8	The Thursday Group Christmas Dinner	83
Sat	10	Portmoak Film Society: The Way Back	38
Sun	11	Community Christmas celebration	84
Mon	12	Historical Society: They Came by Train (part 2)	88
Tue	13	Portmoak CC meets	28
Tue	13	Citizens Advice Bureau visits Kinross	99
Wed	14	Alzheimer Scotland Dementia advisors at Day Centre	36
Wed	14	Mobile library visits Kinross-shire	96
Fri, Sat	16, 17	Puss in Boots, a Pantomime	84
Fri	16	Christmas Songs and Carols with Bruce Davies	84
Sat	17	The Tale of Rapunzel - Puppet Theatre	4
Sun	18	Christmas Tree event - Portmoak Community Woodlands	36
Tue	20	Blythswood Care collection	95
Sat	24	The Snowman and Christmas Carols	84

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Sat	7	Free Try Curling Day	61
Mon	9	NEWSLETTER DEADLINE	1
Mon-Wed	9-11	being [t]here - exhibition about the County Buildings	7
Mon	9	Historical Society: A Tale of Two Families	88
Tue	10	KHS Parent Council meets	43
Tue	10	Citizens Advice Bureau visits Kinross	99
Wed	11	Alzheimer Scotland Dementia advisors at Day Centre	36
Wed	11	Mobile library visits Kinross-shire	96
Thu	12	Kinross Garden Group festive lunch	37
Sat	14	Portmoak Film Society: The Social Network	38
Sat	14	Scottish Tales at library	4
Sat	14	Three-day Beginners Curling Course commences	61
Tue	17	Blythswood Care collection	95
Thu	19	Curling Clinic	61
Sat	21	Orwell Bowling Club Scottish Night	84
Mon	23	KVG-ROS Burns Supper	37, 87
Thu	26	Kinross Floral Art Club members own night	83
Sat	28	Portmoak Woodlands group Burns Supper	36
Tue	31	Jess Smith 'living without walls' at library	4