



# Kinross Newsletter

Founded in 1977 by Mrs Nan Walker, MBE

Published by Kinross Newsletter Limited, Company No. SC374361

Issue No 383 March 2011

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

ISSN 1757-4781



## DEADLINE for the April Issue 2.00 pm, Monday 21 March 2011

for publication on  
**Saturday 2 April 2011**

### Contributions for inclusion in the Newsletter

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

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

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

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

### Editor

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

### Advertising Manager

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

### Subscriptions

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

### Distribution

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

### Treasurer

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

## CONTENTS

|  |    |
|--|----|
| From the Editor .....                      | 2  |
| Letters .....                              | 2  |
| News and Articles .....                    | 4  |
| Police Box.....                            | 12 |
| Community Councils.....                    | 13 |
| Down Memory Lane.....                      | 22 |
| Club & Community Group News .....          | 23 |
| Sport .....                                | 35 |
| News from the Rurals.....                  | 44 |
| Out & About.....                           | 45 |
| Congratulations and Thanks.....            | 47 |
| Church Information and Obituaries .....    | 48 |
| Playgroups & Nurseries.....                | 52 |
| Notices.....                               | 53 |
| Day Centre & Chemists.....                 | 58 |
| Classified Adverts, Situations Vacant..... | 59 |
| Diary.....                                 | 60 |

**Front Cover:** Photo by Lucy Brown, S4, Kinross High School.

## Commercial Advertising in the Newsletter

Please see page 15 and our website for updates to prices effective from April 2011.

### Display Adverts

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

### Typed Adverts

A typed advert may be placed for one or more months. These adverts are text only (no graphics allowed). 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 **Word Processing** Julia Fulton  
**Advertising** Ann Harley **Treasurer** Ross McConnell **Distribution** Glenn Neve **Subscriptions** Glenn Neve



# Letters

## Editorial

If you are new to Kinross-shire, or have lived here for a while but want to become more involved in what's happening, you won't want to miss the Better Place to Live Fair on Saturday 5 March. Dozens of community groups will be at the Loch Leven Community Campus to explain more about what they do and tempt you to join! Kinross-shire has a huge array of groups - horticultural, social, youth, cultural, conservation, sporting and more. There will be sports taster sessions in the sports halls, so if you think you might want to have a go, it might be worth bringing appropriate footwear. Or come at the start (10am) to check out the programme to give you time to nip home if necessary. There will also be representatives from various Council services, advice groups and businesses at the Fair. See page 7 for more information.

Apologies that the photograph accompanying the report of the Historical Society talk on railways did not reproduce very well in last month's Newsletter. Hopefully the larger format allowed by the Down Memory Lane feature that we have space for this month will allow better appreciation of two more railway images.

## Chairman responds to 'old brigade' claim 9 Feb 2011

I was sorry to read Joe Richardson's letter contained in the January/February edition. I had, as Chairman of the Community Council, written a letter to Joe thanking him for his contribution to the CC but pointing out that the CC did not think it was appropriate for him to stay on in any capacity within the CC once he had left for Dundee. That decision was taken by the whole CC at its meeting in January.

Joe accuses what he refers to as "the old brigade" of steering the CC on a path which suits them but not necessarily the town as a whole. He fails to give any examples, however, to back up his accusation. The CC is there to reflect the views of the entire population, not just one section of it, and will continue, I am sure, to endeavour to do so.

Further, Joe's attack on David Colliar is without justification. I know of no one in the community who has offered more over the years than David. His record demands respect not unfocussed criticism.

Campbell C Watson  
Chairman, Kinross CC

## Clarification of Kinross CC Minutes

8 Feb 2011

May I clarify something in the draft minutes of Kinross CC's January meeting. The secretary has acknowledged that she misquoted me and I am grateful to her for this. It was in relation to snow clearing. I began by thanking all the farmers and contractors and individuals during the severe weather conditions for clearing roads, particularly in the rural areas. I continued by saying not all were part of the council self scheme but were doing it voluntarily. The minutes read: "... lack of assistance from the farmers this year."

I was not surprised when I was challenged on this by a farmer. I am pleased to have the opportunity to correct this.

We should not underestimate the good community spirit during adverse weather and I am sure many individuals are grateful to the help from friends and neighbours.

The community coming together was very evident at The Kinross-shire Parishes United Worship held recently at Loch Leven Campus when the Rt Rev John Christie, Moderator of the General Assembly of the Church of Scotland, delivered the sermon and the children's address.

The hall was packed, congregations were taken from their comfort zone and all sat together. The singing was good, and children were engrossed when the Moderator literally got down to their level and spoke about light. I am sure they will not forget the message.

I for one enjoyed the service. I worship in a church with a small regular congregation and it was good to be part of a larger congregation.

Loch Leven Campus is certainly at the heart of Kinross-shire and proves to be a versatile building.

The use of buildings and car parking is very topical in Kinross-shire and one can see why a building for lots of uses requires car parking. Car parking at the campus is an issue: there are lots of spaces but unfortunately there are maybe not enough spaces for the older person near the main door unfortunately some people park without any consideration for others. The campus management team is trying to address the problem.

The campus on 5 March will be the showcase for what Kinross-shire has to offer at The Better Place to Live Fair. I look forward to seeing you there.

Yours sincerely

Councillor Kathleen Baird

## Subscriptions to the Newsletter

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

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

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

## WILLIAMSON SUPPLIES KINROSS

Hardwood Logs and Kindling  
Transit Tipper Hire  
Secure Stores  
For Sale or Hire

Tel: 07548 284159 or  
07775 907428

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

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

**Winter Woes****2 Feb 2011**

I read in the Jan/Feb Newsletter that one resident of Kinross praised the uplift of bins by the council during the recent arctic weather but it seems he was an exception because I heard loads of complaints about the council's efforts in dealing with the snow falls. The trouble seems to be allowing heavy snow falls to become compacted and I believe a lack of manpower and machinery allowed the weather to gain a firm hold. Scientists believe we are to get more harsh winters in future and this will require councils to plan for severe winters and that means buying modern snow clearing equipment and having manpower to use it.

We certainly do not want any more winters where, like the last two, elderly people were trapped in their homes, bus services were severely disrupted because of icy roads and pavements which, being like curling rinks, forced pedestrians hazardly to walk on main roads. In our area, bins were not emptied regularly, and we had to get our local councillor to arrange for our road to be snowploughed.

I do, however, have praise for the coalman and milkman who delivered supplies to us throughout the bad weather.

Mike Twaddle

50 Marshall Place, Milnathort

**Birthday Wishes****25 Jan 2011**

My sister, Donna MacGillivray, will be turning 50 on 30 March this year. She has been part of this community since her childhood and it would mean a lot if this Newsletter would be able to publish a happy birthday message to her from Mum, Fiona, Hugh, Emma & Josh.

With thanks

Mrs Rae

11 Woodland Way

Denny



Donna MacGillivray

**BETTERWARE**

Distributors required in your area  
Weekly earnings, No cash outlay  
Call or text area co-ordinator

**Lillian Watt on**  
**07958462957**

**CRAIG'S TREE SERVICES**

NO JOB TOO SMALL!

QUALIFIED CLIMBER &amp; TREE SURGEON

ALL TYPES OF TREE WORK UNDERTAKEN

Free Estimates

CALL CRAIG HAMILL - 07515 942809

**The Party Has Only Just Started!****Are you ready to party yourself into shape?**

That's exactly what the **Zumba** program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.



Take it to the next level...**Zumba® Toning** combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused



Zumba moves to create a calorie-torching, strength-training dance fitness-party. Participants learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs.

**Looking for a kids party?** Designed exclusively for kids, **Zumbatomic** parties



are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Guaranteed to get the party started making it a healthy yet fun option.

**Class Timetable:**

|           |                          |                   |                           |
|-----------|--------------------------|-------------------|---------------------------|
| Tuesday   | Kelty Club               | 8.00pm - 9.00pm   | Zumba Fitness with Zoe    |
| Wednesday | Kinross Primary School   | 8.00pm - 9.00pm   | Zumba Fitness with Zoe    |
| Thursday  | Lochgelly High School    | 8.00pm - 9.00pm   | Zumba Fitness (Zoe & Jen) |
| Saturday  | Millbridge Hall, Kinross | 9.30am - 10.30am  | Zumba Fitness (Jen)       |
|           |                          | 10.30am - 11.30am | Zumba Toning (Jen)        |

**Jennifer Jackson**

Tel - 07852 208220

Email - zumbajen@hotmail.co.uk



- Zumba with Jen

**Zoe Tod**

Tel - 07974 075086

Email - zoemeiklem@aol.com

**www.mad4zumba.co.uk****LOCH LEVEN CYCLES**

NEW: Hybrid cycle hire

NEW: Range of Endura clothing

Selection of good quality new cycles  
Wide range of popular cycle accessories

Prompt repair, free estimate & advice  
Quicker and better value than online

Price promise: all prices below RRP  
The best for customer service

Open Mon - Sat 9 - 5



**149 High Street Kinross 862839**  
**www.lochlevencycles.co.uk**  
**Also on Facebook & Twitter**



# News & Articles

## Locals attend West Wemyss memorial ceremony

On Sunday 23 January, local members of the Scottish Military Vehicle Group were proud to be involved in the unveiling ceremony of the memorial to the five West Wemyss men who gave their lives saving the village on 23 January 1941.

A service was held at St Adrian's Parish Church and afterwards a sculpture was unveiled bearing the names of Peter Graham, who was just 15, Colin Smart, George Storrar, James Anderson and David Laing. These brave men were killed whilst trying to move a mine from the shore near Lady Rock as they feared it would drift closer to the village and cause great damage to the village.

The niece of George Storrar, Mrs Jessie Porter of Milnathort, also attended the ceremony.



*In uniform, l to r: Mhairi Barnes, Brian Morgan, Fiona Morton, Gary Morton, Alan Barnes, Shirley Morgan, Caitlin Barnes, Ailidh Barnes. Centre: Mrs J Porter.*

## Kinross Parish Church Pram Service celebrates its 10th birthday

In celebration of its 10th birthday, Pram Service is inviting all its current and past attendees for worship, celebration... and cake (!) on **Monday 21 March** at 4pm in Kinross Parish Church.

Pram Service was set up in 2000 in order to reach out to young families. The term-time Tuesday morning 10am service of prayers, a story and choruses is lively and fun and gives a spiritual message. Afterwards, there are craft activities, refreshments and chat.

'A child is never too young for church; I hope we are sowing the seeds of faith. It is a little community at Pram Service, and people turn to each other for support. If you are a mum, dad, grandparent or carer with an under 5 please come along and join us on a Tuesday morning. You will be made very welcome.'

Evelyn Cairns 01577 863990.

## Banks and Brown on flooding

### MP offers assistance to flood victims

Following flooding incidents in Ochil & South Perthshire in January, Labour MP for the constituency, Gordon Banks, offered his support to affected constituents.

Mr Banks said, "Clearly, questions need to be asked about the area's preparedness to deal with the increased flood risk. In this current bout of flooding it was obvious that the melting snow coupled with likely rain would create problems and there has not been enough commitment to deal with this problem in the short term, let alone looking at these issues over the longer term.

"However, it is when the floodwater recedes that damage is assessed and my office remain available to assist any constituent in their dealings with the local authority, insurers etc. If my office can assist in any way then I would encourage constituents to get in touch."

### MSP welcomes flood management consultation

SNP MSP for Ochil, Keith Brown, has welcomed the announcement of a consultation on flood management by the Scottish Government.

The consultation will be the first ever statutory guidance setting out Scotland's approach to dealing with flooding and its impacts on homes, businesses and communities.

The blueprint covers a broad range of topics, setting out how key organisations should work together to tackle the causes and consequences of flooding. It also outlines how these organisations can engage with the public to give them better information about flood risks.

Mr Brown said, "This consultation will set out the guidelines which will ensure that the Scottish Environment Protection Agency, local authorities and other organisations adopt a sustainable and collaborative approach to managing the risk.

"This consultation on flood management is an important step in the direction of reducing the damage and distress caused by flooding in Scottish communities."

He encourages constituents who have been affected by flooding to respond to the consultation. The documents can be found on the Scottish Government website at:

[www.scotland.gov.uk/Publications/2011/01/14152758/0](http://www.scotland.gov.uk/Publications/2011/01/14152758/0)

Help is available for **your** child to succeed  
**Maths and English @ First Class Learning**

**A Personalised Programme 5-16 year olds**  
to improve skills, raise confidence and self esteem  
to develop independent learning.

**Weekly Classes are held at**  
Crook of Devon, Tuesdays, between 3.30 - 5.00pm  
**Approximate time in class 20-30 minutes**

Individual tuition is available  
For more information phone Janet 01577 840225 or  
07793 486150

Or visit our website at  
[www.firstclasslearning.co.uk](http://www.firstclasslearning.co.uk)

## Kirk's Moderator visits Kinross

Kinross-shire was honoured to have The Moderator of the Church of Scotland, the Rt. Rev. John Christie, and his wife Annette visit the county during the first week in February to see a number of successful initiatives where local churches are serving their community in a new way.

On the Tuesday morning he enjoyed participating in the weekly Pram Service in Kinross Parish Church and was awarded a 'graduation certificate.' He made reference to this at the Songs of Praise service held in Perth on the Sunday evening and attended by well over 500 people – he said that as well as being a graduate of two universities he was now also a graduate of Kinross Pram Service!



*Rt. Rev. John Christie, Moderator of the Church of Scotland, at the joint service in the Community Campus*

John and Annette Christie then walked down to the Church Centre in Kinross High Street where he was greeted by Nan Cook, manager of the Kinross Day Centre and spent some time before lunch going round the tables meeting and chatting with those who were there. After the Moderator said a few words, they were treated to a three-course meal of Scotch broth, roast beef with all the trimmings and a sweet of bread and butter pudding.

### **Your Local Joiner Alan Herd Joinery**

Internal & External Doors  
Kitchens supplied and fitted  
Staircases and Balustrades  
Sliding doors Fencing and decking  
Laminate and Hardwood Flooring  
Renovation Work and Extensions  
Loft Conversions Loft ladders Fitted  
Upvc Doors and Windows  
For Free Estimate and Advice

Call **ALAN** Home 01577 865415  
Mobile 07765167982

**Deadline for all Submissions  
2.00 pm, MONDAY 21 March  
for publication on Saturday 2 April**

In the afternoon they went on to Milnathort to visit another venture taking the church in to the community – the Orwell and Portmoak Church Office and meeting room on South Street.

On Saturday, the Moderator was back in Kinross-shire as the speaker at the Men's Breakfast held at Fossoway Church.

His visits culminated in a joint service of all the Kinross-shire Church of Scotland congregations, together with representatives from other churches, in the Loch Leven Community Campus on Sunday 6 February. Over 400 people turned out to hear the Moderator speak to the children and preach to the adults on the theme of light and the role of Christians in the world, based on challenging readings from the bible by members of the various congregations. Also taking part in the service were the Ministers and Readers of the local churches and the Moderator commented on how pleased he was to see congregations coming together and providing witness of their faith in a community facility, outwith the church buildings.

The Moderator has designated the Church of Scotland's HIV/Aids programme as his chosen charity during his year in office, and the collection at the Community Campus service raised £1365 for that cause.

In an interview to Kinross Parish Church magazine, the Moderator says that what he has seen in his visit to Perth Presbytery is just part of the 'thousands of good news stories (about the church) which we must learn to feel comfortable in sharing. So much work is sustained by volunteers at local level and across the world. Coming to witness things like the pram service, I can't help but be hopeful for the future.'



**Kinross-shire Community Learning  
and Development Group**



## Better Place To Live Fair

## Loch Leven Community Campus

**Saturday 5 March 10am – 3pm**

Kinross-shire Community Learning and Development Group represent the local communities, services, groups and voluntary organisations and are providing an opportunity for people to see what local community groups, clubs, organisations and businesses have to offer.

**Come and meet the local emergency services**

**Enjoy the local crafts and produce**

**Find out about the services available in Kinross-shire**

**Meet the local clubs and groups in the area**

**See the wealth of sporting organisations and activities available**

**Find out how to save energy in the home**

**Health advice and help**

**It's a Must See!**

Where else could you visit such a varied group of stands under one roof?

Only at the *Kinross-shire Better Place to Live Fair!*

## Kinross-shire hymn writers

Many Kinross-shire residents will have heard of Michael Bruce, the 'Poet of Loch Leven' who lived in Kinnesswood in the eighteenth century and know that he created some of the best-known Paraphrases from the Bible for singing in church. But how many of us know that he is only one part of a tradition of Kinross-shire hymn writers, which continues down to the present day?

Alex Cant of Milnathort, who among his many musical commitments is choirmaster at Kinross Parish Church, has researched these writers and presented a programme of their work at the Guild of Kinross Parish Church in January. Among those featured from the past were Rev. Walter Chalmers Smith of Milnathort Free Church who penned 'Immortal, invisible, God only wise', and Mary Lundie Duncan, minister's wife at Cleish who wrote 'Jesus tender shepherd, hear me'. From recent times, the programme at the Guild included hymns by the late Rev. Ian Cowie, who retired to Kinross and whose 'Lifted High on the Cross' was included in the Church of Scotland's most recent hymnary, and two songs by Ruary Macleod, an elder at Orwell church.

It is hoped to repeat the programme of Kinross-shire hymns elsewhere in the county this year and in the meantime, a fuller article on these hymn writers is available at [www.kinrossparishchurch.org](http://www.kinrossparishchurch.org) or in the current Kinross Parish Church magazine (available at the church at services or Monday – Friday, 10am-12).

## The first ever Adrenalin Drop

On Sunday 27 March at the Xscape Centre in Braehead, Glasgow, Alzheimer Scotland will be holding a sponsored Adrenalin Drop – the first event of its kind in the UK – which is also being supported by Epilepsy Scotland and Sense Scotland.

The Adrenalin Drop is the latest extreme experience in the charity events world and offers the participant the freefall adventure of their life. A cleverly engineered, highly sophisticated fan controls the descent, allowing thrill seekers to experience a rapid 100 feet freefall, followed by a gentle landing.

To register for this exhilarating event costs only £10, with participants being asked to raise a minimum of £120 in sponsorship. This fundraised income contributes towards providing high quality services and raising awareness of dementia across Scotland.

Alzheimer Scotland relies heavily on fundraised income to enable it to provide vital support services, such as a 24 hours free phone helpline for people with dementia, their carers and their families.

Contact Martin Quigley, telephone 0131 243 1474 or email [mquigley@alzscot.org](mailto:mquigley@alzscot.org)

### LP DRIVING SCHOOL

- \* Local Friendly Instructor.
- \* Fully qualified ADI, DSA Approved.
- \* Competitive rates

**Call Laura on: 07747 733 744**

## New coaching service at Zen Zone

A new NLP Coaching & Therapy service is the latest addition to The Zen Zone's range of beauty treatments and therapies.

Hilary Gillies, owner of The Zen Zone in Milnathort, has always been a strong advocate of the Mind-Body connection, and has trained and lectured in therapies such as Reiki, Reflexology, Aromatherapy and Indian Head Massage. Hilary wanted to offer an additional service to her clients that would help them to resolve some of their emotional and life issues. As a result, The Zen Zone has now teamed up with Ascent NLP Ltd to provide NLP coaching and therapy services.



*Hilary Gillies, owner of The Zen Zone, with Ascent NLP's Caroline Winn*

Caroline Winn and Martin Lawson, business partners at Ascent NLP Ltd, are both Master Practitioners of NLP (Neuro Linguistic Programming). Ascent NLP have been providing NLP Coaching since 2008, helping clients with a wide range of personal issues, from losing weight and stopping smoking, to relationship issues, getting rid of emotional baggage and getting control of their lives.

Caroline, a Kinross resident, explained: "Each NLP Coaching & Therapy session is unique – tailored to meet the client's own needs and is on a one-to-one basis with either myself or Martin as coach. Sessions are held in The Zen Zone's beautiful therapy rooms, providing a wonderfully relaxed and safe coaching environment."

The Zen Zone and Ascent NLP Ltd will be presenting a complementary evening in April to introduce the new NLP Coaching & Therapy service. You are invited to come along to learn more about what NLP can do for you – details will be announced in next month's newsletter, or contact The Zen Zone for more information.

Ascent NLP's Coaching & Therapy services are available by appointment at The Zen Zone. Contact The Zen Zone now to book your FREE initial session by calling 01577 864455 or call Caroline at Ascent NLP on 0843 330 8729.

## Sainsbury's Community Spirit

Kinross Amateur Football Club has received a grant of £240 from the Sainsbury's Kinross Store. Representatives of the local team were thrilled to receive the cheque, which will enable them to buy new training balls and other equipment. New store manager, Mr Lewis Scott, said, "My colleagues and I are looking forward to helping groups throughout the Kinross-shire community in 2011."



Stewart McIntyre and Richard Da'eth (centre) receive the cheque on behalf of Kinross AFC from Sainsbury's staff

The Active Kids Campaign starts up again on 9 February. Customers can collect vouchers for their local school, nursery or Scout or Brownie group. The vouchers enable these groups to purchase equipment or activity days free, thus encouraging the children to be more active and healthier.

Sainsbury's is the biggest supermarket to support Fairtrade products. A spokesperson from the local store said:

"We look forward to raising awareness of this campaign in store during **Fairtrade Fortnight** (28 February to 13 March). Members of the local Fairtrade group will be coming into the Kinross store to educate our colleagues and customers with interesting facts on the subject.

"Sainsbury's would like to take this opportunity to thank all of their customers who donated to any of the bag packing groups and coin collections.

"In total, the customers and Sainsbury's colleagues managed to raise a wonderful £20,000 in 2010 for various local charities and activity groups. This was a tremendous achievement and we could not have done this without your continued support. Thank you again!"

## Fancy a cycle with a local road bike club?

Kinross Cycling Club are holding a couple of 'give it a go' days in March for experienced and aspiring road bike cyclists. The events are free to participate in, although the club will be hoping to attract your patronage and sign you up as club member. The routes will involve a longer ride of around 70 miles for the more experienced cyclist and a shorter, but nonetheless challenging, ride of around 24 miles for those relatively new to road riding or simply wanting to try out a group ride over a shorter course. More information about the ride can be found on the club website [www.kinrosscyclingclub.co.uk](http://www.kinrosscyclingclub.co.uk)



## CHAS Open Days

Children's Hospice Association Scotland (CHAS) is inviting you to its Open Days in March.



Children's Hospice Association Scotland  
Sharing the Caring

This is a unique opportunity to visit one of CHAS's two children's hospices, Rachel House in Kinross and Robin House in Balloch to find out more about CHAS, a charity that provides the only hospice services in Scotland for children and young people with life-shortening conditions. Lasting approximately one hour and ten minutes, tours of up to eight people at a time will be guided around the hospice by CHAS staff and volunteers. Offering an extraordinary behind-the-scenes look at the building, you'll hear about the activities and care offered to families and dispel any myths you may have about a children's hospice.

No families will be staying during the tours, though the hospices will remain open for emergency visits. Refreshments will be available after the tour and there will also be the chance to purchase goods from the CHAS gift shop.

To make sure that you get the most from your visit, it is necessary to book ahead. To arrange a suitable time for your group, or for further information, please contact CHAS on the numbers below:

Robin House at Balloch, 16 and 17 March. Contact Charlene Mullan at Glasgow fundraising office on 0141 779 6180.

**Rachel House – Kinross**, tour times 9.30am – 7pm

**Tuesday 22 and Wednesday 23 March**

Contact Kinross fundraising office on 01577 865222.

## 2011 Census to take place in March

Scotland's biggest population count, the 2011 Census, takes place on Sunday 27 March and everyone must be included.

The census is the only survey to ask us all the same questions at the same time. It is how people across Scotland send a message to government and businesses about the services they and their community need, now and in the future.

The census paints a picture of Scotland as a nation and through its communities. This reliable measure of the size of the population and the statistics about our circumstances – including age, health, accommodation – that are derived from it are used to help target and deliver billions of pounds worth of public services. The census informs the planning of health, education and transport services as well as business investment and retail opportunities throughout Scotland.

Personal information is kept confidential for 100 years.

For more information visit [www.scotlandscensus.gov.uk](http://www.scotlandscensus.gov.uk)

## Sportive Kinross – ceilidh tickets released

Tickets for the first annual Sportive Kinross Ceilidh, to be held on 23 April at the Windlestrae Hotel, are now on sale via the event website. The ceilidh is a celebratory event for the Sportive, which will be run on the day of the ceilidh. The organisers expect to raise in excess of £6,000 for CHAS from the two events. Tickets, priced at £15.00, include food and a raffle ticket and can be purchased via the event website [www.sportive-kinross.co.uk](http://www.sportive-kinross.co.uk)





## News from the Health Centre



Loch Leven Health Centre now has a website:

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

The website is still in development and is being updated and improved all the time. It already contains a whole host of useful information:

- Contact numbers
- Opening times
- What to do when we are closed
- Clinics and services offered
- Practice policies
- Travel information
- Healthy Living information
- Medical information on minor illnesses and long term conditions

There are also some useful on-line services:

- **Pre-registration Forms and New Patient Questionnaires.** All new patients asking to register with either practice are required to complete these forms. The forms can now be completed on line, although they will still have to be signed when the patient attends for their first appointment.
- **Prescription requesting.** Patients who wish to order repeat medication can register on-line for this service and then complete the on-line prescription request form and send it to us electronically. Notification will be received to tell you whether the prescription has been issued or whether you should contact the surgery for further information. Patients must be aware that they are sending information about themselves across the internet. Whilst every effort it made to ensure that this is kept secure, you should be aware that we cannot offer any guarantees of privacy. Therefore, if you are concerned about this, you should not use this service, but should use another method of ordering your repeat medication

- **Appointment cancellation.** Each month, some 39 hours of clinical time are lost because patients do not keep their appointments and do not cancel them. These wasted appointments could have been given to other patients and this would reduce the waiting time. As the on-line service is available 24 hours a day, we would hope that patients will find this a convenient way of cancelling unwanted appointments. We will be expanding this service in due course to provide on-line booking of appointments too.

- **Text Messaging consent.** Again in an effort to reduce the number of missed appointments, we are introducing a text reminder service. A text message will be sent out prior to appointments and patients will be able to text back if they wish to cancel the appointment. We can also use the service to invite patients to review appointments at our chronic disease clinics for example or for annual flu jabs. Many patients have already signed up for this, but if you have not already done so, you can sign up on line. We hope that the service will be operational within the next couple of months.

Staff from the Health Centre will be attending the **Better Place to Live Fair** in Kinross Community Campus on **Saturday 5 March** to launch the website. We will be demonstrating it then and will be happy to answer any questions on it. We would also be delighted to receive feedback on the site and will try to incorporate any further information you feel would be useful. You may also provide feedback on the website by completing the Comments Form on the Contact Us page of the website. Please note that this form should not be used for medical matters or official complaints about our services.

## Library News

*Loch Leven Community Campus, Muirs, Kinross*

The bestselling crime writer **Quintin Jardine** will visit the library on **Tuesday 15 March** at 7.30pm. He will discuss his work, perform readings and take questions. Tickets are priced at £5 and on sale in the library. Quintin is a humorous and entertaining speaker, so join us for what will be an enjoyable evening.

The library welcomes **John Hare** on **Tuesday 29 March** at 7.30pm. He is an award-winning explorer, conservationist and author and fellow of the 'Royal Geographical Society'. His lecture, 'Across the Sahara', £5, will be a fascinating experience. In 2001, at the age of 65, accompanied by a Chinese Professor and a Kenyan camel farmer, Hare crossed the Sahara Desert from Lake Chad to Tripoli by camel – a journey of 1500 miles lasting 3½ months, raising awareness for the wild Bactrian camel. This route had not been followed in its entirety by a foreigner for almost 100 years. Accompanied by stunning photography, the explorer will talk about the many adventures and discoveries en route, including rock art over 2500 years old and areas of the Libyan Desert out-of-bounds to foreigners for over 50 years. On 7 February storyteller Judy Paterson visited with pupils from Fossoway and Milnathort Primary schools in the library. Inspired by the theme of exploration in many of the current library events, she took the children round the world with entertaining stories from China, Finland, Canada and, of course, Scotland!

Many events are planned for Spring 2011 and the library hopes to announce a programme soon.

### **ALDERBANK LTD** **Hardwood Flooring Specialists**

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

For Free Advice and Quotations  
Call **Niall Simpson on 07508 418848**  
or **01259 781394**  
or see [www.alderbank.com](http://www.alderbank.com)  
for more info and special offers

### **DRIVING TUITION** **LOCHLEVEN DRIVING SCHOOL**

Call **Marie Scott**  
on  
**Kinross 862266**

Established 23 years



## Volunteer consumers wanted

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

Have your say on key consumer issues – give us your views on the government, regulators and service providers

Speak directly to experts at our discussion groups – an opportunity to put your points and questions directly to people who have the answers and the power to act

Be part of a network of consumers and share your views, experiences and ideas with them

Investigate local services and facilities – tell us how they are performing in your community

Keep up to date with consumer issues through our weekly/monthly email roundup of key press stories and our quarterly newsletter

Interested?

For more information, have a look at our website:

[www.consumerfocus.org.uk/scotland/consumer-network](http://www.consumerfocus.org.uk/scotland/consumer-network)

Gill MacGregor, Consumer Network Co-ordinator

Telephone 0141 227 8432

## Home-Start Perth

Home-Start Perth offers support and friendship to families with at least one child under 5 years in the family home. Our volunteers support families throughout Perth and Kinross. We also run family groups in Blairgowrie and Coupar Angus and a group for teenage mums in Perth.



The good work of Home-Start has been happening locally now for over 25 years. To mark this milestone we are holding a celebratory evening on Friday 18 March which will include informative talks and music. It is also an opportunity to find out more about Home-Start and how you could support this local charity. We are always on the lookout for individuals with parenting experience who can support families or those with skills which could be beneficial as a trustee.

If you are interested in finding out more about Home-Start Perth, you would be very welcome to come along to this event. Please contact us and we will send you a free invitation.

To contact Home-Start Perth, please email [info@homestartperth.org.uk](mailto:info@homestartperth.org.uk) or phone 01738 638847 and ask to speak to Susan or Veronica. More information is available by going online at [www.homestartperth.org.uk](http://www.homestartperth.org.uk).

### DOG-GONE-WALKIN'

Dog-Walking and Pet Care

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

Tel. 01577 830588 / 07508 268528

E-mail: [d-g-w@tiscali.co.uk](mailto:d-g-w@tiscali.co.uk)

## Changes to Newsletter Subscription and Advertising rates

As from the April issue, there will be changes to the cost of Newsletter subscriptions and advertising.

### Subscriptions

Due to an increase in postal charges, the cost of a postal subscription will rise from £21.78 per calendar year (eleven issues at £1.99 per issue) to £24.20 per calendar year (eleven issues at £2.20 per issue).

### Electronic Subscriptions

Starting with the April 2011 issue, we hope to offer the option of an electronic subscription. Electronic subscribers would be given a password enabling them to download a copy of the Newsletter in portable document format (PDF) from our website as soon as it is available for publication. The PDF would be high resolution and contain all the advertising pages as well as Newsletter content. (This is in contrast to the PDFs of back issues which can currently be accessed on our website, which are low resolution and include only content pages.) Full details will be available shortly on our website, [www.kinrossnewsletter.org](http://www.kinrossnewsletter.org)

### Cover Price

There is no change to the cost of the Newsletter in the shops: this remains at 90 pence.

### Typed Adverts

From the April issue, the cost of a Typed Advert of up to fifteen lines will be £13 per insertion.

Typed Adverts of up to nine lines will remain at £7 per insertion.

### Display Adverts

Prices for Display Adverts placed for *six-monthly runs* will be:

|              | Standard pg   | Inside cover  | Back page     |
|--------------|---------------|---------------|---------------|
| Eighth page  | £13 per issue | £26 per issue | £39 per issue |
| Quarter page | £26 per issue | £52 per issue | £78 per issue |
| Halfpage     | £60 per issue | £120 / issue  | £180 / issue  |

Standard pages are black and white. Inside cover and back pages are colour. At the moment there is a waiting list for the colour positions.

Prices for Display Adverts placed on a "*one-off*" basis will be:

|              |                |
|--------------|----------------|
| Eighth page  | £26 per issue  |
| Quarter page | £52 per issue  |
| Halfpage     | £120 per issue |

"One-off" adverts are only available on standard pages, i.e. black and white. They are not available on the colour cover pages.

All display adverts attract a 10% discount if the invoice is paid promptly.

If you have any queries about subscriptions or advertising, please see our website [www.kinrossnewsletter.org](http://www.kinrossnewsletter.org) for more information, or contact the relevant member of the Newsletter team (see page 1 for contact details).

**Please mention The Newsletter when answering advertisements**

## What is NLP?

By Caroline Winn, Master NLP Practitioner

The most common question we're asked is "just what *is* NLP?" NLP is short for Neuro Linguistic Programming. NLP is like an instruction manual for the brain – and we could all do with one of them, couldn't we?

NLP describes the images, sounds, and feelings that make up our inner and outer worlds. 'Neuro' refers to the mind and how we organise our mental life. 'Linguistic' is about language, how we use it, and how it affects us. 'Programming' is about our sequences of repetitive behaviour and how we act with purpose. So, when an experience is sorted out at the linguistic and neurological levels, procedures and techniques can be created that allow you to change the structure of your experience and run your own brain. The key phrases here are "**allow you to change**" and "**run your own brain**" Intrigued? Read on...



Most of what we do every day is done at an unconscious level. Not sure about this? Well, think about your breathing right now. Or your pulse, thumping away in your neck. How fast are they going now? Our breathing and heart rate are managed automatically by our bodies, essentially at an unconscious level. Yet as soon as you become aware of them consciously, you can choose to make changes to them, for example by taking deeper, slower breaths, and by relaxing and becoming calmer, to slow your pulse rate down. Try it, right now! This is the same in absolutely everything we do – we can **choose** to change our thoughts, and our behaviour, and learn to stop what we don't want, and change it to what we **do** want. That's *really* powerful! This is what NLP is all about. It's a set of techniques which can be used to make major changes very quickly in a person's life, changes for the better. NLP operates mainly at the unconscious level, and works by initially bringing things into our conscious awareness, so giving us a choice to change them, before letting the new behaviour patterns become automatic and unconscious again. Typically you work together with an NLP coach; the coach will guide you but it's actually **YOU** who makes the changes, meaning you're in control. Always!

Some people are scared by the idea of working with the unconscious mind – we hear comments about hypnotism shows on TV, about being controlled, about "voodoo" or mind-bending. This is **not** NLP, it's just stage shows for entertainment purposes! With NLP there really is nothing to be scared of: you are awake, conscious and in complete control at all times. The **worst** that can happen in an NLP session is that you won't change from where you are now.

That's really not so bad, is it? But just think how wonderful it will feel when you do change, and leave old, unwanted behaviours behind, and emerge with a new you!

It always amazes me how many areas of life NLP can be used in, to great effect! Yet so many people are unaware of what NLP can do for them. For example, did you know you can use NLP to help stop smoking? Or to lose (or gain) weight, even to eliminate one or two troublesome foodstuffs – how would you like to stop eating biscuits, or chocolate, or chips, or cut down on the quantity of alcohol you drink? These are simple tasks using NLP. Getting rid of phobias – even the extreme, life-debilitating ones – is quick and painless with NLP. NLP can help in relationships, by resolving old emotional baggage – such as anger, hurt, guilt, sadness and fear, to name just a few feelings – quickly and painlessly, enabling clients to start afresh, with a solid, emotional foundation. It can help to change the destructive, negative self-talk that's inside most of us – think about this: if you spoke to your best friend like you talk to yourself, would you have any friends left?! You can choose to change those thoughts into positive, affirming ones, helping you to also improve your confidence and self-esteem.

I could list many more applications, but I'll leave you with this thought: Can NLP help you? Yes, unquestionably. Will it help you? That's your choice. How amazing is that?

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](http://www.ascentnlp.co.uk). Her coaching services are also available through The Zen Zone in Milnathort.

## Coaching with Ascent NLP can help you :

- RESOLVE relationship issues - e.g. partner / parent
- REMOVE past emotional baggage - painlessly
- ELIMINATE phobias quickly
- Take CONTROL of your life
- LOSE weight - no more yo-yo diets
- SORT out your head
- REDUCE stress
- STOP smoking

THE ZEN ZONE

For your FREE first session, call Caroline at Ascent NLP on 0843 330 8729

Ascent NLP's coaching is now available at The Zen Zone, Milnathort  
Call 01577 864455 for an appointment today.

a s c e n t  
perceive • believe • achieve



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

## Dealing with Stress through diet and exercise

By Alisa V Wilson, nutritional consultant

An estimated seven million people in the UK are living with anxiety problems and approximately 415,000 people in the UK suffer from stress levels that are making them ill. A certain amount of stress is required and is actually necessary to motivate us and move us towards our goals. However, in today's society we are bombarded with many stressors on a daily basis; for example, financial and relationship pressures, traffic jams and deadlines. For many people, stress levels have become too great and therefore problematic. In fact, stress can be a major factor in all kinds of disease and imbalance.

### Adrenal Glands

The adrenal glands are situated on top of the kidneys and their job is to secrete the 'fight or flight' hormones that help us deal with our stressor. These glands are concerned with our survival and still operate as if we lived in prehistoric days; they release the hormones adrenalin and cortisol. These hormones act on the body in a variety of ways, to help us to either stay and fight the stressor (fight) or run away from it very fast (flight) as we would have needed to do if we met a bear in the woods, for example. However, modern day stressors are very different and we cannot either fight the stress or run away from it. Therefore, these hormones – that were designed to be very short-lived – circulate continuously in the body, causing havoc. As a result, the adrenal glands become over-worked and eventually become so fatigued that they cannot cope with the demands placed upon them. There is little ability to cope with stress.

Long-term stress can have a detrimental effect on our body, including: suppressing the immune system, slowing down the digestive system, depleting the body of nutrients, slowing down the body's rate of repair and having a negative effect on thyroid, pancreas, liver, kidney and brain function. Mental / emotional problems such as depression, anxiety and cycles of addiction become prevalent.

### Good Nutrition

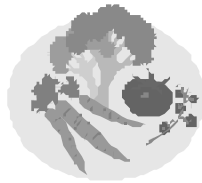
During stress, levels of vitamin B5 are used up at an alarming rate, along with vitamin C and other essential nutrients. Vitamin B5 is also needed to help convert fat into energy, so chronic stress can lead to an inability to lose weight because vitamin B5 becomes so depleted.

### Blood Sugar Imbalance

Avoiding highs and lows in blood sugar is very important in reducing adrenal fatigue because the adrenal glands respond when there is too much sugar in the bloodstream to bring it back to a safe level. Therefore, spikes in blood sugar will place an extra and unneeded burden on these glands, especially if they are already overworked and exhausted. Good nutrition and nutritional supplementation – seek advice from a nutritional therapist – cannot remove the stressors from our lives, but it can help to:

- Increase our tolerance to stress
- Reduce the adverse affects of stress on the body
- Reduce the chance of, or the effects of, adrenal exhaustion

Eating quality protein such as fish, poultry, eggs, nuts, seeds, lentils and beans is essential, not only for repair and



maintenance of body structure, such as the digestive system, but also for the amino acids tyrosine and taurine. These are needed to produce adrenal hormones and are important for maintaining a calm and relaxed state of mind. Fish oil, nuts, seeds and flax oil are sources of omega 3 essential fatty acids, low levels of which have been associated with an insufficient stress response. Slow releasing sugars help to maintain blood sugar balance, while refined sugar (white bread, rice, pasta, biscuits, cakes etc) becomes an addictive response to stress. Instead choose wholegrain alternatives, such as oats, brown rice and wholemeal pasta.

### Foods to Add / Increase

The main requirements for producing adrenal hormones are vitamin C, B complex, and magnesium:

- **Vitamin C** found in avocado, beetroot, berries, broccoli, Brussel sprouts, bell peppers, citrus fruits, kale, onions, green peas, spinach, tomatoes and watercress
- **Vitamin B complex especially B5** found in eggs, fresh vegetables, green leafy vegetables such as kale, spinach, broccoli, mushrooms, nuts, salt water fish, red meat, rye flour and whole wheat.
- **Magnesium** found in fish, meat, dairy, apples, apricots, avocados, bananas, brewer's yeast, brown rice, figs, garlic, grapefruit, green leafy vegetables, kelp, lemons, millet, nuts, sesame seeds, watercress and wholegrain.
- **Iron** - good sources include eggs, fish, poultry, green leafy vegetables, whole grains, almonds, avocado, beetroot, kidney and lima beans, lentils, millet, watercress and red meat.
- **Zinc** - sources include: egg yolks, fish, lamb, legumes, mushrooms, pumpkin seeds, sunflower seeds and whole grains

### Foods to Avoid / Decrease

- Caffeine
- Alcohol
- Sugar
- Salt
- Allergens

Regular exercise can also help to reduce chronic stress and bring blood sugar and hormone cycles into balance. Tai Chi, yoga and meditation promote relaxation and help the body and mind cope with our perception of what is stressful, as well as improving our adaptation to stress.

*Alisa Wilson is a qualified Naturopathic Nutritionist (Dip. Nutritional Therapy). She runs a local consultancy, Nutritionalise.*

**nutritionalise**  
*food for good*

**Do you want to boost energy levels, deal with a chronic ailment or simply learn how to manage your diet and weight?**

Naturopathic Nutritional Therapy uses whole foods as medicine. It aims to support the whole body and the underlying causes of illness rather than just treating a symptom.

**We will motivate, support and teach you how to achieve your goals**

|  |   |
|--|---|
| <ul style="list-style-type: none"> <li>- Optimising health and well-being</li> <li>- Increasing energy levels</li> <li>- Boosting immunity</li> <li>- Improving digestion</li> </ul> | <ul style="list-style-type: none"> <li>- Managing weight</li> <li>- Improving sports performance</li> <li>- Migraine &amp; headaches</li> <li>- Children's nutrition</li> </ul> |
|--|---|

**Working at Salon 62 and Cuthill Towers, Milnathort**

**alisa@nutritionalise.com or 07796 213 312**



# Police Box

## Tayside Community Officers 'Tweet' on the beat

Community police officers in the South Perthshire area have been tweeting on the beat from January as Tayside Police trials a number of social media options aimed at enhancing local policing and community engagement. The South Perthshire section is made up of the areas covered by the Auchterarder, Bridge of Earn, Crieff and Kinross Police stations.

Your community officers will be regularly 'tweeting' on the beat providing the local communities with up-dates on police surgeries, crime prevention advice, road and traffic information, campaigns, and other community policing issues. Many forces are now realising that traditional methods of getting messages out, which we have relied on in the past, are having less impact and are reaching fewer people. Simply 'broadcasting' messages, by whichever channel, is no longer enough. What really makes a difference is giving people the opportunity to engage in a two-way conversation with the police about things that matter to them.

Social networking has exploded globally with sites such as Facebook and Twitter having over 150 million users worldwide, half of whom use the service on a daily basis. Twitter is particularly important in sharing breaking news and frequently posts stories before they are reported in the more traditional media forms. This could prove to be extremely useful in local communities where early warning of road closures or incidents could help to avoid delays and speculation. It also allows us to have meaningful two-way conversations which gives the public an instant voice on how policing is being delivered in their area.

We need to embrace this form of communication because if we don't engage with people via social media they will move on without us and we will miss the opportunity to influence them, making it much more difficult to re-engage with them later. We also need to communicate more effectively with members of the public to let them know what we're doing. After all, nobody is going to be confident in an organisation who they don't hear from and who they can't engage with.

As part of Tayside Police's social media experiment, the Force is also trialling MyPolice, an online feedback tool designed to enable the public to have an on-line conversation with the police. The MyPolice service offers those who do not wish to contact the Force directly an additional way to give feedback and opinion on policing in their area. Whilst information provided to the service by the public is moderated by non-police personnel, it will be passed on to Tayside Police. Tayside Police are the first Police Service in the UK to trial an independent on-line feedback tool that allows the public to raise issues and to be given an answer. We hope this improved access to community officers and the ability to leave comments, both negative and positive, will help us improve our local policing by being responsive to local concerns and by providing speedy feedback to the public. You can visit the MyPolice website at [www.tayside.mypolice.org](http://www.tayside.mypolice.org).

Stuart can be 'followed' on Twitter.com at @KinrossPC, Brian at @MilnathortPC, Nicky at @GlenfargPC and Euan at @BridgeofearnPC.

## Domestic Heating Oil Theft

With the recent increase in the cost of fuel, domestic heating oil is becoming a target for thieves. It is difficult to secure such a valuable asset as it is kept outside, often in full view and has to be accessed easily by your fuel supplier.

Here is some advice to improve the security of your fuel supplies:

Consider erecting a metal cage round your tank with a secondary lockable access hatch to the filler cap. Obviously you have to ensure you are available when the tanker driver requires access to fill it up. Any padlock should be the highest quality you can afford and be of the closed hasp design.

The position of the tank is important. If it is out of view of your house windows and near a path or road, then it is easier for the thief to target. You have also to consider access to the tank by the legitimate tanker driver.

Security lights can have a positive effect and deter thieves. It is not always necessary to floodlight the area with high power beams. Low energy dusk to dawn lights positioned close to the tank can provide a deterrent. This type of lighting is inexpensive and effective. Movement detectors which operate security lights can also activate alarms.

Oil level gauges which are remotely operated are now available which set off an alarm if the oil level in a tank suddenly drops or falls below quarter full. These can be bought for less than £100.

Check the oil level in your tank regularly for any spilt fuel, marks on your lock or any suspicious object alien to your garden nearby.

CCTV can be deployed to watch over your tank and is a deterrent to thieves. There are many systems available and we recommend you purchase the best you can afford, ensuring the camera is capable of capturing pictures at night or with the supplementary lighting you already have.

Tanks can be stored inside outbuildings but there are strict regulations which must be followed and advice could be sought from the fire service.

The above advice should be looked at as a package of measures. With the possibility of further fuel price increases, taking no action to improve your security is not really an option.

## 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.

## Kinross Police Office- Telephone 0300 111 2222

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

**Constable Stuart Johnstone** Kinross

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

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

# Community Council News



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

## Kinross Community Council

### News from the February Meeting

Present at the meeting held on 2 February were: CCllrs B Davies, D Cuthbert, D Colliar, W Freeman, M Blyth, D Mackay and M Scott (secy). Also in attendance were: P&K Cllrs K Baird and S Miller; PC B Easton; David Coe and Chris Ross from Barratt plc; Andrew Warrington of PKC; Tracey Ramsay, PKC Community Capacity Building officer, and six members of the public. Apologies for absence were received from CCllrs L MacKay, C Watson and I Jack and P&K Cllr W Robertson. In the absence of the Chairman (C Watson), the Vice-Chair, B Davies, chaired the meeting.

**January Meeting:** The minute of the January meeting was corrected. The reference to the farmers was misinterpreted and should read: "Councillor Baird thanked all those farmers and contractors who helped clear snow particularly in the rural areas. Not all were supplied snow clearing equipment by the Council but were doing this voluntarily".

**Police Report:** PC Easton advised of a theft from an unlocked garage in Montgomery Way, a car broken into at Old Causeway, a theft in the changing room at the Community Campus and a break in at the Green Hotel Shop. Householders are asked to secure their garages. The Police would welcome any information on any of these crimes. Reference was made to MyPolice.org (*see Police Box*).

CCllr Blyth questioned whether speed checks were being carried out in Station Road and mentioned that vehicles continue to race along the Muirs. It was pointed out that this problem is exacerbated at certain times of the day. The parking of cars on the double yellow lines along Bowton Road continues during school hours; it was noted that this is the responsibility of the Council.

**Report from Barratt plc:** Mr Coe and Mr Ross provided the CC with a report on the proposed development of a site to the east of the Community Campus. At this preliminary stage, they would welcome any feedback from the CC in relation to this matter. The proposal is to build approx 130 units on this site with one access point from the main road. Mention was also made of affordable housing and independent senior accommodation.

**Presentation from Tracey Ramsay:** Tracey Ramsay was present to promote the Better Place to Live Fair. The CLD Group have taken over the organisation of the Fair. The CLD Group has around 40 members. CCllrs J Richardson and L MacKay attended these meetings on behalf of the CC. A place is now open following the withdrawal of CCllr Richardson. CCllr D Cuthbert has also resigned from this Committee. The next meeting is planned for 23 February, and CCllr Scott will attend on behalf of the CC. The CC will share a stand with Light Up Kinross at the Better Place to Live Fair.

**School Transport and Service 23:** Andrew Warrington from PKC was present to provide an update on school buses and Service 23. There has been no change with regard to Service 23, however PKC is still pursuing this. Unfortunately, this matter is outwith the Council remit. Mr Warrington advised that the afternoon service to the south of the town has been

resolved now: the bus leaves 5 minutes later, allowing the pupils to arrive in time for its departure. A complaint was also received that the 201 was not entering the campus. It is hoped that this has now been resolved. Mr Warrington advised that the public should be given an opportunity shortly to comment on the school bus service.

CCllr Colliar stated that there is also a problem with the transport from the Primary School. Due possibly to safety issues, the children have to leave the building from the front and travel up the path to catch the bus. On several occasions the bus driver has not stopped. Mr Warrington will arrange for someone to visit and check this out.

The subject of the bus shelters to the south was also raised; there are still some issues over these.

A number of complaints have been received in recent days in relation to cars parking at bus stops. This also occurs in the bus bays/front entrance at the campus and obstructs the buses. Parents and campus visitors are asked to be considerate in their parking. There is a car park to the east of the campus. Cllr Baird advised that additional signage was proposed.

The bus circulating the loch will again run over the summer; it is hoped that more people will use this service.

Cllr Baird suggested that the Roads Department attend the Better Place to Live Fair to answer queries from the public or to provide a questionnaire. Mr Warrington will look into this.

**County Buildings:** CCllr Cuthbert read out a communication received by CCllr Watson from PKC and his response to same. The Council will not agree to grant a lease at a nominal rent at this stage. A lease would amount to a disposal for less than best consideration and would require the Council to carry out an appraisal in terms of the Disposal of Land Regulations. As the Partnership/CC do not have the information and detail the Council need to proceed, i.e. a viable community based plan, such a proposal cannot be considered. Cllr Baird commented that there had been no mention of selling this building at the meeting in December. Cllr Baird will advise PKC that the four elected members wish to be notified of any repairs that require attention.

**High School site:** Negotiations are still ongoing.

**Other developments:** Work is underway on the Swansacre building, Kirkgate toilets and the Gateway to Kinross.

### Planning Applications

11/00027/IPL Land to rear of Station Road: Renewal of existing consent (7/02180/OUT): erection of a dwelling house (in principle).

10/02205/FLL, 10/02204/LBC The Stables, Kinross House: Alteration and partial demolition and change of use of stables to form four guest accommodation units.

10/02063/FLL Costcutters, Green Road: Alteration and extension and change of use of shop to form takeaway and four flatted dwelling houses.

11/000333/FLL 14 Sandport: Alteration and extension to dwelling house.

11/00025/FLL 47 Argyll Road: Extension to dwelling house. Salutation Hotel, Display of a sign: Withdrawn.

No comments were raised on the above applications.

### Report from P&K Councillors

Councillor Miller suggested that an article be placed in the Newsletter on a regular basis to remind motorists to be properly equipped for the weather when travelling in wintry conditions. It was added that it would be beneficial to the community if businesses and householders cleared the paths outside their premises.

Local Roads Depot: CCllr Colliar questioned if there was a reduction in the services as there was black ice on the A977 in the middle of the afternoon. Councillor Baird stated that she was not aware of any reduction. Mr Warrington offered to look into the service on the A977.

Drains: CCllr Freeman advised that a drain at the Muirs is in need of attention. Mention was also made as to the drainage/flooding at the Kirklands and the Parish Church.

Agricultural Show: CCllr Davies questioned whether this event would still be held in the grounds of Kinross House following its sale. It was mentioned that it would be up to the organisers to speak to the new owners.

### Correspondence

**Zero Waste:** Officers from the Council's Waste Services are available to undertake presentations to community groups who are interested in finding out more about what is happening with waste and recycling at a local and national level.

**Community RePaint Perth:** Circular received advising that this group accept usable, unwanted paint and pass it on for reuse.

**Town Hall:** The Council advises that as the contract with the prospective purchaser is still being negotiated and is commercially sensitive, they are unable to provide information on its contents. The purchaser must be allowed time to put in place all the planning and other consents which he needs to carry out the work on the Town Hall and he will not take ownership of it until he has these consents. The process can be lengthy but during the time, the Council will retain ownership of the Hall and will remain responsible for its maintenance. The Council does not intend to impose conditions on the purchaser which will oblige him to start or finish development within a set timescale. The Council is confident that the purchaser will want to see an early return on his investment in the Hall and will start work on site as soon as he can in order to achieve this.

**Kinross-shire Musical Festival:** Communication received from KLEO asking if the CC would be interested in being involved in any way with this event, planned for November. The CC would be interested.

**Scheme of Establishment of CCs:** Brenda Lackie and Gillian Taylor of PKC, along with local elected members, consulted with all CCs last year on the adoption of the amended Scheme. A public consultation exercise on the proposed amendments ends on 14 February.

**CC Elections:** One of the proposals under the revised scheme is for CC elections to be administered by PKC on a four-year term, commencing this autumn. CCs due to hold elections this year should, where possible, hold off until the autumn. Should a member stand down before the autumn, and in circumstances where the CC would not be quorate, co-option or a by-election would be the preferred recourse.

**The Convention** is giving consideration to the following amendments to the constitution:

An associate member may stand as an office bearer providing that no other full member is standing for that position and that there is only one associate member standing for any

office; a full member is defined as a nominated member of a fully paid up CC; an associate member is defined as a person having skills/knowledge in a field required by the Convention; and associate members will have no voting rights except as Chairman's deciding vote.

**CC membership:** Mr Richardson advised by email of a link in relation to "Associate Members".

**Wallace Land:** Alex Orr requested a copy of the CC's Main Issues Report and this was forwarded to him. He returned to enquire if the CC will be submitting any further comment to PKC in relation to the Main Issues Report following on this discussion. It was agreed that no further comment would be made.

**Scottish Water:** A representative from Scottish Water has agreed to attend our next meeting.

**Persimmon Homes** request a meeting with the CC in relation to the site at Lathro Farm, Kinross. It was agreed to invite their representative to the next meeting.

### Other Business

**Notice board:** CCllr Scott asked if it would be possible for PKC to erect a display case centrally to hold notices from the Council/CC. Due to budget cuts this would not be feasible, however, Mr Warrington advised that it might be possible for the CC to have access to a display unit at a bus stop. If agreed, the Secretary will control the content.

**CC membership:** There is one vacancy. An advert will be placed in the Newsletter.

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

### Agenda for the March Meeting

1. Apologies for absence
2. Minutes of the February meeting
3. Police report
4. Presentation by Persimmon Homes (site at Lathro farm) – to be confirmed
5. Presentation by Scottish Water
6. Matters arising from the February minutes
7. Future of Kinross buildings
8. Planning matters
9. Reports from P&K Councillors
10. Miscellaneous correspondence
11. Other competent business
12. Date of AGM & next meeting (6 April)

### Vacancy on Kinross CC

There is a vacancy on Kinross Community Council for a co-opted member. If interested, please contact M Scott, Secretary, at mbs21@btinternet.com or Kinross 862945.

It would also be helpful if you could provide brief details about yourself.

Please note, you should reside in the Kinross CC area and your name should appear in the Local Electoral Register.

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

## Milnathort Community Council

### News from the January Meeting

Cllr Hamilton, Chairman, welcomed Cllrs Halford, Milne-Home, Bennet, Smith, Thomson, Giacomazzi and Cottingham to the meeting held on 13 January. Also in attendance were P&K Cllrs Robertson and Baird and Minute Secretary E Rougvie. PC Petrie of Tayside Police joined the meeting later.

The Chairman opened the meeting by laying down ground rules for the running of CC meetings in the light of events in December. In future, members of the public will speak by invitation and must make their contributions through the Chair. The Minute Secretary was commended for producing a concise and accurate record of what had been difficult proceedings in December.

Cllr Baird indicated that she had given her apologies prior to the December meeting but these had not been passed on. That noted, the minutes were proposed by Cllr Smith and seconded by Cllr Thomson.

### Correspondence

Letter from Milnathort in Bloom thanking the CC for their contribution of £200 and outlining their past and future activities. The CC extends its congratulations to Milnathort in Bloom for their efforts and in particular the new Christmas lights.

E-mail from the Convention of Perth & Kinross CCs advising of a change of venue for their meetings. Noted.

E-mail from Tracey Ramsay, senior community capacity worker, with a link that can be used to apply for Lottery funding. Noted.

E-mail from Diane Cassidy of Placecheck thanking the CC for their offer to deliver Placecheck newsletters.

E-mail from Tracey Ramsay giving details of the Kinross Better Place to Live Fair. Noted after brief discussion.

Minutes and agenda from the Community Campus Partnership. Noted.

E-mail from a resident of Burleigh Road strongly objecting to a site in Burleigh Road being earmarked for development in the Main Issues Report of the Local Development Plan. The basis of his objection was that the village would lose its character and wildlife and the environment would be harmed. Noted.

E-mail from the Convention of Perth and Kinross CCs requesting a membership fee of £15. The Secretary will write to advise that MCC does not wish to join.

Letter from PKC seeking comments about the pavement cafés policy review, which applies to the Jolly Beggars as well as several premises in Perth. The Council have two options on which to make a decision: adhere to the present policy of alcohol only being consumed outside if accompanied by a substantial meal, or allow alcohol to be consumed outside between the hours of 11am and 7pm if substantial food is available, but not necessarily ordered. After discussion, it was agreed that the second option was far preferable, and the Secretary will write to PKC accordingly.

**Grit bins:** An e-mail was received from a member of staff at Milnathort Primary School about the lack of grit bins in the playground. Parents were concerned that it was unsafe during the icy weather. Cllr Hamilton advised that the matter had now been resolved as the playground and car park had been cleared. Cllr Thomson was also concerned about an apparent lack of grit in the Ba'hill area. Cllr Robertson said he had been assured that grit bins were available, and it was up to people to make use of them.

**Disposal of lightbulbs:** A letter was received from PKC in response to the CC's concerns about the difficulties involved in disposing of small, low energy light bulbs at the Bridgend recycling centre. The council says that they should be handled in the same way as fluorescent strips, but the CC's view is that the design of the container is not conducive to effective and safe disposal.

**The RSPB** have asked the CC to support their application for Heritage Lottery funding in respect of the sea eagle project. After discussion, it was agreed not to support this.

**Police matters:** PC Petrie reported that it had been a relatively quiet month apart from the theft of items from an insecure vehicle. The public are again reminded to secure their vehicles and put any items of value out of sight.

There had also been a theft of a very large quantity of red diesel – some 3000 litres, which would have required a van or a trailer to transport. The tank concerned had been visible from the road and the property was secluded. The police were trying to reinstate the Farmwatch initiative, but in the meantime farmers are advised to put as many obstacles in the path of would-be thieves as possible. (*See Police Box, p. 18*)

### Planning matters

- Change of house type at no.6, Netherhall Farm. Noted.
- Variation of condition one (from three years to five years) at Hattonburn Farm. Noted after brief discussion.
- Installation of three 11kw wind turbines at Cuthill Towers Farm. Noted after discussion.

**Pavement snow clearing and potholes:** Cllr Bennet questioned why there appeared to be inconsistency in clearing pavements during the winter weather. Cllr Robertson advised that private contractors and local farmers had been employed to clear side roads and pavements at a cost of £30,000 a day, but after 10 days it was not financially possible to continue. He stressed that there is no chance of being sued if someone slips on a stretch of pavement that has been cleared by a private individual and urged businesses and householders in the village to clear the areas outside their premises in future as soon as possible after the first snowfall. During the discussion it was also suggested that a community 'task force' be established and this will be explored, possibly with a view to applying for Lottery funding for the purchase of equipment. Cllr Robertson said that potholes had been patched up and Stirling Road was to be resurfaced in any case. He will find out when this is due to take place. The zebra crossing in New Road is to be refurbished as part of Placecheck.

### FW BEAUTY & SPA THERAPIES

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

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

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



**Location and timing of CC meetings:** There was a discussion about the suitability of various venues in the village for CC meetings. It was agreed that as the school had been paid for until June the meetings will continue there in the interests of continuity. CClr Bennet advised that the CC had not been charged for the evenings when the school had been found to be unavailable.

**Tillywhally Wood:** An e-mail was received from the Countryside Trust advising that the CC had been awarded a grant for making a path through Tillywhally Wood. George Lawrie of TRACKS was thanked for his efforts in this regard. CClr Halford said more work was required before the path could be created but the trees had been cut down and taken away in return for a donation.

**Main Issues Report:** The CC discussed three sites identified for possible future development. See 'Main Issues Report' item in News from the February Meeting, below, for further information.

**Other business:** It was noted that there are no school crossing patrollers in the village at present. Anyone interested in taking up a position should contact PKC.

### News from the February Meeting

CClir Hamilton, Chairman, welcomed CClrs Cottingham, Thomson, Halford, Bennet, Smith and Milne-Home to the meeting held on 10 February. Also in attendance were Minute Secretary E Rougvie, P&K Cllr Robertson and six members of the public. Apologies were received from CClr Giacopazzi and P&K Cllr Baird.

### Correspondence

E-mail update from Diane Cassidy of Placecheck. The zebra crossing and road narrowing measures in South Street will not be carried out during the current re-surfacing work as it would necessitate the closure of the road altogether. The projects will be done separately although a delay is possible because of the severe weather and funding issues.

Notification of a meeting of the T in the Park Local Community Forum on 23 February. This group was established following the weather-related traffic chaos of 2008 to give local CCs and other interested parties the opportunity to air their concerns with organisers, police and PKC. CClr Smith will attend again along with CClr Hamilton if he is available.

There were also three letters of objection to a planning application relating to the site of the former Ochil Hills hospital, which were discussed in relation to planning matters.

### Planning matters

The following applications were considered:

Display sign for Carrs Billington Ltd, Stirling Rd: Noted.

Change of house type at 6 Kellieside Park: Noted.

Erection of 35 houses on the site of the former Ochil Hills Hospital (outline permission already granted) and change of use from agricultural land to recreational parkland at the same site. This is an application of some vintage although permission was originally sought for 25 houses. The CC welcomed the fact that it was at last coming to fruition but had concerns about some elements of the plans and, after lengthy discussion to which members of the public contributed, it was agreed that CClr Cottingham should write to PKC accordingly. The points he will make are:

The CC has grave concerns about the possibility of boreholes being used instead of a mains water supply, as was the original suggestion. This will have a severe impact on farms and households in the area.

The planned core path should be restored to its original position and not relocated as indicated in the plans.

Assurances are required that the proposed woodland area will be accessible to the public.

Measures may be needed to mitigate the effect of the increased volume of traffic in the hamlet of Tillyrie.

It was also noted that overhanging trees and bushes have the effect of narrowing the road at Tillyrie even further. Householders are therefore encouraged to trim them back.

**Placecheck leaflets:** All households in Milnathort have now had Placecheck newsletters delivered, with the exception of those in Viewfar Road and Springbank Lane. CClrs Milne-Home and Thomson will deliver to these areas.

**Waste disposal:** CClr Thomson referred to a new application for a waste disposal plant in Perth, which had attracted a large number of objections. She felt that it was unreasonable to expect waste generated in Perth to be incinerated elsewhere. Her comments were noted.

**Main Issues Report:** CClr Cottingham had drafted a response on behalf of the CC to the Main Issues Report of the Local Development Plan, under which 280 new houses will be built in Kinross and Milnathort between 2014 and 2024.

Comments were invited on three sites that had been identified in Milnathort - sites A and B are both in Old Perth Road and could accommodate 75 and 125 houses respectively, while site C in Burleigh Road was earmarked for 50 houses. The CC had agreed at their January meeting that site B should be used only when site A had been fully utilised but development on site C would compromise its amenity value, given its proximity to Burleigh Castle and to the loch, and would impact on the proposed golf course extension.



#### Adult classes

With Janice

Mon: 10-11am Millbridge Hall, Kinross

Mon: 8-9pm Orwell Church Hall, Milnathort

Tues: 10-11am Milnathort Town Hall

Thurs: 6.30-7.30pm Orwell Church Hall, Milnathort

Thurs: 8-9pm Milnathort Town Hall

Fri: 1-2pm Millbridge Hall, Kinross

Sat: 6.30-7.30 Millbridge Hall, Kinross

Young Adults may attend Saturday class with Parent/Guardian

Young Adult (high school age) starts 5/3/11 Sat 5-6 Millbridge Hall  
more classes coming watch my web site for details



#### 'Ditch the Workout...Join the Party!'

Zumba fitness is a fun dance fitness class, you don't need to be able to dance just follow my lead.

'Exercise in Disguise'



Kids Zumba® dance fitness classes during school Easter Holidays

Parties and classes starting April-age 4 and over see website

Web site: [zumbafitnesswithjanice.co.uk](http://zumbafitnesswithjanice.co.uk)

Email: [zumbawithjanice@aol.com](mailto:zumbawithjanice@aol.com)

Tel/text : 07852985502

Are you looking for a gift? Gift vouchers available see website

On the question of proposed development in the Loch Leven catchment area, it was noted that the policy relating to housing in the countryside was very restrictive and concerns were expressed that this may in some cases prevent the expansion of businesses. However the CC appreciated that it was necessary to tighten up the policy and welcomed the fact that the development plan in general envisaged smaller and more affordable properties. After discussion, it was agreed that CCllr Cottingham will express the reservations raised.

On the question relating to the proposal to identify land at Turfhill and south Kinross for economic purposes, the CC agreed that it was important that land was retained in Milnathort for industrial use and will respond accordingly.

**South Street zebra crossing:** CCllr Hamilton distributed maps showing the location of the new zebra crossing in South Street, which has now been agreed. After extensive discussion, it had been decided that the War Memorial was the best location as this represented the safest route to the school and the park, and would not impact on parking spaces outside local businesses. However two members of the public were in attendance to express their concerns about the safety aspect of this location given the speed of traffic in South Road and problems with visibility created by parked cars. It was felt that the zig-zag markings either side were not long enough. The CC recognised that a pelican crossing would be far preferable but that was too expensive at present. It was to be hoped that once the zebra crossing was in place it could be upgraded in future. After lengthy discussion, it was agreed that CCllr Bennet will write to PKC, copying in Diane Cassidy of Placecheck, to strongly recommend that the zig-zag markings are extended.

**Kinross-shire Music Festival:** A representative from KLEO was in attendance to outline plans for a new festival that has been provisionally arranged for 17-20 November 2011. This will involve live music in a variety of genres, including classical, jazz and folk. Funding has been sourced and it is hoped that local communities will get involved. Cllr Robertson agreed to forward contact details of Milnathort individuals who may be interested and the CC wished the venture well.

**20 mph speed limit:** PKC are planning to impose a 20mph speed limit on key arterial roads in Milnathort. The CC will reiterate the desirability of this.

**Tillywhally Wood:** CCllr Hamilton advised that grant funding had now been received for the creation of a path. This will cover the cost of materials and labour, with all other work being provided free of charge.

**Community orchard:** CCllr Bennet reported on the progress of the community orchard that is being established in South Street by Milnathort in Bloom. Railings were currently being made and the land has been levelled in preparation for the planting of apple trees and a wildflower meadow on 5 March, with which local schoolchildren will be assisting.

**The Next Meeting of Milnathort CC will be held at 7pm on Thursday 10 March in Milnathort Primary School.**

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

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



## A-VISUALS Digital Media Services

### LIFE STORIES

Preserve the story of your life on film for ever



### VIDEO TESTIMONIALS

Capture those special occasions with Family, Friends and Colleagues



### WEB CONTENT

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



### PHOTO ALBUMS

We create personalised and unique albums



### SLIDESHOWS / INTERACTIVE DVD



### PHOTOSCANNING & REPAIR



### VHS/SUPER 8 TRANSFER TO DVD

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

## Portmoak Community Council

### News from the February Meeting

In attendance at the meeting held on 8 February 2011 were: CCllrs M Parkin (Chairman), J Bird, R Williamson, R Cairncross, S Forde, M Wilson, M Strang Steel, P&K Cllrs Robertson, Barnacle and Baird and 15 residents.

Apologies for absence were received from CCllr T Smith and P&K Cllr S Miller.

Louise Gordon, the head teacher of the Primary School, introduced herself to the meeting. The Chairman wished her well in her new role.

Tracey Walker, from the Kinross-shire Community Learning and Development Group gave the meeting information on the Better Place to Live Fair to be held in March.

### Police Report

PC Euan Mitchell informed the meeting that there had only been seven calls made from the Portmoak area to the police in the past month and only one theft reported, which was the batteries from the traffic light system being used opposite Portmoak Hall.

He also explained that the police were trialling social media projects (*see Police Box*). Although it was good to see the police embracing new technology, a resident questioned the time the police spent twittering may be better used on the streets, although it was explained that the twittering took place in office based time. However it was suggested that this availability of time would be considered following the results of the trial in three months' time. The objective of these new ideas was to engage the younger element of society and therefore this means of communication was more appropriate.

**Treasurer's Report:** Very little movement of funds either in or out of the account since last month; £716 in the account.

**Stephen's Field, Kinnesswood:** There has been some progress on this matter. A Landscaping Layout planning application 11/00073/FLL has recently been submitted by A J Stephen detailing changes to the landscape plan. These changes were made following a site visit in August last year with PKC Public Space Management team, the builders and three CCllrs. The CC made two direct requests at the meeting. The first was to retain the pathway adjacent to No 27 Whitecraigs, which is used as an access way onto the field, and the second was to retain the trees alongside the golf course. It had been suggested to remove these trees but that would have removed the protection of walkers from stray golf balls. There were also a number of requests made by PKC regarding tree planting and pathway construction which the CC agreed with. These requests have now been included in this application, so assuming the application takes a normal passage of time through the planning process, it looks as though the field will be handed over to the community in a few months' time.

With regard to the group of residents set up to look at the future of the field, the 'leader' of the group informed the meeting that he would be leaving the area. The Chairman thanked him for his input.

The CC ownership of the field also raised issues about other pieces of community ground scattered around Portmoak and the CC would have to consider the practicalities and responsibilities of ownership of all these pieces of ground.

**Balgedie Toll to Mawcarse Road:** Signing work to be carried out.

**Hedge alongside playing field, Kinnesswood:** The plants are in stock, waiting for suitable ground conditions before

making a start. Assistance with the planting has been agreed with the school council.

**Kinnesswood bus shelter area:** Awaiting decision and procedure on how to proceed.

**Meeting with Gliding Centre:** The Gliding Centre has instituted a procedure for reporting incidents although since the planned meeting had to be cancelled due to the weather the procedure has not been seen by the CC.

**Build Outs:** Latest information from the Roads dept is that the work is planned to start in March and will also include any bollards that need replacing. A CCllr said the condition of the bollard at the North end of Kinnesswood required immediate repair and Cllr Baird agreed to look into it.

**Scotlandwell Wash House:** A CCllr gave an update on what was currently taking place and planned: input into the Newsletter and a leaflet; the next meeting of the group would be in the Spring 2011; the money raised so far was £75000; open days at the wash house were planned and the whole project was expected to be completed by Feb 2012. Signage was being considered locally.

**Snow clearance:** The use of other methods of snow clearance to be considered. Although it was a good suggestion to consider alternative methods of snow clearance, the practicality did not lend itself for further consideration. Item closed.

**More grit bins:** Although it was too late in the season to consider more bins, it was hoped that the CC could discuss with PKC where more bins were needed.

### Sub Committee Reports

**Management group:** The presentation by the CC on the Main Issues Report had been completed, submitted to PKC and it was hoped to have a copy on [www.portmoak.org](http://www.portmoak.org) shortly. The Chairman thanked CCllr Cairncross for the hard work he had put into the report.

A resident explained to the meeting that he had used the MIR reporting system to raise the question of access into Stephen's Field from Bishop Terrace.

**Planning group:** CCllr Cairncross spoke about the numbers of application that had been submitted in 2010 and detailed the numbers as follows:

40 applications: 25 approved, three withdrawn, three refused and nine still pending. There were still six applications pending from 2008/9. Concern was expressed over the number of windfall sites suggested by PKC in the future compared with the number that had been seen in Kinross-shire over the past few years.

There were currently five applications awaiting decision by PKC. No comment would be made by the CC.

The question of planning gain was discussed which had been highlighted by the apparent lack of knowledge of a payment of £400 for trees at the Green in Scotlandwell. The question was asked if this money was in a pot waiting to be spent and whether other money was also available to be spent in the community. Cllr Baird agreed to provide some information for the CC on this matter.

A resident raised a number of issues over the input of information on the PKC website for the application at Kilmagadwood, stating that there had been a number of discrepancies which were not easily accounted for.

Cllr Baird agreed to seek clarification on the points raised.

**Paths group:** The Chairman explained that consideration was being given to putting the original paths group under another heading with wider responsibilities and more information would be available at a later date.

## Reports from P&K Councillors

Cllr Robertson had given his report earlier.

PKC's budget was going to be cut in line with the rest of the country although £7million was going to be carried forward from last year's budget to try and lessen the burden on services for this year. Approximately 300 staff would be lost, mainly through wastage and retirement. By modern standards PKC is quite a slim organisation.

Everyone is able to see the state of the roads throughout the county so it will be difficult to keep up the standards.

Cllr Baird did not raise any new points but would seek answers to a number of points raised during the meeting.

Cllr Barnacle explained the reasoning behind his report on the Main Issues Report which can be seen in full on the PKC website after 11 February.

## Other Business

1. On 16 January 2011 a Kinnesswood resident informed the CC that he was experiencing some flooding to his garden and property. A programme of gorse cutting and burning had taken place on the hill and where some of the gorse had been cut, but not removed or burnt, it was left to lay in the burn and consequently created a dam effect. This dam effect created an overflow of water which ran down the hillside in the area to the south of the water tank in the Sheep Field and ended up flowing continuously for at least 24 hours into the Whitecraigs estate. A temporary repair was carried out the same day which stopped the flooding and the following day a more permanent repair was made by two local residents. This is not the first time that this has happened at this particular spot on the hillside and a resident explained further reasoning why this had occurred in the past. It was agreed that the CC would investigate a permanent solution to the problem.

2. A letter had been given to the Chairman at the meeting, and the Chairman answered the points raised in the letter.

## Communications

The following communications had been received since the January meeting; further details with the secretary.

6.2.11 Minutes of 64th Convention of P&K CCs.

4.2.11 Email from Gliding Centre re incident reporting.

4.2.11 Email from P&K paths group. Answer to an email from a resident.

3.2.11 T in the Park local community forum, 23 February.

1.2.11 PKC weekly list of planning applications.

31.1.11 PKC re planting of hedge in Kinnesswood.

26.1.11 PKC review of CC election process.

24.1.11 PKC offer of a talk on waste and recycling.

21.1.11 PKC e funding news.

19.1.11 PKC Kinross-shire music festival in November.

17.1.11 Letter from resident re burn overflowing.

17.1.11 PKC computing for clubs workshop.

10.1.11 PKC Better Place to Live fair on 5 March.

10.1.11 PKC letter re training for planning in the community.

## The Next Meeting of Portmoak CC will be held on Tuesday 8 March 2011 in the Primary School at 7pm.

(Please note a change to the previously advertised date for the April meeting. It is the 12th, and not the 5th, in Portmoak Hall.)

## Fossoway and District CC

### News from the February Meeting

CCllrs S Morrison, T Wigman-Duffy, S Anderson, M Anness, K Bothwick, A Cheape and R Cooper attended the meeting held on 1 February 2011. Also in attendance were P&K Cllrs W Robertson, M Barnacle and K Baird and 18 members of the public. Apologies for absence were received from CCllr A Lavery.

**Declarations of interest:** S Anderson declared an interest in the Cairnfold House planning application. S Morrison declared an interest in the Muirfield planning application.

**Community Policing:** A few minor thefts were reported, and there were no questions from the floor.

**Minutes of the last meeting:** It was requested that a change be made to the December minutes. The words "mobile abattoir" were to be changed to "a lorry collecting dead animals." The lorry may or may not have contained dead animals. The January minutes were signed off.

**Presentation McCrae and McCrae:** Pictures of the plan for development in Blairingone were distributed. The proposal now contains smaller houses, 2, 3 and 4 bedrooms. The affordable housing has been removed, although shared ownership houses may be considered. Land would be gifted to the village for a community hall and play park area, and the ten-acre wood would become community woodland. There would be no houses near the power line, and access roads would need sorting out. More consultations will follow, and the landowner and the developer may consider going round the villagers to consult them individually on the proposals before the deadline for consultation to PKC on the Main Issues Report. The development fits into Option 1 but may pose a problem if Option 2 is adopted. There was a request for affordable housing rather than social housing to be included.

**Main Issues Report consultation:** The CC has responded and M Barnacle asked for a copy of the submission.

**Blairingone Biomass Plant:** Concerns about the plant expressed in emails had been collated into one anonymous document and presented to the developer. There was a meeting with a sub group and the developer to discuss community funding and how it could operate. A direct grant or annual payments were considered. There was also a drop-in meeting at Moubray Hall on 26 January. S Morrison felt there was a need to engage with the developer at this stage, to ensure the village gets some benefit from the proposed development. There would be a meeting in Blairingone School on 15 February with the developer and all were welcome. Meanwhile the Blairingone Action Group has been re-activated and has organised a meeting on 8 February to discuss the pros and cons of the proposal. The CC urged all members of the community to attend. It was requested that as this was quite a large development, the proposed planning application should be classified major, rather than local. This would allow for a longer consultation period. The councillors present and the CC agreed to contact PKC about this request. A major planning application process would provide more clarity about health fears and information about the plant and its operations.

**War Memorial, Blairingone:** Illness had prevented a meeting going ahead. M Barnacle didn't want to leave the matter with junior officers, so no progress has been made. There is some optimism that there is a way forward.

**Dunning Glen:** No progress has been made. A cleaning-up session by volunteers is not advised owing to health and

### Classified Advertisements

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

Buy or Sell Goods up to the value of £500

Items are advertised free of charge for up to six weeks

safety issues. R Paterson has agreed to do a risk assessment of the site.

**Consultation: The CC Code of Conduct** was discussed. The CC will submit comments.

**Meetings Attended:** K Borthwick attended the CPKCC meeting, which was not well attended, which inevitably meant that its effectiveness was limited. Items discussed were: if conditions put on planning were not met, how they could be enforced, and, if CC's objected to planning matters, how they could be brought before committee. It is feared that as the meetings are so poorly attended, the CPKCC may be forced to close. It is very hard to get CCs to speak with one voice as the communities are so diverse and spread out.

T Duffy-Wigman gave information on a meeting about the quarry to be opened at Glenquey. It will affect the community because of the lorry movements. More consultation is planned.

R Cooper attended a meeting about the Loch Leven Campus and the forthcoming Better Place to Live Fair.

S Morrison had attended a meeting with the developers of the Blairingone Biomass Plant to discuss community funding.

S Morrison, S Anderson and K Bothwick attended workshops concerning the Main Issues Report. The workshops were interesting and feedback will be sent out in due course.

#### **Reports by P&K Councillors**

Cllr Baird said she had been misquoted, and wanted the meeting to know that she did not say that "farmers didn't clear the snow," but that they may not have been paid for their efforts.

Cllr Barnacle wanted everyone to know what a wonderful facility the Loch Leven Campus was, and hopes people will use it. He also expressed his dismay at the loss of the footbridge in Rumbling Bridge after all that had been done to provide walks in the area.

Cllr Robertson regretted that he had to announce that the planned footpath from Crook of Devon to Kinross would not now be completed due to lack of funding. He also announced that the PKC budget set for the coming year was extremely tight, but that council tax had been frozen. Some services would inevitably suffer. Redundancies would be kept to a minimum by not replacing staff when they left.

#### **Planning Applications**

10/02168/FLL, Cairnfold House, Blairingone: Erection of a holiday lodge. Comments by 08/02/11. The CC recommends refusal, on grounds that the proposal is not consistent with Policy 36 i, ii, iii of the Kinross Area Local Plan, covering siting, access and design of chalets and timeshare developments and that the proposed building is very close to existing buildings. FDCC considers that the proposal does not provide an adequate business plan.

10/02172/FLL, The Brae, Rumbling Bridge: Erection of a dwelling house and detached garage. Comments by 03/01/11. No CC comment.

11/00009/FLL, Easter Fossoway, Cambo, KY13 0PA: Erection of a wind turbine. Comments by 03/02/11. No CC comment.

11/00067/FLL, Muirfield, Fossoway: Erection of a dwelling house (plot 1). Comments by 17/02/11. This application is part of the re-development of the Muirfield agricultural buildings site. No CC comment.

11/00068/FLL, Muirfield, Fossoway: Erection of a dwelling house (Plot 2). Comments by 17/02/11. This application is part of the re-development of the Muirfield agricultural buildings site. No CC comment.

11/00089/IPL, Sunnyside, Drum: Erection of a dwelling house (in principle). Comments by 11/02/11. The proposal is for outline permission for a house in the north-east apex of the road junction in Drum, and lies immediately outside the village boundary in the Kinross Area Plan. The site is not identified for development in the Main Issues Report. The CC recommends refusal, as the site is outwith the village boundary in the Kinross Area Plan.

11/00052/FLL, 1 Pitfar Steadings, Powmill: Renewal of existing consent (05/01412/FUL) Erection of a dwelling house. Comments by 16/02/11. The application seeks to renew planning permission granted in 2005, (05/01412/FUL), which is in turn a renewal of a 2000 consent, 00/00806/FUL. No CC comment.

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

#### **Other Business**

J Stewart asked if the CC would contact Scottish Water over the water surge that occurred after the snow melt in the River Devon. It caused a lot of damage and might have been prevented if some water could have been released earlier from the dam.

K Thomson is planning a further consultation event for the Powmill development sometime after the results of the Main Issues Report are published. Thomson Homes were congratulated on the consultation process they had instigated to date.

M Anness asked if a dog-mess bin could be provided on the old road in Blairingone. She also wondered if a copy of the Kinross News could be on sale at the school. Cllr Barnacle will take these requests forward.

Plans for a car park at the Crook of Devon church are still ongoing. It is hoped it will blend in with the rural surroundings. There are still issues of health and safety to overcome.

**The Next Meeting of Fossoway and District CC will take place on Tuesday 1 March 2011 at Blairingone Primary School. All Welcome!**

#### **SAFESTORE, KINROSS**

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

Telephone: 01577 865141/Fax: 01577 865104

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

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

Min rental period one month. Long term available.

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

#### **Images of Kinross-shire**

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

#### **Photo Library**

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

## Cleish & Blairadam CC

### News from the January Meeting

The CC met on Monday 17 January in Cleish Village Hall and was attended by all six CCllrs, P&K Cllr M Barnacle and four members of the public.

The Chairman explained that the previous meeting, arranged for 6 December, had been cancelled because of weather.

#### Crime Prevention

There were no representatives from Perth and Kinross Police present due to pressure of work. However it is perhaps timely to remind everyone of the “rogue” workmen who make it their business to target householders with offers of work to houses or driveways and then try to charge an exorbitant amount for work they have not carried out, or carried out inadequately. This can be very intimidating and even unpleasant. The Police should be contacted immediately, and car numbers noted. In one particular instance the Police came as soon as they were called and were around in the district for almost two days, which no doubt was a salutary warning to the men involved who have not returned. However with all the recent months of snow and frost there is the likelihood they, or others like them will be back, looking for offers of work to repair damage caused by snow and frost or flooding. **DO NOT LET THEM INTO YOUR HOUSE AND DO NOT PART WITH ANY MONEY.**

To all the Police concerned and especially PC Nicky Ward, a warm thank you for all your kind attention.

#### Main Issues Report

The Chairman said there had been an extension granted to the date for submission of the CC's comments due to the weather. However she and all the CCllrs had worked extremely hard and the following is a summary of their submission:

**Housing in Perth and Kinross:** It was proposed that 10% be reallocated to Perth from Kinross.

**Affordable Housing:** 25% to be contributed to affordable housing, but there was no clarification as to where this should be.

**Housing in the Countryside Policy:** The 2009 Report should have credence in the Main Issues Report.

**Settlement boundaries** need to be defined which is very important around Conservation Areas such as Cleish. The lack of a settlement boundary at the Greenacres site has resulted in unacceptable and uncontrolled expansion of the said site. There is a proposal for a large development at Blairforge. Cllr Barnacle said that if the Council does not agree with any of the sites, even if they are not in the Main Issues Report, they should express their disagreement.

**Tourism:** Any policy on tourist destination resorts should have clear infrastructure criteria in place, such as routes of public transport, access to retail outlets. We should be aware of tourism by stealth, i.e. building of holiday chalets.

**Rural businesses:** Support is given to the encouragement of rural businesses. But there should be definition, particularly with regard to the redundant farm buildings, as there is a need for farm buildings where land is under new ownership and continues to be farmed.

**Landscape:** The proposal to change AGLVs to local landscape areas is not a good idea even although it is now national policy.

**Biodiversity:** Green corridors should be identified. Protection and enhancement of biodiversity throughout the Area Plan is sought.

**Climate Change:** The Main Issues Report failed to address the policy on renewable energy. The accumulative effect of small scale projects has not been addressed in the policy.

**Funding Infrastructure:** Support is given to the requirement for developers to contribute to the infrastructure; emphasis should be given to the contribution being directed to the locality of that development ensuring local communities benefit. Flooding should be a consideration.

**Kinross Area:** Support is given to the proposal to allocate 75% of development to Kinross and Milnathort and 25% to the landward area outwith the Loch Leven catchment area but clarification is sought on phosphate mitigation.

**Preferred options for development:** Cleish and Blairadam have their preferred sites but Cllr Barnacle proposed there should be liaison with the other CCs on their favoured options.

**Brownfield Sites:** Clarification should be sought as development of such sites is allowed in the 2009 Policy.

The CC will meet once more and then send in their final report. This has been a mammoth task and the Council are to be congratulated on their achievement.

#### Planning – New Applications

**Bungalow at Blairadam/Kinnaird:** no comment.

**Eight Dwelling Houses at Sunnyside Farm:** oppose on grounds of scale and inappropriateness.

**Cleish Church – alterations and extension:** The details of the application were not discussed at the meeting as the plans had only been made available that day and the CCllrs had not had the opportunity of reviewing them. The CC will however make their response on the basis of the community's opinion and comments either in favour or opposition will be gratefully received by the chairperson. The revised plans are available on the website and also available for inspection at the County Buildings in Kinross. The Ref. is 11/00042/FL

#### Roads

What a mess – snow, frost and now potholes. There is general dissatisfaction at the lack of gritting in Cleish despite the fact that there are four school buses each way every day.

A huge thank you is due to so many people who enabled us to get out and about. To John Buchanan who swept and cleared the road to Cleish on more than one occasion and enabled people to come to church in comfort and safety. To those who swept and cleared the church steps every week. To John Colliar who cleared the road at Keltlybridge. To the villagers who dug and made use of the grit bins. (Where is the Cleish Grit Bin?) To everyone who dug and drove and cleared and helped the neighbours in very many ways. The Community spirit really came to the fore.

The CC is to query the proposal that the Kinross Depot is to be closed.

#### Christmas Lights

The Cleish Village Hall Committee erected a tree and Christmas lights in the Church Garden and opened the proceedings with hot punch and mince pies. What cheer this brought to us all. Again, thank you.

The meeting ended with thanks to the Chairman and to the Councillors.

**Dates of future meetings:** 14 March Tabernacle Hall – includes AGM; 16 May Cleish; 20 June Tabernacle Hall; 22 August Cleish; 24 October Tabernacle Hall; 5 December Cleish.

# *Down Memory Lane*



The platform at Kinross Junction, c. 1910.



The stationmaster and staff of Milnathort Station, c.1895-1900. Milnathort station was opened by the Fife and Kinross Railway in 1858 and taken over by the North British Railway four years later in 1862.

*Photographs courtesy of the Kinross-shire Historical Society*





# Club & Community Group News

## Kinross-shire Volunteer Group Burns Supper



For several years the Kinross-shire Volunteers have organised a Burns Supper, and this year it was held on Monday 17 January – very traditional it was too. Some might claim that “men only” is the real tradition, but mixed company is nowadays much more prevalent and more in keeping with the spirit of Burns who wrote:

*“The sweetest hours that e’re I spent,  
Are spent among the lasses, O.”*

It started off in the traditional manner with the piping in of the haggis, followed by the time-honoured words of “To a Haggis” spoken by Ruary Macleod with real feeling. Then the Selkirk grace was given by Margaret Michie, before the company sat down to the traditional meal, which in this instance was very traditional – soup followed by haggis, neeps and tatties.



*l to r. Rev. Bill McGregor (Toast to The Lasses), Margaret Michie (Willie's wife), Rev. Alan Reid (Immortal Memory) and Rev. Duncan Stenhouse (Chairman)*

The speeches were splendid. Again, just the three traditional speeches. Rev Alan Reid gave the Immortal Memory, exploring Burns's inner feelings on life, politics and religion. Rev Bill McGregor gave the toast “To the Lasses” – very humorous it was too. Bill got a few digs in about the fair sex. The reply was given by his wife, Alison McGregor, and she gave as good as she got. The ladies came out on top. The two recitations were brilliant. Jim Paterson gave a wonderful rendition of “Holy Willie's Prayer”. One could just see Holy Willie at his evening devotions, while David Reid recited “A Man's a Man for a' That”. The singing was excellent, both by the quartet of voices (bass, tenor, alto and soprano) and by the whole company.

Kelvin Rae gave the vote of thanks. Over £900 was raised by the event for the Volunteer funds.

## Portmoak Hall 100 Club

### January Draw

|     |        |                                |
|-----|--------|--------------------------------|
| 1st | No. 5  | Norah Austin, Kinnesswood      |
| 2nd | No. 20 | James Gardner, Scotlandwell    |
| 3rd | No.113 | Sandy Lindsay, Easter Balgedie |

## Milnathort in Bloom

This last year has certainly been one filled with ups and downs for Milnathort in Bloom. The mainly dry autumn weather enabled us to complete the new Heather Garden at the bottom of Old Perth Road. It was looking really good with its stonework features and bark paths and the plants were settling in nicely. Unfortunately, it was covered in snow and ice for over six weeks after the road was cleared by the snow ploughs, but hopefully heathers are hardy plants!

The poly tunnel roof collapsed again under the heavy snow; it was repaired last winter but has been badly damaged again and we may have to find an alternative home. Hopefully our lovely begonia corms will survive the harsh winter weather we are experiencing this year. Our hanging baskets were highly complimented last year and the whole display was probably our best yet! For this year we are planning the same stunning displays and we have a few new planting ideas to try out.

We held a successful AGM at the Scout and Guide Hall, Church Street, on 11 October, during which our new Chairman and Secretary were elected and after that we celebrated Jessie Porter's 80th birthday!

Last year we raised funding for new Christmas lights, which looked spectacular against the heavy snow and really brightened up the centre of the village, giving a warm welcome to travellers!

MiB have successfully acquired funding for the proposed community orchard in South Street and the site has now been cleared, with a fence replacing the wall and an access ramp formed. We also plan to have railings, a gate and notice board. It's now ready for planting Scottish apple trees, with wild flowers beneath and this will be carried out in the spring, with the help of the Primary school children.

At the War Memorial we have planted heathers in one of the beds we are responsible for, with the other one to be completed this year. The plants we use will co-ordinate with the Council's colour scheme.

If you would like to help MiB with any of these then please get in contact with Graeme Stewart, 864357 for details. All are welcome.

We would like to take this opportunity to thank all the companies and organisations who very kindly supported us this year. These include: Kinross Newsletter, Milnathort CC, Kinross-shire Round Table, Rotary Club of Kinross and District, T & G Giacomazzi, Alexander Harley Seeds, Cameron & Greig, D M Sheet Metal, Milnathort Golf Club, Henderson Chartered Surveyors, St Serf Plumbing & Heating Engineers and The Zen Zone. We really appreciate your generosity to make all our projects possible.

Best wishes for 2011 to all readers from Milnathort in Bloom; you can contact us at [graemehs@yahoo.com](mailto:graemehs@yahoo.com) or 01577 864357, also [lizcormack@mypostoffice.co.uk](mailto:lizcormack@mypostoffice.co.uk) or 01577 861820.

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

## Probus Club

The speaker for the meeting on 19 January was Jennifer Agnew. She had been working for Scottish Environment Protection Agency for just over a year and SEPA was the subject of her talk.



**What does SEPA do?** Its main aim is to protect and improve the environment and see that European and domestic legislation about the environment are enforced. They advise government agencies and local planning boards. They have 22 offices grouped in three divisions.

**Air.** SEPA works to improve the quality of air. Crematoriums cause a lot of pollution, so also do sawmills, cement factories and industry generally. SEPA takes samples of air and analyzes them. They have many complaints from the neighbours of the Grangemouth petrol refinery about pollution

**Climate Change.** Climate change is caused by pollution.

**Flooding.** Government has made SEPA responsible for issuing the Flood Warnings. They have the hydrologists and the necessary equipment to do so.

**Land.** Land can be contaminated in all sorts of way – car batteries, heavy industry. Sewage is a problem. Many septic tanks are about 100 years old and need attention.

**Planning.** Planning applications are issued by local government. They have done this for generations, but they will ask for SEPA's advice on all issues involving the environment.

**Radioactive Materials.** This is a specialist field and SEPA liaise with atomic power stations for monitoring purposes etc.

**Waste.** A great deal of waste still ends up in landfill. We should have the minimum going to landfill sites, which are a source of vermin and odours. They are even a fire hazard. Unfortunately fly tipping is still very prevalent in this country. Jennifer showed pictures of very unsightly piles of rubbish.

**Water.** Pollution is easily visible in sewage works, and has to be dealt with.

**Science and Research.** As SEPA advises many people it has to keep up with the science involved.

Roger Bromley gave the vote of thanks for a very informative afternoon.

The speaker for the Probus meeting on 2 February was Stuart Skinner, well known in the town as the owner of John & JH Sands, Ironmonger, and his subject "T in the Park."

The story starts 16 years ago when a stranger walked into Stuart's shop and asked him, "Do you have any string?"

"Yes," was the reply. Whereupon the stranger ordered seven miles of pink string! Despite the size of the order, Stuart supplied it. This started a relationship between Stuart and the organisers of T in the Park. Stuart was asked to supply all sorts of strange items, often at very short notice.

T in the Park grew from an event catering for 10,000 people to a music festival of 85,000 entertained by over 250 musical acts. Remember, each T in the Park has been a sell out event. In fact, this weekend in July Kinross becomes the fifth biggest city in Scotland. In August each year the planning starts for next year's event, first looking at the difficulties of the past year's festival and then where improvements can be made.

Stuart told us many amusing stories of episodes from past festivals, such as when he was asked to supply a large carpet for a stage late on Saturday night. When asked when it was needed, he was told early Sunday morning! Stuart supplied the carpet. Or the time when two intruders dug a tunnel underneath the perimeter fence. Little did they know that every move had been watched by security through a telescope housed on the barrage balloon which floats over the park.

It is now extremely well organised and much enjoyed by the people who come. Kelvin Reay gave the vote of thanks for a most informative talk.

## Duncrervie Log Cabins

Kinross, Duncrervie Glenfarg PH2 9PD 4\* & 5\* Log Cabins



- ★ Romantic Settings
- ★ KS Four Poster Beds
- ★ Central Scotland
- ★ Eco-friendly environment
- ★ Wonderful Memories
- ★ Relaxing Surroundings
- ★ Outstanding Luxury
- ★ Idyllic Views
- ★ Large Private Hot Tubs
- ★ Spa Baths & Saunas



for more information visit [www.duncrervielogcabins.co.uk](http://www.duncrervielogcabins.co.uk)  
or phone: 08705 342 342 email: [mail@hoseasons.co.uk](mailto:mail@hoseasons.co.uk)  
[www.hoseasons.co.uk/cottages](http://www.hoseasons.co.uk/cottages) ASHKNOWE CODE S4590

### ADVANCED DENTURE

#### COMPANY Ltd.

#### For DENTURES & DENTURE REPAIRS

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

All produced in close consultation with the skilled technical craftsman.

NO REGISTRATION  
NO LONG WAITING LISTS

#### A.D.C. MOUTHGUARDS

##### Sports mouth guards

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

**Ian Mackay 01577 864751**

## Common Grounds



Just as we think that winter is over and the snowdrops are appearing, the snow and cold return. Fortunately, now the days are growing longer, it more than anything else shows us spring is heralded. At Common Grounds we are now on a more even keel and events will begin to happen as we progress towards Easter. An evening of **live music** will take place on **Saturday 12 March**; all are welcome. Bring your own bottle, coffee and tea will also be available.

**Project Lunch:** Our next Project Lunch will take place in May, more about that next month.

**The Christmas raffle** was drawn at the end of January and raised over a hundred pounds. The winners were: 1st prize, a Fairtrade hamper, to Joyce Parry; 2nd prize, a bag of groceries, to Ruth Ritchie; 3rd prize, a bottle of whisky, to Frances Miller. In addition to this, eleven more lucky winners won various splendid prizes. Thank you to all who purchased tickets and to those who donated the prizes.

**Project:** Our current project is ACET (African Children's Educational Trust), which provides educational support for vulnerable African children, mainly in Ethiopia. Its founder, David Stables, was so horrified by the misery he saw in Africa as a military engineer and then as a Red Cross worker that he set up this charity, which he runs from a small flat in Leicester. Full-time education and training are provided for land-mine victims, AIDS orphans and street children. ACET is run in partnership with an Ethiopian Non-Governmental Organisation. Its motto: "Ethiopians are the best people to sort Ethiopia out. Our job is to work with their ways of working".

**The Book Club** now meets in Milnathort Town Hall on the evening of the first Tuesday of the month. Please contact Chris Scholes on 01577 864053.

**Website:** We are very grateful to Chris Parry who will have a new website up and running for us just after Easter. We thank him for giving up some of his University Easter break to do this for us.

We still have a "Wish List." Would you be interested in being our Treasurer or being a Volunteer in our coffee shop? Even if you can only spare an hour, please think about it. It could be back or front of house or both. We are always pleased to see new customers and you will be made very welcome, so feel free to drop in and give us a try.

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 on 01577 865045.

## Kinross Garden Group



The speaker at our February meeting was John Dewar of Cupar who gave us a very interesting talk and slide show on Shrub and Herbaceous Borders. He gave advice on soil preparation, planning and staking of herbaceous plants and shrub pruning. The outings information for the summer was distributed to members. John Porter, Chairman gave the vote of thanks to Mr Dewar and thanked everyone for attending.

Our next meeting is on **Thursday 10 March** in the Millbridge Hall, Kinross at 2pm. Susan Band of Pitcairn Alpines will give us a talk on "Spring Bulbs".

## Seamab School

This is a quiet time of the year for us.

At the beginning of January we had our Investors in People assessment. We have held the IIP Award since 1997 and this year we achieved the Gold certificate. We are delighted with this achievement, as it confirms our commitment to continuous improvement.

As part of our efforts to achieve the Green award for being an eco school, two of our children are giving a presentation about their exploits as Eco Warriors to the Board of Governors at the end of the month. The boys thought that "it would be good for the environment to have some composting worms". They were bought on the internet and a wormery was set up. We await the results.

Still on our eco theme, one class wanted to find out where milk came from. They visited Drumdreel Farm, Strathmiglo, where they were thrilled to meet a newborn calf and were able to feed other calves. The Eco Committee are now looking at how to recycle clothes and shoes.

After a lot of thought I bit the bullet and have taken the decision to retire at the end of this session; gaining the Gold award is an excellent end to my career at Seamab. I have worked at Seamab since 1989: firstly as a teacher and then, since 1995, as Principal. As most of the local community are aware, there have been lots of changes at Seamab, not least being the moves to the bungalows at Lendrick Muir (where the children and I live) and the school's move to the Hollies. I have thoroughly enjoyed my time at Seamab and have been able to make a difference to the childhood of some of the most vulnerable children in Scotland.

## baby massage and you



Learn baby massage techniques along to well known nursery rhymes in a relaxed fun environment.  
An opportunity to meet other parents and share experiences.

Baby massage, carried out on a regular basis, can aid with digestion, relieve colic and ease tension.  
It is also an excellent way of introducing positive touch and early play.

**Reserve your place now**

Please visit [www.babymassageandyou.co.uk](http://www.babymassageandyou.co.uk)  
for more information or contact  
Lisa Spalding on **01577 864428 / 07825648221**



Fully qualified baby massage  
instructor/Member of the  
Guild of Infant and Child Massage

## Kinross Primary School pupil reports



### Nursery

With the nursery having a new topic and also getting Rhyme Time, we could not help but to go along and find out more. First we will explain rhyme time and then give you an insight into the topic.

Whenever possible, Mrs. Mailer (parent and service coordinator) comes into the nursery and reads stories, poems and rhymes. She also brings in puppets, games and other play things. Sometimes the parents of the children come in instead of Mrs. Mailer and tell stories to the children.

As well as having Rhyme Time the nursery children also have a new topic where they are researching the Fire Brigade. The children have been looking at how the Fire Brigade helps us and what we should do in the event of a fire. "Our original topic was materials, and we were looking at fire materials, we just adapted from there," said Mrs. Dickie. We also asked her if the children know the dangers of fire and she told us that she certainly hoped so as they have been learning lots about it. As well as interviewing Mrs. Dickie we interviewed the children.

We picked out a few children nearby that wanted to be interviewed by the reporters. Maisie said that she likes her topic and likes to draw pictures of fire engines, and in the event of a fire she would run away. Another child we interviewed, a girl called Anna, said that she also liked her topic and if a fire broke out she would dial 999.

*by Finlay Nesbitt & Callum Sorbie*

### Sports

Kinross primary have also had success in recent sporting events.

At the cross country held at the High School, Euan Boyle and Niamh Mullen came first and Iona Crawford came second for the girls.



*l to r: Iona Crawford, Niamh Mullen and Euan Boyle with their cross-country medals*

The Kinross relay team got third at the Scottish Schools Swimming Championships. The boys (Euan Boyle, Robbie Deas, Finlay Nesbitt and Connor McCormack) are very pleased with their medals.

*by Finlay Nesbitt & Callum Sorbie*

### Wildlife Crime Diary

Iona Crawford came second after entering the Wildlife Crime competition. Having had two weeks to create a nature diary she sent it off to the Wildlife Crime Protection, along with about 1500 pupils from 33 schools in Tayside. She had to watch nature, both from her garden and from wherever she was. She had to take notes on what she saw in order to turn it into her diary, the diaries were then sent off to be judged. When we caught up with Iona she said, "I enjoyed watching nature because I have never done it before and I would like to do it again". Iona will attend an awards ceremony in May.

*by Bethan Thomson and Erin Morton*

### Primary 2/3 Touch and Feel Book

Just before the Christmas holidays primary 2/3 decided to write a touch and feel book for family, friends, infants and even the nursery! They are doing their touch and feel book as a part of their topic where they are learning about materials, where they come from and what they're used for. They have also been learning about adjectives while making their book. When we went to speak to Mrs Thomson she said that "the children have shown a huge amount of creativity and have transferred their knowledge of materials and texture into the book making process, I can't wait to read them!" Primary 2/3 are having fun making their books and can't wait for them to be finished!

*by Georgia Chick and Derek Sneddon*

### Eco Action Day

Eco-Operations are go! On 15 February the whole school was involved in doing "something eco". From newspaper bags to CD case collages, each class was doing at least one activity. However it's not just the classes that were doing the work as we accepted some parental help too.

The main events all happened in the school grounds, although some children went out onto the streets to do a litter pick. The school is progressing well with the Green Flag and the assessor is coming to the school on 23 March.

At the latest eco-meeting among the things being discussed was the failing litter policy. Last year they decided to introduce a litter policy that involved putting your litter in the bin to get points for your house. Sadly this did not go well and it has been scrapped because no one was putting their litter in the bin. New plans are to start having litter monitors out in the playground and if you are seen dropping litter your name will be taken. Repeat offenders might even have to pick up the litter lying around as a punishment. Also a new bin is being ordered for the school and some more litter signs will be put up.

Following the Eco-Action Day there is going to be new jobs for the committee members including chairperson and secretary, Mrs. Rogers will pick them in due course. Another problem is children printing too many copies of documents. There has been a case where somebody has repeatedly pressed print in the ITC suite and they all came out of the printer in the library this is also a reminder to people at home in case you make the same mistake. We would appreciate your help to make sure that everything is tip-top and we can be on our way to achieve the Green Flag.

*by Struan Smith and Samantha Keiro*

## Kinross & Ochil Walking Group

Signs of spring at last – time to get out and about again! 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 – new members are made very welcome. Walks are led by volunteer leaders from our group. This month we have two contrasting walks to offer:

**Saturday 12 March: Water of Leith (Balerno to Roseburn):** 7½ miles. Pleasant walk alongside the water, through Colinton and Craiglockart Dells to visitor centre at Slateford, finishing at Roseburn. (Public transport between Kinross and Edinburgh.)

**Sunday 27 March: Andrew Gannell Hill, Ben Cleugh and Ben Ever :** 7½ miles. Picturesque walk in the Ochils, taking in three peaks. Along Gannell Burn to summit of Andrew Gannell Hill. Return to Mill Glen by way of Ben Cleugh and Ben Ever.

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

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

## Kinross Ladies Circle

Kinross Ladies Circle is a fantastic club for women aged 18 to 45 who want to make new friends, have lots of fun and do some fund raising along the way! We get involved in all manner of social and fundraising activities. Each year we nominate a local charity to benefit from our fundraising efforts and this year we have chosen to support PLUS, Perth. PLUS is a mental health charity and a champion of the See Me campaign working to lessen stigma towards mental illness and to promote recovery.

Upcoming Ladies Circle diary dates:

|          |                               |
|----------|-------------------------------|
| 26 March | Masquerade Ball, Cumbernauld  |
| 2 April  | North West & Ireland Luncheon |
| 4 June   | JSA Lunch, Edinburgh Zoo      |
| 25 June  | Lepra bike ride food stop     |

For further details about us or to join, please go to our website [www.kinrossladiescircle.co.uk](http://www.kinrossladiescircle.co.uk)



## Kinross Museum



February saw the arrival of new plan chests to hold the Museum's unique collection of estate plans and maps which have now been catalogued by volunteers. The exhibition *This Happens in War* continues to attract a good deal of attention with some new additions to the display including a 12cm diameter bronze gunmetal medallion commemorating Private Murray Todd of the 8th Battalion the Black Watch who was killed on 25 September 1915 during an attack on the Hohenzollern Redoubt. Often referred to as the 'Dead Man's Penny', this medallion was designed by E Carter Preston of Liverpool in 1916, one of 800 submissions to a competition organised by the government which offered a prize of £250 for the winning design. World War II is the subject of a project linking Kinross Museum with Cleish Primary School, the pupils visiting the exhibition on 28 February.



*The 'Dead Man's Penny'*

At 7.30 on **29 March** Kinross Museum, in collaboration with the Loch Leven Community Library, will be hosting an illustrated talk by the explorer John Hare who will take us *Across the Sahara – Travels on a camel from Lake Chad to Tripoli*. This is the story of a remarkable 1,500-mile journey made by one of this country's greatest living explorers, who is about to set off on his next adventure in search of the wild camels of the Taklamakan Desert in China. Tickets at £5 can be obtained from the Library which can be contacted on 01577 867205.

Looking ahead, the Museum plans to develop a new set of exhibitions in the springtime including displays of geology, quarrying and coal mining in Kinross-shire. If anyone has any items they would like to loan or donate on these themes, please either drop by on Thursdays or Saturdays when the Museum is manned by volunteers, or contact the Museum on 01577 840236, e-mail: [kinrossmuseum@live.co.uk](mailto:kinrossmuseum@live.co.uk).

### AUSTIN HEATING & ELECTRICAL

SERVICE, REPAIR & INSTALLATION OF:

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

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

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

### HORSE MANURE

Free to uplift

Large quantity available

**01577 864512  
07900 403708**

Specialising in UPVC  
Roughcasting  
Flat Roof Felting  
Dry Verge

Pointing & Paintwork  
Roof Cleaning  
& Coating

**G. H. FLANNIGAN**  
**PROPERTY MAINTENANCE**  
Tel: 01577 862548  
M: 07880 952733  
Friendly Service

## Kinross and District Art Club



KADAC is back in full swing after our winter break. At our first session of the new season in January, we watched an excellent DVD on Painting a Snow Scene in Watercolour. Topical and timely, it gave us ideas on how to capture the colours of winter with which we have become all too familiar of late!

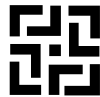
Our first Group Activity of the year "Watercolour with a Difference" was led by David Cochrane, who demonstrated the range of effects that can be achieved by random application of colour, superimposed by pen and ink sketching. There were some very pleasant surprises at the outcomes.

Attendance at the weekly sessions remains high and there is a real buzz to the sessions as people work away at their own paintings and also take time to discuss them with fellow club members. Our newer members are settling in well and will benefit this month from a session specially tailored to beginners in the use of Acrylics. Tom Sutton-Smith, the club's Professional Adviser, will hold a tuition session on sourcing ideas for, and structuring, a landscape.

There has been some turnover in membership since our last newsletter insert and there is now a vacancy for membership, so if anyone is interested in joining us, please contact Sybil on 01577 830347.

For up to date information on our programme of events and for general information about the club, check out our web site at: [www.kadac.co.uk](http://www.kadac.co.uk)

## Potager Garden



At the Potager garden, we are already making plans for the spring, and early summer:

Our young shrubs and herbaceous plants have stayed cosy in the cold frames over the winter, so do contact us if you are looking to replace any plants which have suffered from the cold, at very reasonable prices.

We will have a stand at the **Better Place to Live Fair** on **Saturday 5 March**, with a selection of plants for sale, and information about the garden, and volunteering opportunities.

On **Saturday 26 March**, we will hold our usual **Daffodil Tea for Marie Curie Cancer Care**, from 10.30am to 12 noon at the garden, with also a stand selling toys and books by Kinross Guides.

A course run by Perth College on "**Gardening for Pleasure**" is planned for six Thursday evenings, starting on **21 April** from 6.30pm to 8.30pm, cost £30. For further information please contact Amanda James on 840809, and to register for the course, contact Maureen Ross at the Learning Centre in Swansacre, telephone 863863.

I will soon be talking to the **Primary School** again, to plan this summer's visits by one of the P5 classes, for them to learn about gardening and the environment, and to grow their own veg, this being one of our most important roles at the garden. We are very grateful to **Kinross Ladies Circle** for a generous donation of £100 towards our work with the children.

For information on our activities, contact Amanda James, tel 840809, or [amanda@tyafon.plus.com](mailto:amanda@tyafon.plus.com)

## Kinross Boys' Brigade



The chess team suffered a narrow defeat at the hands of the 1st Hags Company in the third round of the national competition. The Battalion chess trophy also eluded the Kinross Company but they fared better in the Battalion Mini-Volleyball Competition held at Bell's Sports Centre in mid February with Mark Cathro, Mitchell Brown and Adam Sweeney retaining the Battalion silver cup. The Battalion drill competition will take place in March with the company planning to enter two squads.



*Mark Cathro, Mitchell Brown and Adam Sweeney retained the Battalion silver cup in the mini-volleyball competition*

Senior members of the company will be attending local and national training courses over the coming months, with two members attending the Queen's Badge completion course at Carronvale over the first weekend of April.

The company enjoyed an informal visit from Community Police Officer Stuart Johnstone in early February who spoke with members of the Junior and Company Sections.

Marquee bookings for the summer ahead are already being received. Anyone wishing to hire the 40' by 20' white marquee tents should contact Company Captain David Munro (tel 01577 862126).

The Company will be hosting a stand at the Better Place to Live Fair, so come along to pay us a visit.

### BLAIRHILL DARTMOORS STUD and UNIQUE CHILDRENS RIDING CLUB

Excellent tuition and ponies that cater for all abilities.  
Fully licensed by Clackmannanshire Council.

We have spaces for children 5 years old and up, from  
beginners to experienced riders.

Please telephone Sara Lean on 01259 781430

**BLAIRHILL  
RUMBLING BRIDGE  
KINROSS KY13 OPU**



## Kinross & District Pipe Band

### Prize winning youngsters

Congratulations to all our young competitors for excellent performances at the recent winter junior competitions, including the RSPBA Branch solos in Kinross in November, the Craigmount solos in Edinburgh (postponed to January because of the snow in December) and the Vale of Atholl solos in Pitlochry, also in January.

Prize-winners included:

Branch Solos: Douglas Mair (11) 5th place, Novice Piping; Douglas Weir (16) 1st place, Under 18 Intermediate Piping; Lewis Cox (11) 2nd place, Drumming on Pad; Alexander Cox (13) 1st place, 14 years & Under Drumming; Alissa Reilly (13) 1st place, Novice Tenor Drumming.

Craigmount Solos: Alexander Cox, Best Marching and Discipline.



*Douglas Weir (l) and Lewis Cox (r), both winners at the Vale of Atholl solos in Pitlochry*

Vale of Atholl Solos: Lewis Cox, 1st place, Drumming on Pad and also 2nd place, Novice Drumming; Douglas Mair, 1st place, 12 and Under Novice Piping; Alexander Cox, 4th place, 18 and Under Drumming - March, Strathspey & Reel. Otherwise, the band is starting to work on the competition sets for this coming season, and it's therefore an excellent time for any pipers and drummers out there who would like to boost band numbers to come along and join our Thursday night practices at the Masonic Hall!

As usual, for any queries, please visit the website at [www.kinross-pipe-band.co.uk](http://www.kinross-pipe-band.co.uk) or contact Nigel Kellett on 07801 182283.

## Milnathort Primary School Parent Council

For the most up to date minutes and other information, please look at our website [www.milnathortprimary.org.uk](http://www.milnathortprimary.org.uk) or contact the Clerk, Lesley McCormick on 862060 or email [lesley.mccormick@milnathortprimary.org.uk](mailto:lesley.mccormick@milnathortprimary.org.uk)

## Perth and Kinross Dyslexia Drop-in

The Dyslexia Drop-in continues to meet in the Loch Leven Community Campus Library on the last Tuesday of each month from 6.30pm to 7.30pm. If you have any interest in dyslexia and would like to meet others with an interest or find out how you could learn more, you are very welcome to join us at any meeting. Dates of the next meetings are: 29 March, 26 April and 31 May.

## Kinnesswood in Bloom



**Thank you!** We would like to thank Keith Duncan and Western Toyota for their very kind and generous donation. It is very much appreciated and will ensure that our tubs and planters look their best during 2011.

### Up and Coming Events

**Saturday 5 March**, 10am-3pm, Loch Leven Community Campus: Visit us at the **Better Place to Live Fair**.

**Wednesday 9 March**, 8pm, Lomond Country Inn: Join us at for a **Quiz Night** with quizmaster Raymond Sutherland. Enter our raffle for the chance to win one of our legendary hampers.

**Saturday 19 March**, Portmoak Village Hall: Joint fundraiser with Scotlandwell in Bloom (**Ceilidh Band and hot buffet**). The last joint event was a sell out and a huge success, so make sure you get your tickets early from the Village Shop or an "in Bloom" member.

**Friday 1 April**, 6pm, Lomond Country Inn: We're taking part in "**Give it Some Welly**" and raising funds for the Woodland Trust. Join us for a "Welly Conga" to the Well Country Inn and back. All ages welcome and ..... there's a prize for the most outrageous wellies! Check the notice board for information on other "Welly Events" to be held during the month of April.

**Weekend work parties** have resumed. If anyone would like to join us or help in any way, please get in touch with any KiB member or check the notice board or website for the latest information.

## Kinross & District Town Twinning Association



Although the Association has no official exchanges with our twin town of Gacé during 2011 except for the school exchange programme, a programme of social and fundraising events are planned over the session with the resumption of the successful "50 Club" due to resume in May. The fundraising is in preparation for the visit to Kinross from Gacé in 2013.

Plans for visiting Gacé in the summer of 2012 are currently being progressed, with the first hurdle being an agreement of dates. Once the travel dates have been confirmed, a programme of social and cultural visits will be finalised.

Any new members interested in our twinning link should contact chairperson Jeannie Paterson (telephone 862159). Come along and meet us at the Better Place to Live Fair and try your luck at our own version of "Roll-a-Penny!"



## Kinross High School Parent Council



Chair: Brad Wood 01577 850767  
Email: brad@madandbrandy.co.uk

Vice Chair: Andy Williams 01577 861682  
Email: a.b.williams@btopenworld.com

Treasurer: Denis Sweeney 01577 861651  
Email: sweeney5@tiscali.co.uk

Uniform: Dora Smith 01577 863565  
Email: dorajsmith@btinternet.com

Clerk: Sheila Herron 01577 864015  
Email: Sheila\_herron@tiscali.co.uk

A full copy of minutes of any KHSPC meeting can be requested from the Clerk. Some of the items discussed at the January meeting are below.

### UCAS Application process: Timings and Deadlines

There was some concern that Universities might be allocating places to some pupils before the UCAS closing date for applications had passed. It was considered unfair if places were now being allocated on a first come first served basis as there was the potential for the allocation of unconditional places to be exhausted prior to some pupils' application being received, even though these may have been submitted well in advance of the agreed UCAS deadline.

UCAS sets the timelines for applications and in the past all applications to UCAS were released to the universities at the same time after the deadline had passed after which the universities would begin the process of allocating places. However, this year it appears that some universities have allocated unconditional places before the UCAS closing date. All KHS applications, except for one that had special circumstances, were processed before the Christmas break. This was well ahead of the closing date. The Parent Council has received reassurances that not all universities would have allocated all their places. Nonetheless, the school has asked UCAS for clarification as it did appear that there may have been some places allocated ahead of time.

### UCAS Applications - Support for Pupils

All 6th year pupils were given lesson time during the autumn term to help prepare their UCAS applications. These lessons addressed UCAS application forms and in particular personal statements. Pupils were given the opportunity to complete a draft personal statement and then discuss this with a member of the guidance team. Once personal statements have been entered via the UCAS website, a member of the guidance team acts as a final check point on all statements and can enable access for pupils to amend their statements if necessary. Every pupil is given as much support as possible to complete personal statements and applications on time and correctly.

A UCAS booklet had been issued to all 5th and 6th parents, there is information on the UCAS website, and the school has agreed to organise an evening seminar to explain the mechanics of the UCAS process to parents.

### 5th Year Reports

The 5th year reports this year included current grades (the level at which the pupil is currently working) and target exam grades. The latter were based upon the unified point score average (UPSA) scale which is commonly used throughout Perth & Kinross and most of Scotland to predict exam performance. It is a statistical projection based upon

performance at Standard Grade using national (Scotland) performance data. Because National Data predicts performance slightly lower than the expected achievements of KHS pupil, apparently low target grades may be generated by the model. Thus there may be a discrepancy between current and target grades. Some parents have found this confusing and there is concern that in some circumstances pupils may be de-motivated by low target grades.

This is the first time the school has used this approach and the system will be reviewed. In the meantime, the school will issue an explanatory note to parents. Reassurance has been received that the target grades would not be referred to in any appeals process which would be based upon preliminary results.

### K Factor

Friday 11 February saw a fantastic evening hosted by the Parent Council Events and Fundraising Team. This annual event was sold out within two days of tickets going on sale! The performances of the pupils of KHS were magnificent - the standard was particularly good this year. Our heartfelt congratulations go to the following winners:

Group: **Forensick (Calum Findlay, Andrew Clarke and Ross Mathieson)**  
 Singer: **Sindi Makhoba**  
 Dance: **Sacramento (Rachel White, Alanna Hutchison and Katey Paterson)**

The overall winner for 2011 was ..... **Sacramento!**

The K Factor Team gave thanks to all who had helped with the event, in particular the judges, Gerry Marshall, Heather Shrimpton and Gavin Spowart as well as two students from Perth College, Ryan and Andy, who gave up the whole day to ensure the lighting and sound systems worked to their maximum potential.

### Blazers

**We have a number of blazers available in stock and are now taking orders for a June delivery.** If you would like to buy a blazer, please contact Dora Smith. Remember, the new blazers are manufactured from washable polyester and the girls' blazer has a more fashionable, fitted style. The blazers are comfortable, light and easy to wear, and at £45 are very reasonably priced. We are also looking for help with selling blazers, so if you feel can spare just a little time to support this excellent work in promoting our school uniform, please contact Dora. Any assistance will be very much appreciated.

**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, as a parent or a member of the community, you would be most welcome.

### 'ALTERED IMAGES'

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

## Kinross-shire Local Events Organisation

### Film 'Despicable Me' at Community Campus

On **Sunday 20 March** we will show 'Despicable Me'(U) at **2.30pm** (doors open 2pm).

Come and see 'Despicable Me', the film that was nominated for a BAFTA Award!

When a criminal mastermind uses a trio of orphan girls as pawns for a grand scheme, he finds himself profoundly changed by the growing love between them.

Tickets (£3 for 18 and under and £5 for adults and £14 for a family (2A, 2C) are available on the evening at the door.

### Fun for all the family at Feel Good Fair at Loch Leven Half Marathon

In conjunction with the Kinross Road Runners, KLEO will be arranging some entertainment and fun activities at the finish line of the Loch Leven Half Marathon on **Saturday 14 May**. The event starts at 1pm at the KGV Rugby Field and we finish when the last runner passes the finish line. While you wait for the runners coming in, come along and browse through the wares of local stall holders, kick a football at the street football, try to 'Beat the Goalie' with the Boys Brigade, play volleyball or have your face painted. The Kinross Pipe Band will entertain us with some music and kids can enjoy the Fun Run, which Swansacre Playgroup organises every year at 1.30pm.

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

Come along and enjoy!

### Kinross-shire Music Festival 17-20 November

A festival that promotes live music of all styles and genres, and at all levels! This festival will take place at a wide variety of venues in Kinross-shire.

If you as a local band/musician would like to be involved please let us know. Also let us know if you, as a local group, would like to organise a music event under the umbrella of the festival. You will then be included in all the PR.

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



## Cleish Primary School

Kinross Jolly Beggars Burns Club presented a quaich to Cleish Primary School for the best Burns poetry recitation.

The winner was **Hannah Peedle**, seen here with the judges, Mr David Birrell representing the Jolly Beggars, and Mrs Catharine Erskine, Cleish resident and friend of the school.



Prize winner Hannah Peedle, with judges David Birrell and Catharine Erskine

## Portmoak Film Society

### Last Two Films of the Season 'In The Can'!

Well, you missed yourself, as they say, at February's film which was the magnificent "One Flew over the Cuckoo's Nest", starring Jack Nicholson and directed by Milos Forman. The turnout wasn't great, but of those who did, 95% voted the film excellent. So they should, too, as it claimed a whole raft of Oscars after its release in 1975. I found, like others who watched it again, that I had forgotten parts of it, like the chaotic but exhilarating boat trip and the happy, drunken Christmas party on the ward (complete with girls) that inevitably ends in tragedy. In my book, one of the finest movies ever made that 35 years on has lost none of its power.

During the evening we chose the final two films of the season, which will be "**Invictus**", on **Saturday 12 March** and "**Made in Dagenham**" on **9 April**. "Invictus" is directed by Clint Eastwood and is the story, set in post-apartheid South Africa, of how newly elected Nelson Mandela uses the ailing Springboks rugby team to promote his reconciliation policy and bring together blacks and whites of the divided nation in the 1995 World Cup. Morgan Freeman is Mandela and Matt Damon plays Francois Pienaar, the team captain. There's a bit of politics, a lot of feel-good factor and a great soundtrack too, drawing on a wide variety of South African music that Eastwood worked on with his musician son.

Films start at 7.30pm at Portmoak Hall, Scotlandwell; tickets cost £4 on the door if you don't have a membership card, there are always raffle prizes to be won and hot drinks and cakes served afterwards. See you there!

For further info, check out the website at:

www.portmoakfilmsociety.org.uk

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

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

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

LOCHRAN MOSS, BLAIRADAM, KELTY  
FIFE KY4 0HZ

**Please mention The Newsletter when  
answering advertisements**

## Community Website

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

## Kinross Camera Club

The writer has just received a nice new knee and looks forward to a more photographically venturesome future!



Venturing out to take full advantage of the effects of lighting on the Kinross-shire landscape is something all of our members will have been doing in these last few months of very variable weather. While it is something we would always be doing anyway, this year we have the added incentive of the new "Greer and Fortune Cup" Competition, for which the subject is "Local Landscape" with the judging to be carried out by Club members – a good test for judges and judged.

Our AGM was held on 3 February and our first woman President was unanimously elected, and grateful thanks expressed to her predecessor who will continue to assist in the role of Past President.

Plans for the remainder of this season and for the year ahead are well under way with our next external competition being the Scottish Photographic Federation Digital Championship (a knock-out competition) taking place on Sunday 20 February.

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

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

## Kinross & District Rotary Club



### Bill Sinclair

The Club was sad at the passing of Past President Bill Sinclair, who joined Kinross Rotary Club in 1978. Bill is survived by wife Elsa and their two sons and our sympathy goes out to all the extended family. (*An obituary for Bill Sinclair can be found on page 85.*)

### Rotary Day – Thanks for Life

Last year, in its first phase of the Thanks for Life project, the 1,850 clubs in Britain and Ireland raised £1 million towards funds for the total eradication of polio throughout the world. This year we hope to better that and we are grateful to everyone who has contributed monies towards this aim. RIBI is very nearly there and when we reach our financial target, that is going to be matched by the Bill Gates Foundation. It will be a wonderful achievement when polio is removed from the world altogether.

The two Gates Foundation challenge grants now total \$355 million. Rotary International's matching effort in response is called Rotary's US\$200 million Challenge, which must be completed by 30 June 2012.

This is just one of many charities that Kinross Rotary Club contributes to through a wide range internationally, nationally and locally.

### Programme Events

Our winter programme was interrupted, as many others were, by the winter snows and ice.

In January the Club joined with the Kinross Volunteer Group in their traditional Burns Evening in the Windlestrae Hotel. The Chair was taken by Rev Duncan Stenhouse and Rev Alan Reid gave a very well received address to 'The Immortal Memory'. There were further excellent toasts, poetry, songs and music to provide a very entertaining evening.

Following that, the Club was very pleased to welcome back Mike Travis, who gave us a further excellent talk on 'The Cost of Renewable energy', which opened many members' eyes to the winners and losers, particularly the consuming public, as to how much renewable energy is costing, especially wind energy. Now we can see why so many people want to erect a wind turbine on their land to sell back energy to the grid. Naturally there was a very lively discussion after.

At our next meeting, Rotarian Oliver Bell gave the Club his 'Job Talk' in which as a new member, he described his career, starting in the Health service and then following a spell in Scotland, he decided he liked living here so much, he and his family would stay here, so concluded his career lecturing at Glenrothes College. His talk was interspersed with many amusing tales all of which the club enjoyed very much.

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

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

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

**LICENSED TAXI PRIVATE HIRE CAR**  
SIX SEATER AVAILABLE □ ALL ENQUIRIES WELCOME

GENERAL TRAVEL  
COURIER SAME DAY SERVICE  
MEDICAL APPOINTMENTS  
BUS & RAIL STATIONS  
AIRPORT TRANSFERS



**FOR HIRE - CALL OR TXT 07545 807 897**

### AQUARIUS HEALING

Usui Reiki – Jikiden Reiki – Karuna Reiki  
Traditional Indian Head Massage

Hopi Ear Candle Therapy  
Paraffin Wax Treatments for Hands & Feet  
Bio-Energiser D-Tox Spa Foot Treatments

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

**Reiki classes also available at all levels**

**Sandra Caldw** BSYA(IH)TATH-MACTA-BSYA(BIO)  
Member of the Association of Energy Therapists

BCMA REGISTERED

**Holistic Therapist-Reiki Master**

**Karuna Reiki Master**

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

## Kinross 50 Plus Club



The **March meeting** will be held on Thursday 3 March at 1.15pm in the Millbridge Hall. The meeting will start with the AGM, then the delayed Christmas/New Year party. The party will commence with lunch, followed by entertainment provided by Gordon Menzies of Gaberlunzie. Please note that the running order has been changed to that previously advised. Admission is by ticket only as we have to know the numbers attending for catering purposes. Please remember to bring raffle prizes!

**Away Days: Thursday 10 March** to Auchterarder and Crieff. **Thursday 24 March** to House of Arts, Bellahouston Park, Glasgow.

**Holiday, Harrogate:** Forty-three club members enjoyed the annual holiday to Harrogate and whilst the weather was not brilliant, the sun did shine every day if not all day. It did not stop members from enjoying visits to Pickering, York and Leeds as well as an evening tour of Harrogate. The Cairn Hotel proved an excellent choice and the staff were most welcoming and attentive to our needs. Our thanks go to Pat Crawford for all her efforts in making this holiday such a success and Ross Macmillan of Living High Travel for his careful driving and assistance throughout the holiday.

### Friday Hill Walkers

**11 March:** a return to Glen Sherup led by Bob.

**25 March:** Cupar the Ceres and return via Hill of Tarvit led by Ed. As usual, walks subject to weather conditions on the day. Would members please go to [hillfolk.pbworks.com](http://hillfolk.pbworks.com) for any changes and let us know if you are planning to come.

*Please note this membership list is currently fully subscribed.*

### Friday Walkers

**4 March:** Gartmorn Dam and Linn Mill, a circular walk starting from Gartmorn Dam going along cycle paths and the Black Devon to lunch beside the ruins of Linn Mill, an old grain mill. Then we return through community woodlands to Gartmorn Dam – just about 5 miles.

**18 March:** Kingsbarns to Crail along the Fife Coastal Path – a one way walk of 5½ miles round Fife Ness, along a stretch we haven't visited for some years.

*Please note that the walkers' membership list is currently closed.*

### GARDEN STEPS & MORE

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

#### Specialist in stone work

for advice and a free estimate call

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

## Activities

We are pleased to advise that under the able leadership of Valerie Oswald, "**Keep-fit**" will be recommencing on **Tuesday 8 March** in the Millbridge Hall at the usual time of 2.30pm. Valerie was formerly Head of PE at Inverkeithing High School but rest assured, her keep-fit class will be carefully tailored to members' abilities. This class is open to all club members, male and female, so come along and enjoy exercising.

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

**Carpet Bowls:** May we recommend an hour of Carpet Bowling once a week to our members. The cost is only £1 a session. The sessions last an hour and are held every Monday at 2pm in the Millbridge Hall. So come along and join in the fun and exercise. Please contact Helen Duncan 01577 863638 for information.

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

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

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

**Keep-Fit Group:** The Group will recommence on Tuesday 8 March in the Millbridge Hall at the usual time of 2.30pm. New members please note that an exercise mat or large towel will be required.

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

**LUST:** The slimmers meet each Thursday, 9.30am to 10.30am.

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

### 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**

### Part-Time Work Required

Newly Retired Fit & Healthy Man  
clean driving licence plus tickets to  
operate 180 and 360 machines.

Could help with holiday relief  
Any job considered  
Honest & Reliable

Please phone Raymond on **01577 862865**



## The Kinross-shire Civic Trust



### ANNUAL GENERAL MEETING

The AGM will take place on **Wednesday 13 April** in the Loch Leven Community Campus at 7.30pm.

The AGM will be followed by a talk by **Mike Travis** on 'The Cost of Renewable Energy'. This will be a very informative talk on the different costs of all the variety of Renewable Energy that are being presented. You will also hear about who are the winners and the losers and what it is going to cost us, the consumers. The talk will be followed by an opportunity for questions.

As well as inviting members, we ask you to bring anyone interested along as well. There will be tea and coffee afterwards.

### New Local Development Plan

The Civic Trust has submitted its response to the Council's Main Issues Report and it will be available to see on the PKC website on the New Development Plan.

There are strong issues which must be addressed as they will be taken into account by the time the Draft Local Plan is issued in December 2011.

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

### New Year Programme

The Civic Trust is in the process in preparing a full programme for the year.

The Trust will be attending the Kinross Better Place to Live Fair on 5 March.

The AGM will be on 13 April (see above).

To celebrate the 20th Anniversary of the Trust, The Mid-summer Walk will be at Tullibole Castle, the first site that the Trust visited on its formation 20 years ago.

The Trust intends to be at the Kinross Show.

The Best Kept Village Award Judging will be in July.

There will be an Autumn Lecture.

Massage for Pregnancy  
Birth & Life Beyond



Orla Beaton

[www.orla-beaton.co.uk](http://www.orla-beaton.co.uk) 07854 196 955

### J. MILLER

CARPET AND UPHOLSTERY  
CLEANING

**Domestic and Commercial**  
**Free No Obligatory Quotations**  
**Free Deodoriser**

**Fully Insured & Qualified**  
**01577 864129 or 07961415871**

### Buildings of Interest in Kinross-shire

#### The Bank of Scotland, Kinross

Built on land on the edge of the West Green provided by Kinross banker John Wright Williamson, the Bank of Scotland building at 2-4 High Street stands at the junction between the High Street to the south and the Muirs to the north. When it opened in 1829, this elegant Georgian villa would have stood in splendid isolation at the top of the town, one of the first of the grand villas that would appear after the building of the new school and the County Buildings earlier in the decade.



*The Bank of Scotland, Kinross*

J W Williamson, who lived opposite the County Buildings, was Sheriff Clerk of the county for over half a century until his death in 1879 and a founder of the Royal Caledonian Curling Club. To encourage the growth of the textile industry in Kinross, he promoted the opening of a branch of the British Linen Company in the town. Founded in 1746, this Edinburgh-based company changed its name to the British Linen Bank in 1906 and merged with London-based Barclay's Bank in 1919. Fifty years later in 1919 the Bank of Scotland agreed a deal with Barclay's to acquire the British Linen Bank.

The category B listed Bank of Scotland building presents a symmetrical frontage of ashlar stone with a small extension to the south, separated from the street by a frontage garden now largely dedicated to parking. Two storeys high and three bays wide, the bank is entered through a portico flanked by classical fluted Ionic columns. On either side of the slated roof are rows of tall octagonal chimneys.

In 1839, ten years after the British Linen Bank was opened, the writer of the New Statistical Account of Kinross Parish noted the arrival of this new and imposing centre of commerce "where business is conducted with an attention, correctness, courtesy, and liberality, worthy of that highly respectable house."

### ROCK LEVEN EVENTS

BRIAN CARROLL (Events Promoter)

**Parties, Discos and Live Bands**

**Tel 07967 025931**



# Sports News

## Kinross Curling School



Kinross Curling School are running a Curling Clinic on Friday 25 February at 12pm. Come along and brush up on your curling skills in the company of a qualified coach!

The Monday After School Club is currently full but The Thursday After School Club which runs from 4pm to 5.15pm still has places. We would still like to warmly welcome all new children to the Thursday club until the end of the season.

Kinross High School After School Club is still running on a Friday at 4.30pm - 5.30pm. Places are still available.

Did you know that Kinross Curling School will be 10 years old this month? To celebrate this Anniversary the school is hoping to host a Curling Fun Day at The Green Hotel Curling Rink on Sunday 10 April. Please keep your eyes posted nearer the time for details and confirmation of this event.

There are still plenty of curling days till the end of the season, on 9 April, so we hope to see you around the ice rink over the coming weeks. Happy Curling!

For more information or course booking or any curling related advice, please contact the Royal Caledonian Curling Club Area Curling Development Officer, David Jones.

Email: [kinrossdev@royalcaledonianscurlingclub.org](mailto:kinrossdev@royalcaledonianscurlingclub.org)

Mobile: 07878 821005

## Kinross Cavaliers Basketball Club



Kinross Cavaliers Basketball Club resumed training after the Christmas break on Tuesday 11 January.

If you are in Primary 6 or 7, S1 or S2 and are interested in basketball or would like to give basketball a try, just come along any Tuesday from 6pm to 8pm at the Loch Leven Community Campus, Kinross. The sessions cost £2.50 per week with a one-off annual payment of £10.00.

The Club provides coaching to develop and improve your basketball skills throughout the year, with an emphasis on keeping fit and having fun. You don't have to be an expert; you will be made welcome even if you have never played before.

Remember the Perth & Kinross Under 15 development club train weekly, and would warmly welcome you any Friday evening from 6pm to 8pm at Perth Academy. Perth Phoenix also has under 16 and under 18 teams playing at national league level. If you are interested, contact Russel Kesson, Head Coach on 0794 387 5824. Basketball Scotland's website provides a wealth of information on all national league teams, events and much, much more. The website is [www.basketball-scotland.com](http://www.basketball-scotland.com)

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

## Kinross Kobras Junior Hockey Club

Two teams from Kinross Kobras took part in the Perthshire U10 Hockey Tournament on 23 January, competing against teams from Perth and Blairgowrie. With six matches for each team, all the players had a great opportunity to put their skills to the test and the team working and communication improved significantly during the day. With one team winning four of its matches and the other team three, they were placed third and fourth out of the seven teams entered.

Outdoor training is slowly getting back underway at the KGV pitch on Thursdays from 6.30 to 7.30 and two more tournaments are planned in March. The club has also received a grant from the 2014 Communities Fund to support coach development and junior training and looks forward to this benefiting the junior hockey players over the coming year.



*The Kobras who took part in the Perthshire U10 tournament*

## Orwell Bowling Club

Orwell Bowling Club invites ALL JUNIORS from both Primary and Secondary schools to come along for free Bowls coaching available after Saturday 16 April. Junior Bowls provided and we may have shoes to fit. (Gym shoes, NOT trainers, please, if you bring your own.)

This is a FUN game - come along and have a go!

Telephone Sandra on 862009, or Diane on 865538.

**Host a party  
Invite the girls  
Fantastic host rewards!**



**Update your look for free!**

**Call 07910227273 or e-mail**

**[sandra@griffin5.net](mailto:sandra@griffin5.net) to find out more!**

## Kinross Golf Club

How's the winter practice going – back on track now the courses are once again open for play? It's been a long winter, unless, of course, you have been lucky enough to escape to sunnier parts. Although the season's opening match between the Captain and Vice Captain is still a few weeks off, the first round draws have arrived for both the Mail on Sunday and Daily Mail Foursomes. Best of luck to both the men's and ladies' teams.

Great news for two of our junior members, Scott McLeod and Jennifer Saxton. Scott, 14, has once again been selected by Perth & Kinross County for winter coaching at Gleneagles and will move to the next category and receive tuition along with the under 16s.

Jennifer was nominated through Perth & Kinross County and awarded one of eight Gleneagles Scholarships for a year. Eight scholarships are given each year to four boys and girls within Perth and Kinross County and includes unlimited access to Gleneagles courses and practice facilities at the Golf Academy, as well as receiving golf tuition from the Professional. Congratulations to you both on being selected.

The 2011 season will start on Saturday 26 March. Last year ninety-one members played, with the Captain's team winning by just half a point! If you didn't play last year, don't miss it this year, it's a great opportunity to meet members and ease your way in to the season. Why not come along to the Opening Dance in the evening to round off the day? Lists will shortly be displayed in the locker rooms so please add your name and tickets for the dance can be purchased from the Bar Manager. In the meantime, here are a few key dates for your diary:

|             |   |
|-------------|---|
| Sun 8 May   | Mixed Open  |
| Sun 5 June  | Men's Open  |
| Fri 17 June | Millennium Cup (gent partnered by a lady or a junior) |
| Sun 26 June | Club Championship and Beveridge Cup Finals            |
| Tue 19 July | Ladies' Open Greensomes                               |
| Tue 26 July | Junior Open   |
| Wed 7 Sept  | Men's Senior Open                                     |
| Sat 10 Sept | Ladies' Open  |

## Liam Robertson Football Coaching

Thank you to all the young football players who attended footy fun and soccer skills classes over the last few months in Kinross – I hope you all have had as much fun as I have. Thanks to all the parents, other local businesses and to the Millbridge Hall committee for all their help – it would not have been possible without you. I hope all the kids keep playing and enjoying their soccer and I hope to see you all again when I return from the USA in November. I know that for kids in P1 up, St Johnstone will be running Wednesday nights up at the campus starting next month.

Thanks to everyone again,

Liam

### Newsletter Deadlines

A list of future deadlines can be found on our website

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

## Kinross Tennis Club

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

Plans are well underway for the new season at Kinross Tennis Club and with a full coaching and match programme, along with lots of social tennis opportunities, we are hopeful that the weather gods will be kind to us.

To officially start the season our **Open Day** will take place on **Saturday 2 April** from 10.30pm until 3pm. This is the opportunity for existing members to come along and pay their membership for the year and to exchange their court key for the new season key. It is also the ideal opportunity for new members to make enquiries and learn what the club has to offer. Come along and enjoy a day of free tennis and meet some other club members. Coach Laura Grimmond will be on court for one hour from 11am until 12pm for a **tennis clinic**.

A five-week block of **adult coaching** is scheduled to start on **Tuesday 1 March**. Intermediates from 7pm until 8pm, Performance level from 8pm until 9pm. Adult coaching for **beginners and improvers** will commence on 19 April. Details for all adult coaching can be obtained from our secretary, Susan Malcolm, at [kinrosstennis@gmail.com](mailto:kinrosstennis@gmail.com).

**Junior coaching** starts with the **Easter Camp** from 11 to 15 April. The summer term block of coaching will then run from Tuesday 19 April for 10 weeks. Junior coaching will take place four days a week at Kinross this season, so watch our noticeboards and website for further information. Groups fill up fast, so if you have an interest in junior coaching please contact Bob Young or Laura Grimmond on [kinrosstenniscoaching@gmail.com](mailto:kinrosstenniscoaching@gmail.com).

**Multi-sports camps** will run at the club during Easter, 4 to 8 April. These camps will be run by Laura in conjunction with other sports coaches. Details will be available soon.

League matches for our ladies, gents and junior teams will start during the last week of April. For the first time in many years we have entered a junior team in the Tennis Tayside league with matches on Saturday afternoons - we hope they will be well supported.

We look forward to welcoming you at Kinross Tennis Club at our Open Day in the meantime enquiries can be made to our secretary Susan Malcolm at [kinrosstennis@gmail.com](mailto:kinrosstennis@gmail.com).



# THCL

all your building needs

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

For further information or for a free quotation please call Malcolm Thomson on 01383 518000

or email [malcolm.thomson@thcl.net](mailto:malcolm.thomson@thcl.net)

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



## Kinross Cricket Club



The new season is rapidly approaching and the winter training has been very effective, with several of the senior team making real progress and improvements in their game. The senior league fixtures have been agreed and are shown on the club website.

The last remaining winter training dates are as follows:

### Seniors Men's Training

Loch Leven Community Campus,  
2-4pm, **6 & 20 March**

### Ladies & Girls Training

Loch Leven Community Campus,  
2-4pm, **13 & 27 March**

### Junior Training

Loch Leven Community Campus,  
6-8pm, every Monday evening.

Please check club website for specific age groups.

### Destination India

1st XI player Peter Ross has been selected by Cricket Scotland to attend their elite performance training programme in India during March and April. This is the second time Peter has travelled to India with the Scotland Squad and this trip sees his emergence as the reserve wicketkeeper as well as bowler/batsman. Peter was delighted to find out that he has also been nominated for the Perth & Kinross Junior Sports Personality of the Year for 2010. The gala dinner is being held in Perth on 31 March and unfortunately he will be in

India at the time. The club wish him well for both events.

Peter is not the only Kinross cricketer to be nominated for one of the main sports awards. The Kinross Ladies team have been nominated for the team of the year in recognition of their achievements in winning both the National indoor Scottish titles and being runners up in the Scottish Ladies Outdoor Championships.

### Perth & Kinross Indoor League

Kinross have continued their winning ways in the P&K indoor league competition. With the finals set for the end of March, Kinross currently head up our group and two more wins should see us play in the final playoff. This has been a great experience and the club has

tended to rotate the games to give as many players as possible the chance to play.

As we head into March we start to think about the wicket preparation and look forward to getting the roller out. The number of fixtures at senior, ladies and juniors levels continues to put pressure on the small wicket facility at Kinross House and discussions have been ongoing about some of the junior games being played at the Loch Leven Campus cricket pitch. This could bring a number of new opportunities as it would allow passing traffic to see that cricket is well and truly on the map in Kinross-shire. Full details of all the club news can be found on the website [www.kinrosscc.co.uk](http://www.kinrosscc.co.uk)



*Kinross Ladies cricket team – nominated for the P&K Sports Council team of the year award*



## TRIPOD LADDERS & PLATFORMS

Three Legs \* Wide Base  
No Wobble

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

Available in Scotland at Elston Landscapes

**Tel: 01738 850742**

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

## PASCAIG GUEST HOUSE

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

**For availability and rates contact**

**Alan or Pat on 01577 862251**

## Aitken School of Motoring

Learn to drive whether total beginner or part trained.

Locally in Kinross-shire  
or from work or college in Edinburgh.

**Graeme** mob 07910 488 872  
**Gordon** mob 07757 950 861  
**Gordon** home 01577 862575  
**E-mail** [aitken.g1@sky.com](mailto:aitken.g1@sky.com)

A son and father business

## Visiting Kinross-shire?

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

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

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

## Kinross Volleyball Club

Premier League teams Scotrange and Kintronics continue to play two, sometimes three games fortnightly on Sunday evenings at Bell's Sports Centre in Perth, with Scotrange now back at the top of the league having lost only one league game to date. Kintronics have played six games, having won three and lost three, but some of the losses have been extremely close and the team was unlucky to lose out recently to Misfits when time ran out with the score poised at 28-29.

The club is also preparing to enter this year's Scottish Open Volleyball Tournament in Perth over the last weekend of May.

New members are still welcome at your local volleyball club on Monday evenings at the Community Campus from 8 till 9.45 (juniors P7 to 18 from 8 till 9). For further details telephone Dave Munro (862126).

Kinross Volleyball Club will be hosting a stand at the Better Place to Live Fair in the Community Campus and will run a "come and try" session in the games hall during the day (see the local timetable when it is published). The come and try is for any age from 5 upwards (baby volley, mini-volley and trim volley).

Premier League places:

|                       | Pld | Won | Drwn | Lost | For | Agst | Points    |
|-----------------------|-----|-----|------|------|-----|------|-----------|
| <b>Scot Range</b>     | 7   | 6   | 0    | 1    | 363 | 283  | <b>65</b> |
| <b>Dodgy Spikers</b>  | 7   | 6   | 0    | 1    | 357 | 319  | <b>59</b> |
| <b>Mental Blocks</b>  | 7   | 3   | 0    | 4    | 366 | 339  | <b>50</b> |
| <b>Misfits</b>        | 6   | 4   | 0    | 2    | 306 | 261  | <b>42</b> |
| <b>Kintronics</b>     | 6   | 3   | 0    | 3    | 280 | 271  | <b>31</b> |
| <b>Dunfermline</b>    | 7   | 1   | 0    | 6    | 270 | 360  | <b>20</b> |
| <b>Hitting Bricks</b> | 8   | 1   | 0    | 7    | 292 | 401  | <b>17</b> |

## Kinross Bowling Club

The AGM of Kinross Bowling Club was held on Sunday 23 January in the clubhouse. The following appointments were made:

President: Paul Allcoat  
 Vice President: Bobby Brian  
 Secretary: George M Rennie 01577 864727  
 Treasurer: Betty Paterson

The green will open on **Saturday 16 April** at 2pm. We look forward to welcoming existing members, and anyone else who might be interested in playing the game to come along and see us – you will be most welcome.

Anyone interested who would like to find out a bit more about the game and the club, please contact the Secretary on 01577 864727.

### VAN AND DRIVER FOR HIRE ANY DISTANCE

Full or Part Removals  
 All Round Property Maintenance  
 Painting and Decorating  
 Drives and Patios

**No Job Too Small**  
**Tel: 07967 025931**

## Kinross Road Runners



The Road Runners are very pleased that the weather has been a bit kinder throughout January and there has been an impressive turnout at our training sessions as our members try to get back in shape for the new racing season. Those spring marathons are not too far away now.

The main event in January was the Devil's burden Hill Relay, which is organised by Fife Athletic Club, and took place on Saturday 22 January. The race starts and finishes in Falkland and takes runners up and down East Lomond, Bishop's Hill and West Lomond, and all the bits in-between! Thankfully this a relay event split into four sections. Legs One (East Lomond) and Three (West Lomond) are run in pairs for safety reasons. The beauty of this event is that the relay format gives runners of all levels a chance to have a go at hill racing. This year we were also blessed with good weather for January. I have to apologise in advance to some of my fellow road runners who participated in this event as the official results have a few names of team members missing, so if you took part and are not mentioned, apologies.

We had four Kinross Road Runners teams. Our first team (Andy Laycock, Maureen Hill, Alistair Black and Angus McCulloch) came 38th. The time of 3hours 9mins 29secs was amazing considering that Angus McCulloch sprained his ankle very badly while descending Bishop Hill, yet ran on to finish his section. This is teamwork at its very best. Our second team came home in 55th place (Steven Crawford, Alan Kemp, M. Calothis and Peter Edgerton) with a time of 3hrs 19mins 15secs. Our third team (Ronnie Ritchie, Julie Rose, Gillian Black, Jack Smith, Graham Kemp and Isabel Carmichael) finished in 93rd position with a time of 4hrs 9mins 50secs. Our fourth team (Gillian Agnew, Ali Robertson, Norman Smith, Anne McIntyre and Sarah Eaton) came 101st in a time of 4hrs 34mins 29secs. Well done to everyone who participated.

This year's AGM took place on 17 January, and it was good to see a high turnout of members. Our President for several years, Raymond Milne, stood down, as he and his family have now moved out of the area. Raymond is a tough act to follow, as he has been a very skilled and committed ambassador for the club and all things running during his time as President. Thank you, Raymond, for the years of hard work. It is good that you and Trish are going to remain as members until you can find another club as good as ours! For a few scary moments it looked like we would be a ship without a captain, but thanks to Steven Crawford, our new President, for saving the day. Full minutes of the AGM can be found on our website, kinrossroadrunners.co.uk.

Looking ahead to spring, entries have now opened for the club's major race, the **Loch Leven Half Marathon**, which will take place on **Saturday 14 May**. Interested in signing up? You can enter at Entrycentral.com, and then if you are not already a member of the club, come and join us to get your training underway. We meet every Wednesday at the old doctors' surgery in Kinross at 7pm for speed and strength work. It won't be long until our spring/summer training programme starts, which includes some very scenic off-road runs. We are a friendly, sociable club with an ever expanding membership and we welcome all levels of runners, so we look forward to seeing you soon.

## Kinross Senior Curlers



For the last few years a group of curlers have organised themselves to form a curling league playing on thirteen Wednesdays throughout the season. From modest beginnings, over 100 curlers from an area around Kinross stretching from Perth, Cupar, Dalgety Bay and Dollar now compete in a league of 14 rinks. Each rink can draw from six curlers and a reserve list of sixteen and play at either 12.15pm or 3pm on selected Wednesdays from late September to March.

Most rinks have (at 9 February) played 11 games and the leading rink, skipped by local farmer Mike Silvera, has 17 points from a possible 22, a three-point lead over ex-Channel farmer Sandy Braid, who has a game in hand. Final results will be in the May Newsletter.

More curlers (age 50+, beginners or experienced) are encouraged join in what is a most enjoyable sporting and social occasion – with a slight competitive edge. Anyone interested should contact the main organiser, Sandy Braid, on 01592 640016.

## Kinross Curling Club



With the end of the season only a few weeks away, most club competitions are nearing a climax.

The trophy most players would like to win is the Rankin Cup. This year was one of the closest competitions for a long time, with three teams tied at the top of the table with all the games played. However the rink with the highest number of shots, and therefore the winners, was the rink of Ross McCleary, Paul Baughan, Jim Paterson and Gordon Douglas. In second place was older brother Lee McCleary, David Beveridge, Eric Poole and Craig Murphy. It was also close at the other end of the table with only two points separating the bottom five teams. The wooden spoon, known as the Hogg Trophy, was awarded to the rink of Alistair Wood, Hugh Cowbrough, Keith McLachlan and Iain Muirhead.

Two other competitions are now complete. The Gallowhill Ploughshare has been awarded to Gavin Baird, David Beveridge, Hugh Cowbrough and Lee McCleary whilst the Jubilee Salver went to the winning team of Archie Bogie, Mike MacGillis, Jamie Montgomery and Steve Wilcox.

However, with several competitions still hanging in the balance, there is still a lot to play for between now and the end of the season.

The best time for new members to express an interest in joining the club is spring or early summer, as it is during this time that the club books ice for the new season. Kinross Men play most of their games on weekday evenings between October and March. There are different membership options, depending on the level of commitment a new player is able to give. Please contact Paul Baughan 01577 863085 if you wish to discuss joining the club.

### 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**

## Kinross Cycling Club



We held a successful AGM at the Kirklands Hotel in January where the club's position was reported as strong and growing. The club management committee was expanded and a discussion ensued on how to make membership even more attractive. Our Annual Dinner and Awards were held at Mr Chang's Chinese Restaurant in February with some new members' names added to the club award winners list. These include Carolanne Cappie (Ladies Hill Climb Champion), Veronica Duncan (Most Improved Cyclist) and another new member from last year, Angus McCulloch, picked awards in two categories!

This year we are launching a Grand Prix style summer series competition which will be open to all club members (annual membership only costs £10.00). The series will involve eight events of which the six best results will score points for the competitors. The events will have three Hill Climbs, three flat time trials, a 'hilly' time trial and a one-mile sprint event. We will also be staging for club members a 100-mile challenge in September and we will once again ride 'The Ice Cream run'. This is a 65-mile (100km) round trip to St Andrews where club members stop off for an ice cream before returning.

Come and see us on 5 March at Loch Leven Community Campus if you are interested in joining up or visit the website for more details. [www.kinrosscyclingclub.co.uk](http://www.kinrosscyclingclub.co.uk)

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

Boxercise



Adult Circuits



Fifties Fitness



Teen Fit Circuits Conditioning



Nordic Walking

**fit & happy**

Personal fitness training for everyone.  
Professional and fun.

Tony Brotherton, Personal Trainer

Contact Tel: 07525399752 Email: [Fitandhappy2010@aol.com](mailto:Fitandhappy2010@aol.com)

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



## Kinross Otters

### Scottish Schools National Swimming Finals Tollcross, Glasgow, 29 January

The Scottish Schools National Swimming Finals took place at Tollcross in Glasgow on 29 January. This superb facility boasted a 50 metre Olympic standard swimming pool complete with ten lanes which had full electronic timing and a giant electronic scoreboard. This set the scene for the capacity crowd to enjoy throughout the day and is to be the venue for the Commonwealth Games in Glasgow in 2012.

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



*L to r, the Kinross Primary School Team which is also a bunch of Otters! Euan Boyle, Finlay Nesbitt, Robbie Deas and Conor McCormick*

The stars of the Otters' day were definitely **Euan Boyle**, **Robbie Deas**, **Conor McCormick** and **Finlay Nesbitt** representing **Kinross Primary School** in the 12 and under Boys 200m Freestyle Relay. They managed to win a fantastic bronze medal in what was one of the most exciting races of the day. **Euan** led them off and completed the first 50m in 35.50 secs to leave Kinross Primary in 5th place. **Robbie** then took over and finished his leg in 35.01 secs, placing Kinross in a safe 3rd, some 1.8 secs ahead of the nearest team. Then it was **Finlay's** turn and he managed to extend their cushion to 2.5 secs after a 37.20 secs length but they were just short of 3 seconds down on the silver-placed team from Watson's with 50m to go. Fortunately, their final swimmer was **Conor**, who swam an unbelievable 32.16 secs and was catching the Watson's Primary swimmer hand over fist. Unfortunately for the poor old watching parents, the fastest 50m Freestyler and individual Schools Champion, Jack Watson from Ashley Road Primary, then entered the pool and began to quickly eat into the Kinross cushion despite **Conor's** swim of his life. After willing the Kinross torture to end, it did, in a slightly confused flurry of splashes and spray, and everyone looked to the giant scoreboard for clarification, which confirmed Kinross Primary School had won the bronze medal in 1.19.87, some 11 hundredths of a second ahead of Ashley Road and only 1.6 seconds down on Watson's. The winners were Robert Gordons in 2.15.48 secs. Huge congratulations to all our boys. We are very proud of you and national medals are a very rare commodity.

**Cameron McCloskey**, representing **Kinross High School**, competed in the 13 – 14 year old Boys 200m Freestyle and acquitted himself well by coming 14th in a new personal best of 2.26.53 secs. This was in spite of swimming a year young at his second best stroke.

Breaststroke specialist, **Rachel Brisbane**, representing **St Columba's High School**, also managed a creditable 14th place in the 13 – 14 year old Girls 100m Breaststroke in 1.29.02 secs.

**Niamh Mullen**, representing **Kinross Primary School**, continued the 14th theme in the 12 and under Girls 50m Butterfly in a superb new personal best of 38.70 secs but was sadly disqualified some time later for a technical infringement.

**Ruairidh Haig**, representing **Bell Baxter High School**, managed 20th spot in the 15 – 16 year old Boys 200m Breaststroke in 3.00.46 secs.

### Stirling Junior Open Meet 2011

#### The Peak, Stirling, 22- 23 January

The annual Stirling Junior Open Meet took place over 22/23 January and again attracted some of the very best swimmers in Scotland with some 24 separate clubs taking part. It was a cold affair as the heating was broken, so warm ups were even more important than usual.

Kinross Otters' success this weekend was rare apart from **Cameron Nelson**, who is continuing to improve apace. His highlight was qualifying for the final as 6th quickest in the Boys 12 year old 100m Butterfly in a new personal best of 1.18.56 secs. He went one better in the final, finishing 5th and again smashed his personal best to record 1.17.57 secs and is now ranked 13th quickest in Scotland. He is well on his way to being the quickest Otter ever at Butterfly. **STOP PRESS** – Now 6th fastest due to a fantastic performance at the Premier League match below, where he took an amazing 3 seconds off his time!

### Thanks!

Many thanks to all the very generous local businesses who provided raffle prizes for the annual Otters party night and prizegiving on 26 October 2010. They were: Loch Leven's Larder, Zen Zone, Complete Look, Milnathort Post Office, Milnathort Chemist, Robertsons', Adamson's Drinks, Thistle Hotel, WBS Motors, The Studio Hair Company, J&JH Sands, Sporting Chance, Live Active Loch Leven, Jolly Beggars, Baynes, Nelson Car Transport, David Sands, Smartworks Accountancy, Andrew Curtis Motors, MB Salon, Stewart & Smart, Mandy's, Colin Renton and Giacomazzis.

### Midland District Premier League

#### Olympia Pool, Dundee, 5 February

The new league season got underway at Olympia Pool, Dundee on 5 February. Kinross attended with some trepidation as they had finished third last year and due to retrials and transfers were fielding their weakest team for some years. However, they need not have worried as they managed a second place on the day behind the mighty DCA1 team, but more importantly just ahead of their closest rivals, St. Thomas from Arbroath, who host the next match on 26 March.

### Multi-talented!

Well done to senior Otter Kayleigh Reid, who started water polo recently. She has been chosen to represent Scotland in the Inter-Regions competition. Scotland is in Division 1, the top division.

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

Consult our electronic archive at

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

Issues from September 2006 to two months ago available

## Kinross Men's Hockey Club

Back to training and some games at last!

### Kinross 1sts

Having not played or trained since the end of November, Kinross 1sts went to Galashiels to face a well organised Reivers, and failure to mark their forwards meant Kinross went down 7-2. Next Kinross faced a WI Trinity 3rds and despite Kinross taking a 3-1 lead, Trinity fought back to draw 3-3. Kinross then went down 2-0 to Edinburgh University 6ths before chalking up their first win of 2011 with a 1-0 win over league leaders Carnegie 4ths with Bradley Harrison scoring for Kinross. Played 10, won 6, drawn 1, lost 3 and lying third in Division 2.

### Kinross 2nds

Kinross had a walkover against WITrinity 4ths, then went down 2-1 against newcomers Fidra Lions 2nds in North Berwick before a fine 3-1 victory against Carnegie 6ths with man of the match, young Paul Miller, scoring a brace of goals and Pete Smith getting the third. Played 11, won 7, drawn 1, lost 3 and lying third in Division 4.

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

The next league games are:

|          |                                   |      |        |
|----------|-----------------------------------|------|--------|
| 5 March  | 1sts v Edinburgh Uni 5ths         | KGV  | 12pm   |
|          | 2nds v Carnegie 7ths              | KGV  | 1.30pm |
| 12 March | 1sts v Reivers                    | KGV  | 12pm   |
|          | 2nds v Livingston                 | Away |        |
| 19 March | 1sts v Grange 6ths                | Away |        |
|          | 2nds v Dunfermline                | Away |        |
| 26 March | 1sts v Edinburgh Uni 5ths         | Away |        |
|          | 2nds will have a rearranged match |      |        |

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

## Kinross Tri Club

Are you interested in forming a Triathlon Club for adults based in the Kinross Area?

Initial benefits would be mutual support at events, having a team at events, sharing transport to events, training together and the interchange of ideas. No doubt other aims and objectives will evolve if the club progresses.

If you are interested in forming a Tri Club for Kinross, then please meet in the Kirklands Hotel on Thursday 21 March at 8pm to discuss possible ways of taking this forward.

Alternatively, e-mail me, John M at:

[Cranstackie@tiscali.co.uk](mailto:Cranstackie@tiscali.co.uk)

## Kinross Ladies Hockey Club



League games finally got started again on 5 February for the first XI and 6 February for the second XI after a long break due to the snow.

### First XI

On 5 February the first XI were away to Wanderers III, playing at DISC in Dundee. Although the team hadn't played outdoors for a period of time, they put in a good performance, being up 3-0 at half time with goals from AJ Combe, Gail Nelson and Vicky Carver. The second half saw Gail put away another two goals and Katy Russell score also for the final score to be 6-0.

February 12th saw the first XI play at home against Blairgowrie. The final score was 12-0 to Kinross with the goals coming from Katy, Gail, Vicky and AJ.

### Second XI

On 6 February the second XI kicked off their season again with a home game against Perthshire III. A well-fought game saw the second XI winning 3-0 with two goals from Lynn Paterson and a goal from Wendy Marshall.

February 12th saw the second XI having another home game against St Andrews Uni II. St Andrews went up 2-0 but Kinross fought back to go level, with goals from Anna Black and Karen Elwis. St Andrews pulled back another goal not long before full-time, leaving the final score 2-3 St Andrews.

If you would like any further information on Kinross Ladies Hockey Club, please visit our website at [www.kinrossladieshockey.co.uk](http://www.kinrossladieshockey.co.uk). We also have a new Facebook page, so join up now!

## Kinross Squash Club



As you read this, the annual Kinross Squash Club championship will have taken place.

Details of this tournament and the new club champion will be listed in next month's newsletter.

The winners of the January leagues were:

|          |             |          |                   |
|----------|-------------|----------|-------------------|
| League 1 | Jim Marshal | League 2 | Scott Finnie      |
| League 3 | Jim Blyth   | League 4 | Allister Johnston |
| League 5 | Peter Bell  | League 6 | Colin Robertson   |

Kinross Squash had a sensational victory over Dunfermline, eventually coming out winners 15:7. The team included two of our juniors, who performed incredibly well under pressure with both Elspeth Young and David Beaumont winning their matches.

John Myerscough, Eric Reid and Simon Dyson are split by just two points at the top of the 'Totaliser' competition. With just two more months of leagues matches to be played in which to acquire points, it looks like it will go to the wire. This competition awards players that win the most games and benefits players who complete all their league matches each month.

### Need Equipment for a Community Event?

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

Items are listed on [www.kinross.cc](http://www.kinross.cc) at:

[www.kinross.cc/equipment\\_hire/equipment.htm](http://www.kinross.cc/equipment_hire/equipment.htm)

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

### Images of Kinross-shire

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

### Photo Library

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

## Kinross Rugby Football Club

KRFC Clubhouse, KGV Playing Fields  
Muirs, Kinross 01577 861773  
www.kinross-rugby.com



### Kinross equal Scotland's success...

After the extended bad weather, Kinross have managed to have a couple of matches played.

Unfortunately, neither match managed to finish the right way for Kinross with a close fought game away to Carnoustie, and a home game against Fife Southern both ending in defeat for Kinross. The Six Nations only brings more disruption to match schedules but some order should be restored as Kinross have three consecutive home matches scheduled on 5, 12 and 19 March. Come along and cheer the team on. Members are also reminded that the club will be open for the Scotland matches on Sunday 27 February, and Sunday 13 March. The results can't keep going wrong – can they?

### Sausage Support....

We are delighted by the sponsorship that has been offered to the club by local firm **Hunters**. Our local butchers are now providing a selection from their range of quality beef products as post match fare for all Kinross home matches. Any suggestion that they may be checking Kinross forwards for the missing link remains unconfirmed....

### Kinross Rugby Reunion

Have you ever played rugby for Kinross at any level? Kinross Rugby Club in conjunction with Kinross High School Rugby is planning a Grand Rugby Reunion celebrating the success of the club and school rugby as it nears its 30th anniversary. A full weekend of rugby festivities and family entertainment is planned for **16 April 2011**. If you have ever been a part of Kinross Rugby, whether at school or at the club, you'll want to be a part of this.

The numbers continue to grow and plans for the weekend are developing all the time. This is sure to be a hugely successful and long remembered festival – make sure you are part of it.

Visit our website today for more details: [www.kinross-rugby.com](http://www.kinross-rugby.com). Add your name to the contacts list so you don't miss out on your free Kinross Rugby Reunion pack. Kinross Rugby - Try it!

### Kinross RFC Midis and Minis

#### Combined High School and Club Rugby Squads

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

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

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

Training for the Midis, U14s, U16s and U18s normally takes place every Monday evening 7pm to 8.30pm at the

KRFC clubhouse at the King George V playing field in Kinross.

### Kinross RFC Minis

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

Training for the Minis normally takes place every Saturday morning 10.30am to 12 noon at the KRFC clubhouse at the King George V playing field in Kinross.

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

### Social Club

Another great day was had at the Burns Brunch, where we were entertained by speakers Dick Campbell and Peter Brown. Those members that missed out on tickets for this event will be pleased to know that another brunch will be scheduled soon.

### Business opportunities

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

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

## KRFC Reunion Weekend

April 15th – 17th

For more information or to register your details please visit the club website: [www.kinross-rugby.com](http://www.kinross-rugby.com)



Kinross Rugby Club welcomes all members past and present to the Grand Kinross Rugby Club reunion and help us celebrate how great the club has been for so many over the past 30 years.

### Friday 15th: Registration Night

Registration • Bar • Rugby Quiz • Bar • Frivoly • Bar • Reminisce until late

### Saturday 16th: The Main Event

Games to suit all ages, abilities and disabilities • Family attractions, events, barbeque, bar (all day) • Minis and midis rugby games • Past and present members' disco 7pm – late.

### Sunday 17th: Recovery

Club Breakfast • Farewells • Hair of the dog • Painkillers (mix and match) • Either a seniors' or under 18s' game – dependent on condition (of pitch)



If there is anyone out there that you know of from the days gone by make sure you tell them. The more people attending, the better to help make this one of the great events in the club history.

## Health and Fitness

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



### Nutrition, Hydration and Exercise

These three elements are intrinsically bound together and should be considered in the round when contemplating any exercise programme.

#### Nutrition

Here I am really talking about healthy eating in relation to exercise and fat loss. A strong focus on health and health-promoting foods is far more productive an approach than on fat loss and denial of favourite foods.

Adopting a wholefood balanced diet, avoiding salt, excess fat, sugar, additives, preservatives, processed and refined foods needs to become part of a gradual lifestyle change. We are attached and sometimes addicted to the foods we like and making changes is not a quick process. Small changes work best. You usually have a choice over what you eat and drink, so ensure you make ones that help you achieve your exercise goals!

Guidelines for a healthy diet deliver nine basic health messages:

- Enjoy your food
- Eat a variety of different foods
- Eat the right amount to be a healthy weight
- Eat plenty of food rich in starch and fibre
- Eat plenty of fruit and vegetables
- Don't eat too many foods that contain a lot of fat
- Don't have sugary foods and drinks too often
- If you drink alcohol, drink sensibly and
- Choose and prepare foods with less salt.

Everyone requires a base number of calories per day to maintain body functions and remain healthy even at rest. This is your Basic Metabolic Rate (BMR) or Resting Energy Expenditure (REE). For example a 70kg woman of 35 needs 1985 calories per day if inactive and 2272 if moderately active. Men require 10% more again. Of this total 60 to 70% goes towards maintaining basic body functions (BMR or REE) and the rest can be influenced by exercise.

#### Exercise

Weight loss can be achieved by being able to expend more calories through additional activity than you consume. It takes 3500 calories to gain or lose 0.5kg of body fat. Relatively low levels of additional activity can burn additional calories and regular exercise of an hour or so can burn significantly more. A good gym session for an hour can burn 500-600 calories and as exercise increases your metabolic rate it can continue to burn calories for an hour or so after you have finished!

However food dieting and exercise are really incompatible, as regular exercise requires fuel! In the same way as a car consumes more fuel the harder it works, so does your body. Making sure there's enough fuel, and of the right sort in the tank, is very important.

Small pre-exercise snacks such as an energy bar or banana 15-60 minutes before moderate exercise can give you a similar energy boost but it is more usual for people to wait 2-4 hours after having eaten a more substantial meal before heading to the gym!

Good carbohydrate intake is essential for fuelling an active lifestyle and at least 50-60% of your total daily calorific consumption should come from this macronutrient. One gram of carbohydrate supplies 4Kcal of energy. The more active you are, the more carbohydrates you will need. If you train more than two hours per day, you'll need about 4-7g of carbohydrates per kilo of body weight.

Exercise lasting longer than 90 minutes requires some refuelling during the event otherwise your blood sugar levels may fall and you could "bonk" i.e. lose focus, energy and then feel exhausted before you've completed! So energy gels, bananas, energy bars and sports energy drinks all help.

Post-exercise refuelling is important for everyone, including those trying to lose weight, as refuelling here will stave off the sweet cravings that often come along after an exercise session and might undo all the good work! A good post-workout combo, within an hour, would be a chicken sandwich and a flavoured milk shake or low fat yoghurt. Muscles also respond better if the body has been replenished within an hour after a hard workout, particularly important here is a mix of carbs and protein to restore glycogen levels.

#### Hydration

Adequate hydration is also extremely important to effective exercise. Overall the population suffers from a chronic lack of hydration. Daily, irrespective of exercise, we should aim to consume two litres of water each.

It is difficult to generalise on what is required here because the hydration need varies with the length and intensity of the exercise, the environmental temperature and individuals' own sweat rates, however, dehydration of only 2-3% of body weight can result in a drop in physical performance. As a rule of thumb:

#### Hydration Before Exercise

- Drink about 15-20 fl oz, 2-3 hours before exercise
- Drink 8-10 fl oz 10-15 min before exercise

#### Hydration During Exercise

- Drink 8-10 fl oz every 10-15 min during exercise
- If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15-30 minutes.

#### Hydration After Exercise

- Weigh yourself before and after exercise and replace fluid losses.
- Drink 20-24 fl oz water for every 1 lb lost.

Do not wait until you feel thirsty, as it's too late - dehydration has already started!

Sweat is a combination of water, salt and electrolytes and these are important compounds for regulating nerve and muscular function. Cramps, for example, may often be a result of low salt levels. Post-exercise isotonic sports drinks can replace these lost compounds quickly.

In short, adopt a balanced approach to your diet, fuel and refuel, drink plenty of water, and enjoy your exercise.

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

**Next Month: Aqua Fit.**





# News from the Rurals

**MILNATHORT** – At the Members' Night held in January everyone enjoyed the evening's entertainment provided by Jean, Claudia and Vi and also the delicious food provided by the Committee.

**Competitions:**

|                     |                   |
|---------------------|-------------------|
| Prettiest Scarf     | - Nan Paterson    |
| Treacle Scones      | - Jessica Munro   |
| Flower of the Month | - Cathie Cochrane |

**POWMILL** – President Mrs Janie Buchanan welcomed members to our annual Burns Supper, also the first meeting of the New Year, on Wednesday 19 January.

The haggis was carried in by Mrs M Thorn and addressed by Mrs Buchanan. A very nice meal of mince, haggis, neeps and tatties followed by oatcakes, cheese and shortbread was served by the committee. After some items of business had been dealt with, Mrs Buchanan closed the meeting.

Congratulations to our teams on winning 1st and 4th places in the first round of the "Rural Olympics" at Kinross on Sunday 16 January.

**Competitions:**

|                              |                  |
|------------------------------|------------------|
| A Humorous Scottish Postcard | - Mrs E Johnston |
| 3 Porridge Oats Biscuits     | - Mrs S Cheyne   |

**BISHOPSHIRE** - January being Members' Night, the entertainment was home-grown. Margaret Crighton organised a fun quiz using some of her vast collection of plastic bags, and this resulted in much hilarity. Ann Hughes then showed some of her crochet items, and demonstrated how to start. Margaret Wilson brought along some of the beautiful items of lace she has made, and had some of the members 'having a go'.

**Competitions:**

|                        |                    |
|------------------------|--------------------|
| Book mark, any craft   | - Margaret Wilson  |
| Chocolate chip cookies | - Janette Gardiner |

February: Margaret Kilpatrick gave a fascinating talk about her garden, how she turned 2 acres of field into the wonderful garden it is today. She showed beautiful slides of the garden in the making, digging out the pond, planting up beds of various kinds of flowers, and finished with views of the garden in all the seasons of the year. Just the right kind of talk for a cold winter's night.

**Competitions:**

|                   |                     |
|-------------------|---------------------|
| Photo of a flower | - Marion Sutherland |
| Fruit Loaf        | - Sylvia Herrington |

**GLENFARG** – After a break of two months because of the bad weather, President Mrs Ursula Stewart was delighted to be able to welcome Sheila and David McDonald from Blackford. Their story of Robert Burns' life, in music, poetry and prose was a joy and certainly made up for all the missed meetings.

Thanks to all who contributed to the excellent supper afterwards.

**Competitions:**

|            |  |
|------------|--|
| Tablet     | - Janette Kirkland                     |
| Aran mitts | - Margot Moran & Catherine Fairweather |

**BLAIRINGONE** – January: Blairingone and Powmill WRI held their joint Christmas meal in the Claremont Hotel, Alloa. A quiz was held, then after a lovely meal a few games were played and recitations were given by Mary Croy. Everyone received a Christmas parcel. The evening was enjoyed by all.

President Fiona Clark welcomed members to our February meeting. After the business was done she introduced Christine Thomas, who gave an interesting demonstration on felt making. Members also took part and made some felt to take home.

Hostess Joyce, Berry and Fiona Clark provided a lovely tea.

**Competitions:**

|                     |                  |
|---------------------|------------------|
| 4 tray bakes        | - Moira Cousar   |
| Favourite handbag   | - Martha Warnock |
| Flower of the Month | - Jean Broome    |

**CROOK OF DEVON** – After missing our last two meetings due to the extreme weather conditions, Mrs Margaret Arbuckle finally welcomed everyone to the February meeting. Our guest speaker was Mr Alistair MacDonald who gave us a very interesting talk on the history of Scone Palace.

Mrs Isabelle White gave the vote of thanks.

**Competitions:**

|                     |                |
|---------------------|----------------|
| 3 Empire Biscuits   | - Mrs I Mechan |
| Flower of the Month | - Mrs I White  |

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

*Easily move your will off your "to do" list, just call for a meeting in your own home at a time that suits you.  
**Hazel Johnson, Solicitor** can help you with sound advice in confidence to protect you and your family.*

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

**Call Hazel in Rumbling Bridge**

**on 01577 840213 or mobile 07824702229**

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



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

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



# Out & About

## Vane Farm



Och weel, the winter is slippin awa', although it's still a bit snell some days. As hiz happent fur mony a year, the spring signs are startin' tae appear. Snowdrops are in flooer, the birds are singin thur wee hearts oot, the cycle o' life begins again. Ain't nature a great thing – efter awe the hardships the elements bung at it durin winter, especially this yin, it picks itsel' up and sterts again.

Wi' the breedin season comin up, birds will need tae be in peak fettle tae deal wi' nest building, egg layin', raisin' bairms, keepin' thursels gawn, so feedin' them a high energy seed mix is a grand wey tae gie them a helpin' haund. Lots o' folk think if ye feed them durin' the winter that's enough, but birds can expend as much if no mair energy at this time o' year n kin quickly run oot o' steam. Did ye ken that a pair o' blue tits kin mak in the region o' 15 hunner trips a day tae a nestbox keepin the weans fed, ne'er mind thesel? So keepin' feedin' durin' the year gies thum a big boost.

Noo jist perchance, the RSPB hiz decidit tae help you help them, so prices fur birdfood hiv been reduced. Fae 23 February tae 8 March, we are offerin' a 20% discont aff marked prices o' 12.75kg bags, except peanuts fur sum reason – no shair why, but onywey, help yer burds, help yer wallet – come along tae the shop n fill yer trolley. Special offers oan ten packs o' suet cakes as weel until 5 April.

Reserve wise, we hiv been preparin' fur wur upcoming wetland restoration project pairt twa by removing some o' the auld fence lines along some o' the dykes which will be removed when we stert bulldozin' the place, and survey work will be anither joab which will tak up a lot o' warden time durin' the breedin' season, tho it kinda goes oan awe the time in yin wey or anither. If it moves or flees, record it. Next events comin up this month, oan the weekend o' **12 n 13 March**, we are hoddin' an “**Optics Weekend**”, givin' ye the chance tae get expert advice oan the best binoculars or telescopes tae best suit yer requirements. That will be in the shop fae 10am-5pm baith days. Nae charge, well unless ye buy sumthin, then there will be a charge.

The same weekend it's a **Digital Photography** fest when Dave, oor in-hoose photographic guru, will run a beginners course on Saturday 12th and an Intermediate yin fur folk that hiz a bit o' an idea whit tae dae wi thur camera oan Sunday the 13th. Advance bookin' is essential as places are limited so Dave can give people mair help and attention. Costs per person are £32.50 if yer a member or £40 if yer no; lunches teas, coffees supplied. Sterts at 10am-4pm baith days. If ye wid like tae book a place or fund oot a bit mair, gie us a tinkle oan the usual number, 01577 862355. If yer no first yer last.

That's it again, then. Tata till the next time.

Colin

## Loch Leven NNR



After one year away, Scottish Natural Heritage's Reserve Officer at Loch Leven National Nature Reserve, Craig Nisbet has returned from a varied and eventful time in Canada. Those of you who caught his talk at the Community Campus on 16 February will now know all about the shrike reintroduction programme he took part in, and he is now settling back into his post at the loch, including the continuation of this column! Welcome back me!



*A baby shrike*

February has been an eventful month, with various volunteer projects being undertaken from gorse bashing on Carsehall Bog to tree planting around Factory Bay. These trees will act as screening for the most recently proposed development of the Heritage Trail. Watch this space for more news of this as and when it appears. Thanks to all the volunteers that have been helping throughout this month - it really is great to get some help with projects that have been impossible with the recent harsh winter weather.

The birds have been enjoying the turn in climate as well, with large numbers of teal, wigeon and pochard all returning to the reserve. The keen eyed among you may also have spotted smew, scaup and green-winged teal mixed in with these flocks. The white-tailed sea eagle has been spotted several times this year, so it's always worth checking the skies for the so-called 'flying barn doors'. Keep those eyes peeled for anything out of the ordinary through the coming month.

The hides at Burleigh and Kirkgate both took a real beating during the big freeze this year, and both have now been removed from the reserve for the time-being. The Levenmouth Hide is still accessible, as are the hides at RSPB Vane Farm. We are currently discussing how best to proceed with the re-development of the destroyed hides, and we hope to provide these facilities again at some point soon. Our apologies in the mean time for the absence of what were excellent access points to the beauty of Loch Leven.

That's all for now folks. We hope to see you out enjoying the reserve through the coming month.

Craig

### Do you have Photographs of Kinross-shire

you'd be happy to share with others?

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

## Farming



Well, what a winter it has been so far. Heaps of snow, bitter cold and now flooding have joined forces to make day to day life eventful, if nothing else.

No matter how inconvenient things have been recently, there is always someone worse off than ourselves and you only need to look at events in Australia to find examples. One side of the country is experiencing serious drought resulting in the failure of crops on a massive scale, dust bowl conditions and fires raging out of control. Meanwhile, on the other side of the country, an area the size of Germany and France combined have been swamped by floods measured in tens of metres which have literally washed away whole communities, deposited silt on vast areas of farmland and destroyed crops. They have even had a typhoon thrown in for good measure. It certainly puts our own problems here in Scotland into perspective.

Now we are into February the days are getting longer (still 24 hours, just a higher proportion of daylight) so the most severe part of the winter should be behind us.

However, there has been a lot of snow in America in the past week so if the theory that we get their weather two weeks later is true, we could be in for trouble during the second half of February. By the time you are reading this article we should have found out whether the theory has worked this time.

It's not just unpredictable weather which can cause problems for farmers, however. Livestock can spring their fair share of surprises and it reinforces the message that people visiting the countryside to walk, or to take part in other activities should always be careful when cattle in particular are around. There are frequently news articles of people being injured or killed by a herd of cattle, both farmers and the general public. However there are two kinds of animals which can be dangerous on an individual basis. One is newly calved cows and the other is bulls. My brother was injured when he was attacked by a bull last year. The bull in question had been hand reared on the farm and had been used to close contact with him and the rest of the family for all its life, so it practically had the status of being a pet. One day, though, it unexpectedly turned on him and threw him over some cubicles (which are like individual beds where the cows lie down and are made up of railings bolted together). This turned out to be quite fortunate as the cubicles acted as a barrier which prevented the bull following up his attack. My brother sustained ligament damage to his shoulder which has required an operation. He is currently in a period of recuperation for a few months to allow the reconstructed ligaments to heal properly.

Bad enough, but it could so easily have been a lot worse, and it reminds us all that farming can be a dangerous, unpredictable profession, and that animals are, as the name suggests, animals.

Take care

John

### Visiting Kinross-shire?

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

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

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

## Weather



### January Weather Report From Carnbo

The weather of January, although cold, with snowfalls at times, was nowhere near as severe as the weather we all experienced in December.

Total rainfall 108mm (71% of normal)

Heaviest fall 25 mm

10 rain days

6 snow days, 14 lying days, total depth 14cms

Highest temperature 8°C (16th)

Lowest temperature - 8°C (7th)

Mean temperature 0.4°C

8 ice days (maximum temperature below 0°C)

9 sunless days

Cloud cover 62%

Thunder not recorded

PS 92 days now with a maximum temp. below 10°C

31 October 2010 was the last time temperature reached 10°C

### The highs and lows of 2010

The most significant events occurred at both ends of the year. January and February were both colder than normal and snowfalls were frequent.

Towards the end of the year the cold weather returned with a vengeance, leading to the coldest December for about a century. Also, for most of the country, there was a complete snow cover throughout the month.

Rainfall for the year 882 mm (61% of average)

39 snow days, 69 lying days (very high), total depth 50cms

Highest temperature 23°C (20th June)

Lowest temperature - 12°C (3rd December)

Average temperature 6.5°C (very low!)

34 ice days (maximum temperature below 0°C) (very high)

1 thunder day

### Little Buds



### New childminder coming soon

0730-1800 pre-school, after school, all options. For

more information please call Kathy on 07801

678253 or Erin on 07771 365702.

### PLANNING PERMISSION BUILDING WARRANTS

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

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

Contact **Eric or Fiona McNeil**

**01577 863000**

For free advice

## Congratulations



**SHONA JACK** and **ANTHONY CLIFFORD**, proprietors of the Kirklands Hotel, recently became engaged. Congratulations on your engagement and on the three gold stars that the hotel recently achieved from all the Kirklands Staff.

Robert and Heather **ALEXANDER**, Hilton Lodge, Milnathort are delighted to announce the engagement of their daughter **KIRSTY** to **DAVID THOMAS**, son of Dave and Margaret, Newcastle.

**IAN** and **SHEILA REID** of Argyll Road, Kinross are delighted to announce the arrival of their first grandchild **LIBBY**, on 4 January 2011 at Aberdeen Royal Infirmary. Love and congratulations to proud parents, Scott and Ginny of Peterculter – she's a wee smasher. Cuddles from aunts and uncles, Steven and Michelle, Gillian and Andy.

**PATRICK MacHUGH** has been selected to join the West of Scotland Institute of Sport. He is training full time (badminton) with the Senior Scottish National squad at Scotstoun in Glasgow. He will be competing in Europe in both the German and Dutch Junior (U19) Opens in March before competing in the European Juniors Championship in Helsinki in April.

### Lochend Farm Shop Scotlandwell

Fresh seasonal vegetables  
carrots, turnips, cabbage  
and lots more harvested daily  
Maris Piper potatoes available now  
Apple Pies, scones, hot from the oven  
Menu changes daily

**Open seven days 9am-6pm**  
**Tel: 01592 840 745**  
**Outside catering buffets lunches**  
**or book the shop for private functions**  
**Phone for further information**

### Loch Leven Garden Services

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

For a free no obligation estimate please call

**Stephen Brown**  
**01577 840441 / 07828 189523**  
Let's make your garden look fantastic!

## Thanks



**AGNES McTURK** of Milnathort would like to thank the lady, who she knows only as Sheena of Kinross, who helped her when she fell on the ice on 13 January. Agnes is very grateful to Sheena for the trouble she went to, picking her up, taking her to the chemist and then café, and complaining on her behalf to the council. Agnes is sorry she did not think to take a note of Sheena's address at the time but thanks her through this column.

**Light Up Kinross** thank the following traders for sponsoring the 2010 Christmas lights:

**ADAM NEILSON**  
**ADAMSON DRINKS LTD**  
**ALPHA VET**  
**BAYNE THE BAKERS**  
**BELLE KITCHEN DESIGNS**  
**BOWER HAIR DESIGN**  
**CENTRAL FISH & CHIPS**  
**MR CHAN'S CHINESE RESTAURANT**  
**DAWSON INTERNATIONAL**  
**DAVID SANDS**  
**SAINSBURY'S**  
**MOTO SERVICES**  
**J & J H SANDS**  
**KINROSS PLUMBING & HEATING**  
**KORONKA**  
**LE JARDINE CAFÉ**  
**MOZOLOWSKI & MURRAY**  
**ROYAL BANK OF SCOTLAND**  
**RAJ MAHAL RESTAURANT**  
**SMITH STREET MOTORS**  
**STEWART FUNERAL DIRECTORS**  
**TODD & DUNCAN**

The LUK committee thank the following for their assistance:

Alan Copland and his team (Tayside Contracts), Stuart Skinner (barriers & fireworks etc), Mr & Mrs Mullen (use of garden), Ian Miller (electrician), Joe McCormack and Christopher Nellies (fitting tree lights), Steven Brown (David Sands gifts), Kinross Rotary Club (stewarding), Kinross Round Table (santa sleigh), Kilted Christmas Tree Co. (Christmas tree and lights), Lynn Caldwell (singers), Perth & Kinross Council (use of County Buildings), Kinross Community Council Newsletter (grant), Kinross Pipe Band, Portmoak Church (PA system), and all members of the public who have supported our fund raising events and switch on ceremony and generously donated to our collecting tins.

### JOE BURNS Computer Repairs & Servicing

Computer slow, virused,  
needing upgraded or internet problems?  
If you suffer from any of the above or just need advice,  
give me a call.  
Local collection and delivery, competitive rates, call-outs  
and evening visits available.  
**01577 862399 (24hr Ans Mc)**  
**07850897924 Mobile**  
JBcomputing@btinternet.com

# Kinross-shire Churches Together



## Kinross Parish Church of Scotland

Station Road, Kinross (Charity number SC012555)

Rev Alan D. Reid MA, BD Tel: (01577) 862952  
 Reader: Margaret Michie Tel: (01592) 840602  
 Session Clerk: Jaffrey Weir Tel: (01577) 865780  
 Church E-mail: kinrossparishchurch@hotmail.co.uk  
 Church website: www.kinrossparishchurch.org

Church Office open Mon-Fri 10am - 12 noon. Tel. (01577) 862570.  
 Church open for quiet contemplation at same times.

**To Lease Church or Church Centre:** Helena Cant 862923,  
 helenacant@aol.com

Sunday morning services include a crèche, Junior Church and, for secondary age, Jam Pact. The church has disabled access and disabled toilet.

Events listed below are in the church unless indicated otherwise.

### Regular Services

**Sundays** 10.30 Morning Service.  
**Sundays** 19.30 Church Centre : Crossfire, for S1 age upwards  
**Mondays** 8pm Housegroup (contact Brenda Fraser 862000)  
**Tuesdays** 10.00 Pram Service  
 2.30pm Whyte Court - Service (First Tues of month)  
 2.30pm Causeway Court - Service (last Tues of month)  
**Wednesdays** 10.45 Midweek Worship: Reading Room, Church Centre, 30mins.  
 12 noon Mid-week and Mid-day: Time to Pray: 30 mins  
 7.30pm Various Housegroups (contact Margaret Michie)  
**Tuesdays** 10am - 12 noon Church Centre: 2nd hand book stall and café.

### Special Services and other Events

**Events for Lent** (see below): Wed. 9 and Thurs. 17, 24, 31 March

### February

**Sun 27** 10.30 am Morning Service. Preacher: Calum Stark, son of Roger and Una Stark, Kinross.  
 3.00pm Dunfermline Strathspey and Reel Society with guest artists 'Espial'. Tickets £5  
**Mon 28** 7.00pm Dinner Evening as a 'taster' introduction to the Marriage Course, at Kirklands Hotel (names to church office).

### March

**Thu 3** 7.30pm Thursday group, Church Centre: Coffee evening - 'evening of fashion'.  
**Fri 4** World Day of Prayer, 2.00pm at Church Centre, 7.00 at St. Paul's.  
**Sun 6** 10.30am Morning Service includes Quarterly Communion.  
 6.30pm Communion (common cup).  
**Mon 7** 8.00am Time to Pray - Silent Meditation.  
 8.00pm - Heaven and Earth Café, the Muirs Inn: 'How to stop worrying and start living'. An informal get-together for anyone, whether or not connected to a church.  
**Tue 8** 7.15pm Guild, Church Centre: Rev. John Munro 'A Place of Hope'.  
**Wed 9** Ash Wednesday: National Day of Prayer. Details to be announced.  
 7.30pm St Paul's: Ash Wednesday, Kinross Churches Together.  
**Fri 11** 7.30 Perth Jamboree Cabaret Group. Concert organised by the Guild.  
**Sat 12** 8.30am - Prayer Breakfast in the Church Meeting Room.

**Thu 17 (and subsequent Thursdays, 24 and 31 March) for Lent:**

Lent Studies 'Rich Inheritance': 10.00am at St Paul's meeting room or 7.30pm at Kinross Parish Church;  
 9.00pm - Time to Pray, for Lent: late evening service of Compline.

**Mon 21** 4.00pm Pram Service Tea Party to celebrate 10th anniversary: for all children and adults who have been part of Pram Service

**Tue 22** 7.15pm - Guild, Church Centre. Lynn Pollock: 'The Vine Trust, Peru'  
 8.00pm - Time to Pray: Prayer Meeting

**Sun 27** 10.30am Morning Service with 'Jonah Man Jazz' by Junior Church, followed by Annual Stated Meeting of Congregation.

6.30pm - Informal Evening Service: Biblefresh.

**Tue 29** 7.30pm Training Meeting for Family Week 1-5 August

## Orwell and Portmoak Parish Church

### Church of Scotland

Interim Moderator - Rev Alan Reid  
 Locum Minister - Rev Duncan Stenhouse  
 E-mail: orwellportmoakchurch@yahoo.co.uk

### Sunday Worship, Junior Church and crèche:

10am Portmoak Village Hall (until church is repaired),  
 11.30am Orwell Church.

**Prayer Meeting** held 30mins before each service

**United Service** 6.30pm in Orwell Hall

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

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

### Morning Prayers at 9am

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

**Oasis** Ladies' meeting in Portmoak New Room.  
 10.15-11.45am last Friday of the month

**Guild** meets 2nd and 4th Tuesdays in Orwell Hall  
 7:30pm between September and March

Church office & shop open Mon - Fri. 10am until 4pm, Sat 10am - 1pm. Come and use our recycling facilities. Meeting room to let. Printing & copying available.  
 Cards & gifts; bibles, books & calendars for sale.

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

## St James's R C Church

5 High Street, Kinross, KY13 8AW

Father Colin Golden Telephone: (01577) 863329

**Mass Times** Saturday Vigil 7.00pm  
 Sunday 9.30am

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

**Cleish Parish Church****Church of Scotland**

Rev Joanne Finlay Telephone: (01577) 850231  
 E-mail: joanne.finlay196@btinternet.com  
 Reader: Mr Brian Ogilvie Telephone: (01592) 840823

**Sunday Services** 11.15am  
**Crèche** 11.15am  
**Junior Church** 11.15am

**March**

**Sun 6** 11.15am Preacher, Reader, Brian Ogilvie.  
**Wed 9** 7.30pm: Ash Wednesday worship, St. Paul's.  
**Sun 13** 11.15am Preacher: Rev. Joanne Finlay.  
**Thu 17** 7.30pm: Lent Studies, Kinross Parish Church.  
 9pm, Compline Service.  
**Sun 20** 10am Early Birds Family Worship.  
 11.15am Traditional Service of worship,  
 Rev. David Smith.  
**Thu 24** 7.30pm: Lent Studies, Kinross Parish Church.  
 9pm, Compline Service.  
**Sun 27** 11.15am Morning worship and Stated Annual  
 Meeting.  
**Thu 31** 7.30pm: Lent Studies, Kinross Parish Church.  
 9pm, Compline Service.

**St Paul's Scottish Episcopal Church**

Muirs, Kinross, KY13 8AY

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

**March Services**

**Fri 4** World Day of Prayer, 7.00pm, all welcome.  
**Sun 6** Sunday before Lent, 8.30am Holy Communion.  
 11.00am Sung Eucharist.  
**Tue 8** Shrove Tuesday, 7.30pm Pancakes and service.  
**Wed 9** Ash Wednesday, 7.30pm Service of Penitence.  
**Fri 11** Fair Trade fortnight, 3.00pm Tea service (all welcome).  
**Sun 13** Lent 1, 8.30am, Holy Communion.  
 11.00am, Sung Eucharist.  
**Sun 20** Lent 2, 8.30am Holy Communion.  
 11.00am, Sung Eucharist, Preacher Rev J Cameron.  
**Sun 27** Lent 3, 8.30am Holy Communion.  
 11.00am, Sung Eucharist.  
**Thu 31** 9.30am Prayers for healing.

Thursday Morning Lent study group meets at 10.00am in Meeting  
 room for 5 weeks starting 10 March

**For further information Contact Jan Campbell 862391**  
**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.

**Kinross Christian Fellowship Evening Service**

On the second Sunday of every month, the Fellowship will  
 be holding an evening service beginning at 6.30pm. There is  
 no formal format envisaged; however, it may be expected  
 that it will include lots of praise, worship, and joy in the  
 LORD. Everyone is welcome, irrespective of faith or  
 denomination, and we look forward to seeing - and hearing -  
 you. For more information please contact Peter on 01577  
 863509. On behalf of KCF, God bless.

**Fossoway Parish Church****Church of Scotland**

Rev Joanne Finlay Telephone: (01577) 850231  
 E-mail joanne.finlay196@btinternet.com  
 Reader: Mr Brian Ogilvie Telephone: (01592) 840823

**Sunday Services** at 9.45am  
**Junior Church, crèche,**  
**"Wrigglers Group" (0-3 year olds)** at 9.45am,  
**Tots Music:** Friday mornings in hall, 9.30am  
**Café Refresh:** Every Thursday, church hall, 2-4pm  
**Yoga classes:** Mondays 7-8.30pm  
**Teenage Group** first Sunday of month 9.45am  
 (Sunday evenings - details from Margaret Hamblin 850252)  
**Mens Group** Breakfast Meeting, 7.30 am - 10.30 am.

**March**

**Sun 6** 9.45am: Reader, Brian Ogilvie.  
**Wed 9** 7.30pm: Ash Wednesday worship, St. Paul's.  
**Sun 13** 9.45am: Morning Worship and Stated Annual  
 Meeting.  
**Thu 17** 7.30pm: Lent Studies, Kinross Parish Church.  
 9pm, Compline service.  
**Sun 20** 9.45am: Rev. David Smith.  
 7.30pm Teens Group.  
**Thu 24** 7.30pm: Lent Studies, Kinross Parish Church.  
 9pm, Compline service.  
**Sun 27** 9.45am, Preacher: Rev. Joanne Finlay.  
**Thu 31** 7.30pm: Lent Studies, Kinross Parish Church.  
 9pm, Compline service.

**Kinross Gospel Hall**

Montgomery Street, Kinross

Website: www.kinrossgospelhall.info

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

**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.

**PIANOFORTE TUITION****ANTHONY J. FOOTE, L.R.A.M.**

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

*Refresher Courses for Adults*

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

Tel: (Muckhart) **01259 781446**

# biblefresh

## It could change your world

Apart from their spiritual significance, the words of the Bible have contributed a great deal to phrases and sayings in everyday usage. How often is our conversation peppered with words such as: 'Pride comes before a fall'; 'We reap what we sow'; 'The love of money is the root of all evil'; 'No rest for the wicked'; 'The writing's on the wall'. 'It's better to give than to receive' and the description of someone who helps as 'A Good Samaritan'. Our culture owes much to the King James Bible, first published 400 years ago in 1611.

The story of Joseph, which is found in Genesis 37-50, throws up all kinds of problems which are still part of everyday life too. In the surprise ending we see the hated brother, Joseph, who has risen to be the right hand man of the Pharaoh of Egypt, showing love and forgiveness to the brothers who treated him so badly and making provision for all his family circle in a time of famine. Looking back on the whole story, Joseph says to his brothers, 'As far as I am concerned, God turned into good what you meant for evil.' The Bible doesn't gloss over the failures and the wrongdoing but it also shows that God can bring hope out of seemingly hopeless situations.

An overview of the big picture of the Bible, 'From Eden to Eternity' is being performed by the Saltmine Theatre Company in Edinburgh on Friday 14 March and in Cupar Corn Exchange on Saturday 15 March. You'll maybe spot some more everyday sayings and situations in this production. More information at [www.wycliffe.org.uk/wycliffe/connect/ed/from-eden-to-eternity.html](http://www.wycliffe.org.uk/wycliffe/connect/ed/from-eden-to-eternity.html)

For help in reading the Bible this year, check out [www.biblefresh.com](http://www.biblefresh.com) and follow the link to the Essential 100, a hundred selected Bible readings giving an overview of the message of Scripture. Reading notes and guides are also available by contacting the Church Office on 01577 862570 or through the Church web-site [www.kinrossparishchurch.org](http://www.kinrossparishchurch.org)

### SOFT FURNISHINGS

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

Specialising in hand-pleated, interlined  
curtains

Full fitting service available

Free quotations

Contact Jeanne Sledmore on  
Tel 01383 724607  
Mob 07799 204739

## Saturday Night Worship

Last Saturday of each month, 7.30 – 10pm

Milnathort Town Hall

Heartfelt praise and worship

Prayer for healing

Opportunity for testimony

Refreshments

Books and resources

Open to all

For further details contact Sarah Corsar 07795313864

## Healing Rooms Kinross

*Healing Rooms - simply a place where people  
come to get Christian prayer for healing.*

**Kinross Healing Rooms** has now been open for well over three years! Every Thursday without fail (excluding Christmas Day) from 11am to 1pm. Take a walk down to the Millbridge Hall and check us out. And, as it is a purely Christian ministry, there is no charge and no appointment is necessary. People from all walks of life are included: believers, non-believers and the 'don't knows'. We don't counsel or offer advice on any subject - we simply pray a Christian prayer for healing.

Not sure? That's okay, come and see us anyway, you may be assured of a warm friendly welcome, in a warm friendly atmosphere. (We even offer free refreshments, including lunch, in the attractive cafe area!) You have literally nothing to lose, but perhaps a great deal to gain. We do look forward to meeting you.

For further information please call 07766515950, 07773717339 or go to [www.healingrooms-scotland.com](http://www.healingrooms-scotland.com)

## Recently bereaved? Needing some support? AMONGST FRIENDS

(Bereavement Group)

meets at the Health Centre, Kinross

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

A warm welcome awaits all

For details phone Marg 01577 863557

## GARDEN MACHINERY SERVICE \* REPAIRS \* HIRE



- Lawnmowers
- Scarifiers
- Hedgetrimmers
- Strimmers
- Rotavators
- Chainsaws

Telephone George Shorthouse  
on 01577 863245 or 07842 195037



## Obituaries

**CRAWFORD – MARGARET** of Churchill Road, Kinross passed away peacefully at the Queen Margaret Hospital, Dunfermline on 6 February 2011.

She was born in Dunfermline in 1935, one of six children of James and Elizabeth Geddes.

Margaret moved to Kinross in the early 1970s after living in England for a number of years. It was in Kinross she met and subsequently married Alex Crawford. Their wedding took place in 1977 and Alex became a stepfather to her three daughters. Many happy years followed for Margaret and Alex and the family. In particular, Margaret and Alex loved their holidays abroad – Austria being Margaret's favourite and she returned there last year.

Margaret had a few jobs throughout her life – starting work in the Co-op bakery in Tillicoultry when she was fifteen and retiring from Tower Bakery when she was sixty. In between, she worked in electronics, the hotel and catering industry and at the Ochil Hills Hospital.

Margaret had many friends and was very close to the group of friends she met each week at Kinross pool. They put the world to rights when they met and organised outings each year, which were eagerly looked forward to. She also met with her friend Mary most weeks and had done so for a lot of years.

Margaret's life revolved around her family and she was a devoted wife to Alex, a loving mother to her three daughters – Morag, Rhona and Kim and to her son-in-law Billy. Her grandchildren, Suzi, Jamie and Euan were everything to her. She was a special aunt to her niece Yvonne. A much loved sister-in-law, aunt and friend. She was special to many people and will be truly missed.

Margaret's funeral took place on Friday 11 February 2011.

**SINCLAIR – WILLIAM JAMES (Bill)** died peacefully at home on Tuesday 1 February 2011 after many months of illness.

Bill was born in Wick and was educated at the local High School, later gaining the Diploma in Agriculture from Aberdeen University. National Service was with the Seaforth Highlanders in Gibraltar. Bill started his working life in his father's Agricultural and Grain Merchants business in Wick before joining Pfizer and from there to Ranks in the Agriculture Supplement and Food trades. He then farmed in Aberdeenshire for seven years before joining the Department of Agriculture as Poultry Officer in 1972, from which position he retired from in 1995.

In his early years he was a keen tennis player but achieved promotion to golf some 30 years later. He also enjoyed the occasional game of curling and, when time permitted, working in his garden.

Bill was a past President of Kinross Rotary Club and was given a Paul Harris Award for services to Rotary.

Bill is survived by his wife Elsa, sons Graeme and Malcolm and grandchildren Charlotte, Ruby and Beattie.



## Acknowledgements

**SINCLAIR** – Elsa, sons Graeme and Malcolm and daughter-in-law Maxine would like to thank everyone who helped Bill during the months of his illness.

To Dr. Campbell and the Doctors at Loch Leven Health Centre who provided medical expertise; to the dedication and quality of care from the District Nurses and from Debbie and Roberta of Elite Care, all of whom braved the elements during some atrocious winter weather.

Bill enjoyed frequent visits from his friends in Kinross Rotary Club and Kinross Golf Club and also from his wide circle of friends. Thank you for giving of your time.

The visits from the Rev. Alan Reid were certainly appreciated, as was his uplifting service at Perth Crematorium when we gathered to celebrate the life of Bill. Thank you for all the cards, letters and flowers and to Gordon and Alison Stewart of Stewart Funeral Directors whose advice was most helpful and sensitive.

Finally, thank you to all who contributed most generously to the Marie Curie Cancer Care charity. We are still receiving donations.

**MACRAE née WEBSTER** – The families of Catherine Macrae (Cathie) would like to extend a huge thank you to all who attended her funeral on 19 January 2011 in Orwell Parish Church, Milnathort, her home town. Especially to Duncan Stenhouse for a lovely service and for making it so personal too. Many thanks to Orwell & Portmoak Guild Ladies for a lovely afternoon tea in the Church hall. Much appreciated to all who helped.

Special thanks to Kinross Day Centre, where Cathie spent many happy lunch times, lovely food and company too.

To Whyte Court where she lived after the death of her dear husband, John Macrae, 13 years ago. She returned to Kinross-shire from Tain, Ross-shire. She had lots of fun times on the many outings, teas and concerts and thoroughly enjoyed being back in her home Shire, where she also enjoyed many wonderful holidays, days out, family parties etc with her wee brother Tom (Webster), her dear sister in law and friend Jean and all their family too.

To all the staff in Kinross Surgery for their care and attention over the years.

All the staff in Queen Margaret Hospital, Dunfermline, for their care prior to her death on 11 January 2011.

Cathie was a lovely, talented, caring lady. A wonderful Mum to Duncan and Ian, mother in law to Joan and Francis, grandmother to Joanne, Angela, Sarah, Kenneth and Jennifer, grandmother in law too. Also great grandmother to Jodie, Duncan, Aaron, Keira, Ewan and Archie. A loving sister to all her brothers and sisters (eight in total), sister in law, Aunt and friend and will be sorely missed by all.

With many thanks to all who made Cathie's life so very special.

A donation was collected for Kinross Day Centre and we raised a total of £341.60.

### World Day of Prayer

Friday 4 March 2011

A warm welcome awaits you at your local service:  
in Church Centre, Main Street, Kinross at 2.00pm  
and St Paul's Church, The Muirs, Kinross at 7.00pm

# Playgroups & Nurseries

## PORTMOAK UNDER 5s

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

Babies and Toddlers (birth – 3yrs)

Tues 10:00am - 11:30am

Playgroup (2yrs onwards)

Mon & Fri 10:00am – 12noon

Contact Carolyn Robertson 01383 831129

## LOCHLEVEN BABIES & TODDLERS

Masonic Hall, The Muirs, Kinross

### Session times

Tuesdays 9.30 - 11.15, Fridays 9.30 - 11.15

Contact - Caroline 07507 204731

All Mothers, Fathers, and Carers with children aged birth to 3 years are welcome to attend.

## LOCHLEVEN TWOS CLUB

Masonic Hall, The Muirs, Kinross

Thursdays 9.30 to 11.15 (term time only)

Suitable for children from about 18 months to preschool with their parent/carer. Contact Sophie Irvine on 01577 863288 if you would like your child to have a place next term, or if you would like more information.

We have lots to offer including playdo, painting, craft, dressing up and a variety of toys. A snack is also provided. This is also a great place for parents and carers to have a coffee and chat whilst their children play. Younger siblings welcome.

**Contact Sophie Irvine on 01577 863288 for further details.**

## FOSSOWAY TODDLERS

The Institute, Crook of Devon

Wednesday 9.30 a.m. - 11.15 am

All Mums to-be and Mothers, Fathers and Carers with children aged birth to 3 years are welcome to attend.

Contact - Fiona Eastop 01577 864194

## FOSSOWAY PRE-SCHOOL GROUP

Glenbank Cottage, Powmill

Partner-provider for P&K Education

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

Sessions daily 9.30 – 12 noon

Contact Pat Irvine 07703 177766 or  
[www.childcarelink.gov.uk/perthandkinross](http://www.childcarelink.gov.uk/perthandkinross)



## SWANSACRE PLAYGROUP

21-23 Swansacre

Kinross-shire Playgroup Association

Aka Swansacre Playgroup

Registered Scottish Charity Number SCO17748

**TEL: 01577 862071**



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

### Playgroup sessions

**Mon to Fri 9.15-11.45am and Fri 12.45-3.15pm**

Children from the age of 2 yrs welcome.

### Rising Fives sessions

**Mon & Wed 1.00-3.15pm, with Lunch Club beforehand.**

This is complementary to morning Nursery.

Spaces available for both Playgroup and Rising Fives.

**For more information, please contact**

**Julia Slater 07810 742046 or Playgroup 01577 862071**

### Baby and Toddler Group – Thurs 1-3pm

Ante-natal to pre-school.

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

For more information, please contact **Diana 07514 999192.**

The premises are available to hire for **Private Functions.**

For more information, please contact **Denise 07780 612201.**



## MILNATHORT BABIES & TODDLERS

Orwell Church Hall, Milnathort

Milnathort Babies and Toddlers offer a relaxed, friendly environment.

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

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

Thursday & Friday, 10am – 11.30am.

For more information please contact Charlotte Giacopazzi on 07740 600424

or e-mail [charlottegiacopazzi@yahoo.co.uk](mailto:charlottegiacopazzi@yahoo.co.uk).

## GLENFARG BABY AND TODDLER GROUP

Village Hall, Greenbank Road, Glenfarg

9.30am to 11.30am during term time

A healthy snack is provided for children and tea/coffee and biscuits for carers. We also provide a craft activity each week.

First session free and £2 thereafter (£1 for second child). All welcome.

Contact Jenny Holt-Brook on 01577 830577,  
email [jennyholtbrook@yahoo.co.uk](mailto:jennyholtbrook@yahoo.co.uk)  
or just come along.



# Notices

## Dunfermline Strathspey and Reel Society

combined with **Espial**, a folk duo from Edinburgh,  
play in Kinross Parish Church at 3pm on

**Sunday 27 February**

Tickets £5.00 from NewsPlus or at the door

## FAIRTRADE FORTNIGHT

**28 February - 13 March 2011**

The focus for this year is on cotton.

Fairtrade cotton is now widely available in shops and you can easily identify the fairtrade logo on cotton clothing and other everyday products.

Special events will advertised. Please come along and support fairtrade, making the difference for farmers and producers.

Thank you for your continuing support in 2011.

## Milnathort Girl Guides

We meet every Tuesday in the Guide Hall from 7.30pm to 9pm. Girls aged 10 - 14 welcome to attend. We have about 20 girls currently who come along every week and enjoy some fun games and activities.

For further information please contact Tracy Reid on 01577 864415 or Lesley McCormick on 01577 862060.

## Lodge St Serf No. 327



### March

**Tue 1st** Regular Meeting at 7.15pm. Entered Apprentice Degree. Annual Visitation of Provincial Grand Lodge of Fife & Kinross headed by Depute Provincial Grand Master Brother Andrew Paterson JP.

**Tue 15th** Regular Meeting at 7.15pm. Fellow Craft Degree.

**Friday 1st April: Sportsman's Dinner** at 7pm for 7.30pm in aid of local good causes. Tickets £30.00 from 01577 863298 after 6pm. Speakers will be Alan Rough, former goalkeeper, now presenter with Real Radio; Frank Robb, an Aberdonian with a razor sharp wit and Sandy Strang, a well known journalist and noted Burns speaker.



Children's Hospice Association Scotland  
Sharing the Caring

## Thursday Group

**Thursday 3 March**

in Church Centre at 7.30pm



Children's Hospice Association Scotland  
Sharing the Caring

## A Fashion Show & Gift Stall by CHAS

Wine & Shortbread

Tickets £5 available from group members or at the door

## World Day of Prayer

**Friday 4 March 2011**

Written by Christian women of Chile  
How Many Loaves Have You?

Will YOU join us?

A warm welcome awaits you at your local service:

in Church Centre, Main Street, Kinross at 2.00pm  
and St Paul's Church, The Muirs, Kinross at 7.00pm

## Kinross-shire Partnership ANNUAL GENERAL MEETING

7.00pm

**Tuesday 8 March**

The ICT Room, Loch Leven Community Campus, Kinross  
Open meeting

## Orwell Bowling Club

### SCOTS NIGHT

**Saturday 5 March** at 7pm for 7.30pm

Haggis, Neeps & Tatties followed by Trifle

Ticket only: £5 per head. Tickets behind bar at the Club

### BINGO TEA

**Wednesday 9 March**, 7.30pm

£1 entry including refreshments. All are Welcome

### BINGO TEA

**Wednesday 6 April**, 7.30pm

£1 entry including refreshments. All are Welcome

## Kinross Parish Church of Scotland Guild

### CONCERT

by the

**JAMBOUREE CABARET GROUP**

from Perth

**Friday 11 March**

at 7.30pm in Kinross Parish Church

Tickets £5 (School children £2.50)

## Milnathort Folk Festival 2011

The Crackin' Ceilidh Weekend has been scaled down a little this year. There will be a concert in the Thistle Hotel on **Saturday 12 March** at 8pm.

The Concert will feature Gaberlunzie and friends (Tich Frier, Wildfire and others). Tickets will be available from the usual outlets, or phone 07884 350831.



## Kinross-shire Local Events Organisation

Film 'Despicable Me'

at Community Campus

**Sunday 20 March**

at 2.30pm (doors open at 2pm)

Tickets (£3 for 18 and under and £5 for adults and £14 for a family (2A, 2C) are available at the door on the evening.



## Kinross Potager Garden

**Special Meeting – Tuesday 22 March**

A Special Meeting will be held in the Reading Room at the Church Centre in Kinross, on Tuesday 22 March at 7pm, to approve and adopt some changes to our constitution. These are updates re our present aims and practices, and to comply with current Charity Laws. All members, volunteers and friends of the garden are welcome to attend this meeting. For further information, contact Amanda James - 840809.



## Kinross-shire Historical Society

Meetings are held in Kinross Parish Church, Station Road, Kinross at 7.30pm, usually the third Monday of the month. Membership for season £6 (Seniors £5); Visitors £2 per talk; eighteen and under free.



### 21 Mar The Work of Historic Scotland Conservation

**Group:** An Overview of Research and Practical Projects currently undertaken by this Group. Ali Davey BA(Hons INTL), MUBC.  
**Annual General Meeting**

## ANTIQUES VALUATION EVENING with Anita Manning



Wednesday 23 March



Windlestrae Hotel, Kinross, 6.30pm for 7.00pm

### Rotary Club of Kinross and District Charity Fundraiser

Anita Manning is well known for her frequent TV appearances, most recently in BBC2's "Antiques Road Trip." The Rotary Club are delighted that on this occasion she will be gifting her time and expertise to raise funds for Rotary International's projects, in what should be a highly enjoyable evening for everyone.

After an introductory talk by Anita, you can enjoy a two-course meal followed by coffee, then she, with a colleague's help, will value antiques and collectables brought by guests. Her wit and humour, allied to her great professional expertise, promise a very entertaining and informative event.

In order to maximise the opportunity for everyone attending to have a piece valued, each individual or couple is asked to bring no more than one item.

Tickets, price £20, are available from Rotary Club members and with Anita very generously waiving her personal fee, all profits will go to charity. Alongside support for local good causes, Rotary International provides "Shelterbox" emergency housing and other support for victims of natural disaster.

## DAFFODIL TEA

in aid of Marie Curie Cancer Care

Kinross Potager Garden, Bowton Road

**Saturday 26 March,**

from 10.30am to 12 noon.

Donations for refreshments to Marie Curie

Also: Plant Sales, and a stall selling

Toys and Books by Kinross Guides

## Ochil & South Perthshire Conservative & Unionist Association

### COFFEE MORNING Kinross Church Centre

**Saturday 12 March**

10.00am - Noon

**Entry £2.00**

Raffle

Home Baking

## Kinross & District Rotary Club Citizen of the Year Award 2010/11



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

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

Nominations can be made by individuals or organisations and should be received by the Rotary Club before **15 April 2011**. The Council of the Rotary Club will consider all nominations received and the presentation will be made in June 2011.

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

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

John Matthews, President

Please address all nominations to:

Neil Maclure, Secretary

Rotary Club of Kinross and District

c/o Windlestrae Hotel, Kinross

Or submit by email to: [neil.maclure19@gmail.com](mailto:neil.maclure19@gmail.com)

## Local Correspondent

for Perthshire Advertiser and Fife Herald newspapers

**Linda Freeman**

Tel: 01577 865045. Email: [linda.freeman64@tesco.net](mailto:linda.freeman64@tesco.net)

## Kinross Community Council

There is a vacancy on the Community Council for a co-opted member. If interested, please contact M Scott, Secretary, at [mbs21@btinternet.com](mailto:mbs21@btinternet.com) or Kinross 862945. It would also be helpful if you could provide brief details about yourself.

Please note, you should reside in the Kinross CC area and your name should appear in the Local Electoral Register.

## Disability Sport

There are many activities for people with disabilities at local, regional and national level which welcome people with physical, learning and sensory disabilities. Sports available include swimming, athletics, boccia and bowling. If you would like further information or would like to be included on an email distribution list to keep up-to-date with what is available, please contact Caroline Ness, Sports Development Officer by telephone on 01738 472242 or email [CMNess@pkc.gov.uk](mailto:CMNess@pkc.gov.uk)

## Blythswood Care

Sainsbury's Car Park

(if car park is full, van will park nearby, e.g. Park & Ride or Ochil View)

**Tuesday 22 March**

**between 10.30 am and 11 am**

Further details from 862258

## Kinross Floral Art Club

### 40th Anniversary AGM

will be held in the Windlestrae Hotel on

**Thursday 24 March**  
**At 7.15pm prompt for supper**

Followed by a demonstration by Mrs Lesley Nelson  
Title – “Ruby Anniversary”

Anyone wishing to join the celebration please contact  
Mrs C Rodger on 01577 863785 before 15 March.

## Light Up Kinross (LUK)

AGM in the Green Hotel

on **Thursday 21 April** at 7.30pm

Please come along to support us with improving the Christmas light display. We urgently need new members to carry out this project and ensure it continues and grows in the future.

## PORTMOAK GALA

**Saturday 18 June**

As usual there will be a wide variety of stalls, dancers, displays and activities - a great day for all the family!

Requests for stalls, donations for stalls and offers of help - please telephone Sandra Davidson on 07900 196742

## Recycle your waste and help the Friends of Wumenu Community Farm

(Charity No SC037724)  
[www.friendsofwumenufarm.org.uk](http://www.friendsofwumenufarm.org.uk)

The charity will take: old agricultural tools, bikes, clothes, fabrics, old sewing machines, art materials, duvets, curtains, blankets and bedding, kitchenware, toys, clothes, play equipment, power tools, garden tools and unwanted electrical goods in any condition. All goods can be collected.

Telephone Amu-Logotse on 07985 623870 or Barbara Willey on 01577 863063.

### YOGA & RELAXATION

With **BARBARA FOOTE** – Dip. Hatha Yoga

**FOR ALL** – Young to Senior

DESTRESS – STRENGTHEN – TONE

STRETCH – NOT STRAIN

RELAXATION – PEACE & HARMONY

### LOCHLEVEN LEISURE CENTRE

Tuesdays 9.45 – 10.45 am

11 – 12 noon & 12.15 – 1.15 pm

Thursdays 11.30 am – 12.30 pm

**Booking essential for all Leisure Centre Classes**

**01577 863368**

Further information: **BARBARA – 01259 781446**

## Milnathort FILMHOUSE

**MAR 2011**

Milnathort Town Hall

**Sunday 13th Mar 3pm**



**TUCK SHOP AVAILABLE**

### TICKETS

How to train your Dragon (PG) tickets available in advance from  
Milnathort Post Office.

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

Other Info Kathleen Mitchell 07818 532091 or email  
[milnathortcinema@btinternet.com](mailto:milnathortcinema@btinternet.com) JOIN US ON FACEBOOK just  
search 'Milnathort Filmhouse'

## Milnathort Filmhouse Films for 2011

**Sunday 13 March**

**How To Train Your Dragon (PG) 3pm**

**Saturday 7 May**

**Sex and the City (15), 8pm**

**Sunday 12 June**

**Kung Fu Panda (PG), 3pm**

**Sunday 4 Sept**

**WALL - E (U), 3pm**

**Sunday 30 Oct**

**Nanny McPhee (U), 3pm**

**Saturday 24 Dec**

**The Snowman (U), 5pm**

*Tickets from Milnathort Post Office 2 weeks before  
screening. Films shown in Milnathort Town Hall*

### BODY BLISS

"Therapies to Enhance Your Life"

REFLEXOLOGY / REIKI

SWEDISH BODY MASSAGE

AROMATHERAPY MASSAGE

REMEDIAL SPORTS MASSAGE

ON-SITE MASSAGE

Contact: **Morag Abel** / Powmill

**Tel: 01577 840171**

**GIFT VOUCHER AVAILABLE**

Men & Women Welcome!

Member of the International

Council of Holistic Therapists

**Perth & Kinross Council**  
**Kinross Area Office**  
 21 High St, Kinross  
**Customer Service Centre**  
 (Mon to Fri, 8am-6pm)  
**Out of Hours Emergencies**  
 (Roads, flooding, environmental health and dangerous buildings)  
**Clarence** (for non-emergency road and lighting defects)

www.pkc.gov.uk  
 Tel: 01577 862351  
 Tel: 01738 475000  
 Tel: 01738 625411  
 Tel: 0800 232323

### Milnathort Community Council

The composition of Milnathort Community Council as of the election of 24 June 2010 is as follows:

|                                      |   |
|--------------------------------------|---|
| <b>Bruce Hamilton</b> (Chairman)     | Newhill Farm, Glenfarg                                  |
| <b>David Cottingham</b> (Vice Chair) | Middleton House, Milnathort                             |
| <b>Joseph Giacomazzi</b> (Secretary) | 1 Greenburn Field, Milnathort                           |
| <b>Lynne Bennet</b> (Treasurer)      | 1 Reid Crescent, Milnathort                             |
| <b>Patrick Milne-Home</b>            | Craigow, Milnathort                                     |
| <b>Sandy Smith</b>                   | 21 Church Street, Milnathort                            |
| <b>Robert Halford</b>                | Nether Tillyrie Cottage,<br>Nether Tillyrie, Milnathort |
| <b>Dorothy Thomson</b>               | Tillyrie House, Milnathort                              |

### Thursday Group

This is a Women's Group which meets the first Thursday of each month in the Lower Hall, Church Centre. Meetings are usually talks on various subjects, ending with refreshments and a chance to talk to friends. New members would be made very welcome. If interested, contact 01577 863625.

**Forthcoming meetings:** 3 Mar, 7 April, 5 May, 2 June

### KINROSS GARDEN SERVICES

For domestic and commercial garden maintenance and soft landscaping

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

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

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

### DOG GROOMING BY KIRSTEN

Qualified Groomer  
 19 years experience

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

**For an appointment or further enquiries**  
**TEL: 0771 647 2733**  
 or email  
**kirsten.k9@blueyonder.co.uk**

### Mindspace



Mindspace is the counselling service for Perth Association for Mental Health (www.pamh.co.uk). We have Young People's Counsellors working in Kinross one day a week. Clients can self-refer via email to info@mindspacepk.com, by telephone on 01738 631639, or by visiting our website at www.mindspacepk.com and filling in a referral form. Clients can also be referred by their GP. Mindspace also offers counselling to adults (18+) at their offices in Perth.

### 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

### English as a Second Language

**Free  
 Local  
 Friendly  
 Support**

**With  
 English for  
 Speakers of  
 Other Languages**

Would you like to improve your ability to:

- ↓ Talk to friends and neighbours
- ↓ Understand what people say to you
- ↓ Give information
- ↓ Talk on the phone
- ↓ Fill in a form
- ↓ Apply for a job

For further information please contact:



Roseanne Gray  
 Adult Literacy Worker  
 Loch Leven Community Campus  
 Email: rgray@pkc.gov.uk  
 Tel: 01577 867216



### ADULT LITERACY & NUMERACY

**Free local and friendly support**

**With reading • writing • spelling • numbers**

"I can enjoy books now"  
 "I feel more confident"  
 "Filling in forms is less scary!"  
 "I passed my driving test"

**If you would like further information please contact:**



Roseanne Gray  
 Adult Literacy Worker  
 Loch Leven Community Campus  
 Email: rgray@pkc.gov.uk  
 Tel: 01577 867216



## Community Councils

**Kinross:** Secy: Mrs M Scott (01577) 862945

KinrossCommunityCouncil@pkc.gov.uk

**Cleish & Blairadam:** Secy: Mrs M Traylor (01383) 830059,

CleishCommunityCouncil@pkc.gov.uk

**Milnathort:** Secy: Mr J Giacomazzi (01577) 864025

MilnathortCommunityCouncil@pkc.gov.uk

**Fossoway & District:** Secy: Trudy Duffy-Wigman (01577) 840669,

FossowayCommunityCouncil@pkc.gov.uk

**Portmoak:** Secy: Mr J Bird (01592) 840368,

PortmoakCommunityCouncil@pkc.gov.uk

### Kinross Community Councillors

|                             |                      |              |
|-----------------------------|----------------------|--------------|
| Margaret Blyth              | 6 Muir Grove         |              |
| David Colliar               | 10 Rannoch Place     | 864037       |
| Dave Cuthbert               | Highfield Circle     | 861001       |
| Barry M Davies (Vice Chair) | 60 Lathro Park       | 865004       |
| Ian Jack (Treasurer)        | Burnbrae Grange      | 863980       |
| Laura Mackay                | Brunthill Farm       | 07872 499145 |
| Dot Mackay                  | 29 Green Park        | 864635       |
| Joe Richardson              | 47/49 High Street    | 863152       |
| Margaret Scott (Secy)       | 21 Ross Street       | 862945       |
| Campbell Watson (Chair)     | 7 Gallowhill Gardens | 861544       |
| Bill Freeman                | 64 Muirs             | 865045       |

### Perth and Kinross Councillors

**Kathleen Baird**, Easter Clunie, Newburgh, Fife, KY14 6EJ

Tel (home): 01337 840218.

Email: kbaird@pkc.gov.uk

**Michael Barnacle**, Moored, Waulkmill Road, Crook of Devon, Kinross, KY13 0UZ. Tel/Fax (home): 01577 840516.

Email: Michael@mabarnacle.freemove.co.uk

**Sandy Miller**, c/o Perth & Kinross Council, 2 High Street, Perth, PH1 5PH. Tel (business): 01577 840462.

Email: SMiller@pkc.gov.uk

**William Robertson**, 85 South Street, Milnathort, Kinross, KY13 9XA. Tel (home): 01577 865178.

Email: wrobertson@pkc.gov.uk

### Kinross Recycling Centre, Bridgend

Opening Times: **Mondays to Fridays** 9am to 7pm  
**Saturdays and Sundays** 9am to 5pm

Aluminium & Steel Cans, Car Batteries, Cardboard, Engine Oil, Fluorescent Tubes, Electricals (inc Fridges, Freezers, Televisions & Monitors), Garden Waste, Glass Bottles & Jars, Inert Waste, Metal, Paper, Phone Directories, Plastic Bottles, Textiles, Wood, Bicycles.

### Fossoway and Cleish Community Office

A service for the Community, open:

Thursdays 2 pm - 4 pm

Saturdays 10am -12 noon

Out of hours there is an answering machine

Tel: 01577 840185 Email: fcoffice@btinternet.com

### Regular Library Sessions for Young Children

At Loch Leven Community Library.

No need to book, just come along.

### Story Telling

every Monday morning 10.15 – 10.45 am

and every Thursday afternoon 2.15 – 2.45 pm

### Bookbug Rhymetimes

every Saturday 10.30 – 11 am

and every second Wednesday 2.00 – 2.30 pm

(next Wed session: 9 March)

**Bookbug Library Challenge:** For children aged 0 to 4: On each visit to the library, children are given a sticker. After collecting four stickers, they are awarded a certificate.

## Member of Parliament for Ochil & South Perthshire Constituency Gordon Banks MP

www.gordonbanksmp.co.uk

Email: constituency@gordonbanksmp.co.uk

For dates and locations of regular advice surgeries, or to raise any concerns you may have, please contact the constituency office: telephone 01259 721536, fax 01259 216761 or write to 49-51 High Street, Alloa, FK10 1JF.

### MSP for Ochil Constituency Keith Brown MSP

will be holding regular

surgeries throughout his constituency area.

For information on dates, locations and to book an appointment time, please contact his assistant on **01259 219333**.

Keith can also be contacted by email at

**keith.brown.msp@scottish.parliament.uk**

or by writing to **80 Mill Street, Alloa, FK10 1DY**

### Members of the Scottish Parliament

All MSPs can be contacted at the following address:

The Scottish Parliament, Edinburgh, EH99 1SP

### MSPs for Mid Scotland and Fife Region

**Claire Baker MSP** (Scot Labour) Tel: 0131 348 6759

Email: Claire.Baker.msp@scottish.parliament.uk

**Ted Brocklebank MSP** (Scot Cons) Tel: 0131 348 5610

Email: Ted.Brocklebank.msp@scottish.parliament.uk

**Murdo Fraser MSP** (Scot Cons) Tel: 0131 348 5293

Email: Murdo.Fraser.msp@scottish.parliament.uk

**Christopher Harvie MSP** (SNP) Tel: 0131 348 6765

Email: Christopher.Harvie.msp@scottish.parliament.uk

**John Park MSP** (Scot Lab) Tel: 0131 348 6753

Email: John.Park.msp@scottish.parliament.uk

**Dr Richard Simpson MSP** (Scot Lab) Tel: 0131 348 6756

Email: Richard.Simpson.msp@scottish.parliament.uk

**Elizabeth Smith MSP** (Scot Cons) Tel: 0131 348 6762

Email: Elizabeth.Smith.msp@scottish.parliament.uk

### Mobile Library – Blairingone and Milnathort

Every Second Wednesday

Next visits: Wednesday 9 and 23 March

Blairingone 9.30am - 9.45am

Westerloan, Milnathort 2.10pm - 3pm

Bridgefauld Road, Milnathort 3.05pm - 4pm

Any queries telephone AK Bell Library 01738 444949

### Loch Leven Community Library

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

Telephone: 01577 867205

Email: kinrosslibrary@pkc.gov.uk

### Opening Times

Monday 10am – 6pm

Tuesday, Wednesday, Thursday 10am – 8pm

Friday 10am – 6pm

Saturday 10am – 3pm

### The Café

We invite you to join us at the Millbridge Hall between the hours of 11am and 1pm every Thursday. Tea, coffee, snacks or even lunch available (and you won't believe the prices!) Please drop in for a warm welcome in a very friendly atmosphere. All you have to do is simply turn up!

*(The Cafe is brought to you by Kinross Christian Fellowship working together with Kinross Healing Rooms.)*



# Kinross-shire *Day Centre*

**Table Tennis • Videos • Cards • Dominoes  
Daily Papers • Chiropody • Trips • Exercises**

## Weekly Programme

|                  |                 |           |                        |
|------------------|-----------------|-----------|------------------------|
| <b>Monday</b>    | Elderberries    | 1.30 pm   |                        |
| <b>Tuesday</b>   | Bingo           | 1.30 pm   |                        |
| <b>Wednesday</b> | Morning Service | 10.45 am, | Quiz Afternoon 1.30 pm |
|                  | Dominoes        | 1.30 pm   | Scrabble 1.30 pm       |
| <b>Thursday</b>  | Art Class       | 1.30 pm,  | Film Afternoon 1.30 pm |
|                  | Dominoes        | 1.30 pm   |                        |
| <b>Friday</b>    | Scrabble        | 1.30 pm   | Dominoes 1.30 pm       |

## Additional Events for March

|                            |                     |         |
|----------------------------|---------------------|---------|
| <b>World Day of Prayer</b> | <b>Friday 4th</b>   | at 2 pm |
| <b>Visit to Campus</b>     | <b>Tuesday 8th</b>  | at 2 pm |
| <b>Bingo Tea</b>           | <b>Tuesday 29th</b> |         |



**Coffee Bar open 9 am - 4 pm, Senior Citizens Lunches Daily**  
**Telephone: 01577 863869**



## LOCAL CHEMIST INFORMATION



### Rowlands Pharmacy, Kinross

(opposite David Sands)

Mon - Fri: 9.00 am - 6.00 pm

Saturday: 9.00 am - 5.00 pm

Sunday: 12.00 - 1.00 pm

Tel: 862422

### Davidson's Chemist, Milnathort

Mon to Fri: 9.00 am - 1.00 pm &  
2.00 pm - 6.00 pm

Saturday: 9.00 am - 12.30 pm  
Tel: 862219



## Kinross-shire Volunteer Group and Rural Outreach Scheme

Registered Charity No. SC015642

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

|   |            |
|---|------------|
| <b>Perth, Dunfermline, Kirkcaldy</b>                | <b>£10</b> |
| <b>Stirling</b>                                     | <b>£12</b> |
| <b>Dundee, Edinburgh</b>                            | <b>£18</b> |
| <b>Stracathro</b>                                   | <b>£25</b> |
| <b>Loch Leven Health Centre, Kinross/Milnathort</b> | <b>£3</b>  |
| <b>Loch Leven Health Centre, outreach area</b>      | <b>£5</b>  |

Co-ordinator: Ann Munro 01577 840196.



## Perth Citizens Advice Bureau

The Kinross Outreach Advice Surgery is held on the second and fourth Tuesday of the month from 1.30pm to 3.30pm at St Paul's Church Hall, The Muirs, Kinross. The next visits are:

**8 and 22 March**

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.



## Kinross-shire Fund

Grants available for local community projects

e.g. *Events, Information, Transport, Welfare, Physical Amenities, Recreational Facilities, Support for Care of the Elderly, Voluntary Organisations*

For more information and to download an application form, see [www.kinross-shirefund.org](http://www.kinross-shirefund.org) or contact Annabel Bath on 0131 524 0300 or email [Annabel@scottishcf.org](mailto:Annabel@scottishcf.org)



## Dyslexia Drop-in Session

Last Tuesday of the month, 6.30pm  
Loch Leven Community Library  
A local branch of Dyslexia Scotland

## 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](http://www.pamh.co.uk)

## Situations Vacant

In conjunction with [www.kinross.cc](http://www.kinross.cc), the Newsletter is pleased to publish local situations vacant. Please go to the [kinross.cc](http://www.kinross.cc) website before applying to **check whether a position is still available** (Go to [www.kinross.cc](http://www.kinross.cc) then click on 'Local Adverts' and choose 'Situations Vacant').

### Administrator (part time), Kinross-shire Partnership

See separate notice below.

### Temporary Sales Administrator (full time), Stewartsturf Ltd, Kinnesswood

March 2011 to end Sep 2011. Hours 8am to 5pm, Mon to Fri. Job involves answering phone, taking and inputting orders, dealing with customers, filing and variety of admin duties. Should be computer literate, have sales, customer service or retail experience, and able to work under pressure and without supervision.

For further info or to apply call Jan Forbes 01592 840800 or send CV to [info@stewartsturf.com](mailto:info@stewartsturf.com)



## SITUATION VACANT

### Administrator

Applications are sought for the role of administrator supporting the directors of the Kinross-shire Partnership ("KP").

KP is a not for profit company run by volunteer directors supported by Perth & Kinross Council which strives to make a contribution to the identification, promotion and encouragement of economic development, tourism, environmental improvement, community recreation and general support of local people/clubs and organisations.

The Administrator works from home on a fully flexible basis in return for an hourly fee calculated on time spent.

Responsibilities include:

- Principal point of contact for KP
- Dealing with enquiries & correspondence
- Organising meetings, venues & KP participation at events
- Minute taking
- Maintenance of corporate records
- Preparing funding applications
- Filing annual returns

We are looking for someone with a strong blend of administrative and inter-personal skills who wants to help us make Kinross-shire a better place to live.

This role will not make you rich or be life transforming but if you think you would like to help us achieve our aims please contact:

Alisdair Stewart, Chairman

Tel: 01577 862262 Mob: 07825698613

e-mail: [alisdairstewart@yahoo.com](mailto:alisdairstewart@yahoo.com)

## School Holidays, Academic Year 2010 - 2011

|                |                 |   |                 |
|----------------|-----------------|---|-----------------|
| Academic year  | Wed 18 Aug 2010 | - | Fri 1 Jul 2011  |
| Spring Holiday | Mon 4 Apr 2011  | - | Fri 15 Apr 2011 |
| Easter Break   | Fri 22 Apr 2011 | - | Mon 25 Apr 2011 |
| In Service Day | Tue 26 Apr 2011 |   |                 |
| May Day        | Mon 2 May 2011  |   | (tbc)           |

## Classified Adverts

The Newsletter publishes items for sale listed on the [kinross.cc](http://www.kinross.cc) website. If interested in purchasing an item, we suggest **checking the website for current availability** ([www.kinross.cc](http://www.kinross.cc) then 'Local Adverts' then 'Classified Adverts'). If interested in selling an item, please list it on [www.kinross.cc](http://www.kinross.cc) and it will automatically be published in the next available Newsletter.

### Items for Sale

#### Electric Guitar £7500

6 string encore black and white guitar in excellent condition.

#### Pink 14 inch tv £5000

Barbie pink 14 inch tv with integral dvd player, remote control, also comes with separate freeview digibox with remote and scart lead.

For items above contact: James Penn

01577 863413

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

#### Boys cabin bed £5000

Cabin bed with four blue drawers and central open storage. Less than a year old.

#### Bistro table with glass top and chrome stand with two black seated bar stools £7500

For above items contact: Lorna Howard

01383 839804

[lornahoward@hotmail.co.uk](mailto:lornahoward@hotmail.co.uk)

#### Ikea adjustable childrens bed £3000

Low level pine bed from Ikea, which expands in length, with foam mattress.

#### Hamax childrens cycle seat £2500

Childrens rear cycle seat, fits to adult cycle frame, colour blue (Hamax Kiss type), hardly used.

#### Babies moses basket and stand £1000

Wicker material - good condition.

#### Cot top changer £2000

Mamas & Papas range, wooden finish.

#### Silver Cross XT3 - 3 wheeled buggy & travel system £60.00

3 wheeled buggy with infant carrier that fits into buggy and can be transferred to car. Buggy used well, but carrier as new. Matching travel bag. All in fabric Milan Denim (£320 when new).

#### Folding (travel) stair gate £1000

Mothercare folding stair gate with carry bag, expands to suit most door widths stairs.

For above items contact: Martin Scott

01577 866990

[martin.scott@macegroup.com](mailto:martin.scott@macegroup.com)

#### Fuchsia/cerise pink hair fascinator £1000

Brand new and never used. Peter Bettley fuchsia pink straw and feather hair fascinator. The feathers have some subtle black markings/spots.

#### Motocross/Dirt Bike gear £5000

Assortment of motocross kit for approx 9 year old. Top, trousers, body armour, knee pads, gloves, goggles, kidney belt and boots (size 4). Top measures 16" underarm to underarm. Trousers 31" from waist to hem, and 23" crotch to hem.

For above items contact: Alison

01577 865615

#### Mamas & Papas Cot - Antique pine £5000

M&P cot in great condition (approx 5 yrs old). H: 98 x W: 66 x L: 126cm. 3 Position adjustable bed base. Lasts until child is approx 2 yrs old. Mattress and cot sheets included.

#### BabyDan Rubberwood Highchair £5000

Wooden Babydan contemporary highchair. Adjusts as child grows. Suitable from 6 months. Includes 2 piece cushion pack. Great condition.

For above items contact: Orla Beaton

07854 196955

[orla.beaton@btinternet.com](mailto:orla.beaton@btinternet.com)

See community website [www.kinross.cc](http://www.kinross.cc) for more classified adverts

# Diary

*A more extensive and regularly updated  
Diary of Events can be found on [www.kinross.cc](http://www.kinross.cc)*

## February

## Page

|     |    |  |        |
|-----|----|--|--------|
| Sat | 26 | Ladies Circle Comedy Night, Milnathort Town Hall |        |
| Sun | 27 | Dunfermline Strathspey & Reel Society and Espial | 87     |
| Mon | 28 | Fairtrade Fortnight begins                       | 11, 87 |

## March

## Page

|          |        |   |        |
|----------|--------|---|--------|
| Tue      | 1      | Fossoway & District CC meets                                      | 34     |
| Tue      | 1      | Lodge St Serf meets regularly                                     | 87     |
| Tue      | 1      | Kinross High School Parent Council meets                          | 50     |
| Wed      | 2      | Kinross CC meets  | 22     |
| Thu      | 3      | Kinross Fifty Plus Club meets                                     | 55     |
| Thu      | 3      | Fashion Show and Gift Stall                                       | 87     |
| Fri      | 4      | World Day of Prayer   | 82, 87 |
| Sat      | 5      | Orwell Bowling Club Scots Night                                   | 87     |
| Sat      | 5      | <b>Better Place to Live Fair</b>                                  | 7      |
| Tue      | 8      | Portmoak CC meets   | 33     |
| Tue      | 8      | Kinross-shire Partnership AGM                                     | 87     |
| Tue      | 8      | Citizens Advice Bureau outreach service visits twice monthly      | 96     |
| Wed      | 9      | Mobile library visits Kinross-shire fortnightly                   | 95     |
| Wed      | 9      | Quiz Night, Kinnesswood in Bloom                                  | 49     |
| Wed      | 9      | Orwell Bowling Club Bingo Tea                                     | 87     |
| Thu      | 10     | Kinross Garden Group talk: Spring Bulbs                           | 41     |
| Thu      | 10     | Milnathort CC meets   | 29     |
| Fri      | 11     | Jambouree Cabaret Group at Kinross Parish Church                  | 87     |
| Sat      | 12     | Ochil & South Perthshire Conservatives Coffee Morning             | 88     |
| Sat      | 12     | Live music at Common Grounds                                      | 41     |
| Sat      | 12     | Portmoak Film Society presents: Invictus                          | 53     |
| Sat      | 12     | Milnathort Folk Festival concert                                  | 87     |
| Sun      | 13     | Milnathort Filmhouse: How to Train Your Dragon                    | 91     |
| Mon      | 14     | Cleish & Blairadam CC meets                                       | 35     |
| Tue      | 15     | Author Quintin Jardine at Library                                 | 12     |
| Sat      | 19     | Ceilidh fundraiser - Scotlandwell and Kinnesswood in Bloom groups | 49     |
| Sun      | 20     | KLEO presents film: Despicable Me                                 | 53, 87 |
| Mon      | 21     | NEWSLETTER DEADLINE   | 1      |
| Mon      | 21     | Pram Service 10th birthday celebration                            | 4      |
| Mon      | 21     | Historical Society: Historic Scotland Conservation Group & AGM    | 88     |
| Tue      | 22     | Blythswood Care collection  | 88     |
| Tue, Wed | 22, 23 | Open Days at Rachel House   | 11     |
| Tue      | 22     | Kinross Potager Garden Special Meeting                            | 87     |
| Wed      | 23     | Antiques Valuation Evening, Rotary Club charity fundraiser        | 88     |
| Thu      | 24     | Kinross Floral Art Club 40th Anniversary & AGM                    | 91     |
| Sat      | 26     | Daffodil Tea for Marie Curie Cancer Care, Potager Garden          | 46, 88 |
| Sun      | 27     | 2011 Census   | 11     |
| Tue      | 29     | Dyslexia Drop-in group meets                                      | 49     |
| Tue      | 29     | Explorer and author John Hare at Library                          | 12, 45 |

## April

## Page

|     |    |  |    |
|-----|----|--|----|
| Fri | 1  | Sportsman's Dinner                                     | 87 |
| Sat | 2  | Kinross Tennis Club Open Day                           | 60 |
| Wed | 6  | Orwell Bowling Club Bingo Tea                          | 87 |
| Sat | 9  | Portmoak Film Society presents: Made in Dagenham       | 53 |
| Wed | 13 | Civic Trust AGM and talk: The Cost of Renewable Energy | 56 |
| Fri | 15 | Deadline for nominations- Citizen of the Year award    | 88 |
| Sat | 16 | Opening of the green at Kinross Bowling Club           | 64 |
| Thu | 21 | Six-week gardening course begins                       | 46 |
| Thu | 21 | Light Up Kinross AGM                                   | 91 |
| Sat | 23 | Sportive Kinross Cycle event and ceilidh               | 11 |