



Kinross Newsletter



Founded in 1977 by Mrs Nan Walker, MBE

Published by Kinross Newsletter Limited, Company No. SC374361

Issue No 384 April 2011 www.kinrossnewsletter.org ISSN 1757-4781

DEADLINE for the May Issue

2.00 pm, Monday
18 April 2011

for publication on
Saturday 30 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
(all emails will be acknowledged)

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

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

Editor

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

Advertising Manager

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

Subscriptions

Glenn Neve
Saltire Transport Services
15 Marshall Place
Ballingry, Fife KY5 8JW01592 860808
subscriptions@kinrossnewsletter.org

Distribution

Glenn Neve (address & tel as above)
distribution@kinrossnewsletter.org

Treasurer

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

CONTENTS

From the Editor	2
News and Articles	2
Police Box.....	14
Community Councils.....	15
Club & Community Group News	23
Sport	36
News from the Rurals.....	46
Out & About.....	47
Congratulations and Thanks.....	51
Church Information and Obituaries	52
Playgroups & Nurseries.....	56
Notices.....	57
Day Centre & Chemists.....	62
Classified Adverts, Situations Vacant.....	63
Diary.....	64

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 and click on Advertising for full details, or contact our Advertising Manager. The deadline for new Display ads or changes to Display ads is three days before the normal monthly deadline for copy, so the deadline for display ads is **Friday 15 April**.

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



News & Articles

Editorial

The April issue is always a challenge for the Newsletter team: there is usually a five-week rather than a four-week gap between the March and April deadlines so more submissions are received, and we have the cross-over of winter and summer activities, receiving reports from both types of club. What we are missing this month, though, is **LETTERS!** For the first time in over five years, this month we have not received a single letter for publication. This is a great pity, as providing a forum for discussion and a link between individuals and the rest of the community is a large part of what the Newsletter is all about. If you have thoughts, views or comments on issues affecting Kinross-shire, please do send us a letter. A copy of the Newsletter is sent to senior staff at Perth & Kinross Council and to the Courier and Perthshire Advertiser newspapers, so views expressed in the Newsletter do go beyond the county itself. Starting with this issue, the Newsletter will be available to buy in **Sainsbury's**. Thanks to staff at Sainsbury's for their help in arranging this.

Helen Glover: We are saddened to hear of the death of Helen Glover, who for many years supplied the Newsletter with information on the activities of several clubs and was the local correspondent for the Fife Herald and Perthshire Advertiser newspapers. Helen volunteered for many roles in the community. We hope to publish a full obituary next month.

Abbreviations:

PKC: Perth & Kinross Council, CC: Community Council
Cllr: Councillor, CCllr: Community Councillor

Council vague on County Buildings

The Newsletter asked PKC for a statement on the situation regarding the County Buildings, following the decision made six months ago by the Council's Strategic Policy & Resources Committee to move Council functions from the County Buildings to the community campus. The response was:

"Council services provided from the County Buildings in Kinross will transfer to Loch Leven Community Campus in the near future. The local community will be kept fully informed of these changes. The move will allow Council services to be provided from modern accommodation which will be more suitable for both service users and staff.

"The future of the County Buildings is under consideration, and an announcement will be made in due course."

Gallowhill Road closed for most of April

Gallowhill Road will be closed to vehicular traffic for around four weeks while repair works take place on the bridge over the motorway.

PKC has issued a Temporary Prohibition of Driving Order which is expected to be in force from Sunday 27 March for four weeks.

Pedestrian and vehicular access to premises will be maintained.

New signs promote Loch Leven attractions

As our front cover shows, a number of new tourist signs have been installed in Kinross-shire in recent weeks.

Work to update directional signs to Loch Leven and Kinross attractions was taken forward by a partnership of the Council, Kinross businesses, Scottish Natural Heritage (SNH), Historic Scotland, The Rural Access Committee For Kinross-shire (TRACKS) and the Kinross-shire Partnership.



One of the new tourist signs in the centre of Kinross

The old signs were out of date and there was general agreement that they needed to be replaced, as they did not take account of certain attractions and amenities. The recently established Loch Leven Heritage Trail did not feature on the old signage. It was felt that the updating of signs would provide an opportunity to include this new attraction and give greater prominence to Loch Leven as a National Nature Reserve and a major attraction in its own right. An important step forward was the granting of permission for signage on the motorway promoting the Loch attractions.

The siting of the new signage, and what attractions should be included, was discussed by members of the Loch Leven Business Group, made up of local businesses, Historic Scotland, the RSPB, TRACKS, SNH and representatives of the Council's economic development service. George Lawrie, project officer with TRACKS who co-ordinated the work involved in getting the signs in place, said, "the Council staff at economic development and the roads department have been tremendously helpful."

The new signs give directions to attractions such as the cashmere shop due to reopen at the Todd and Duncan mill, the Heritage Trail, Loch Leven's Larder, Loch Leven Nature Reserve and Loch Leven Castle, as well as local hotels and golf courses.

A spokesman for PKC said, "The Council is delighted to have been able to work with local businesses and partner groups to provide this up-to-date new signage, which will assist motorists, cyclists and pedestrians to reach the many attractions that the area around Loch Leven has to offer, and make it easier for visitors to explore the local area."

Japan earthquake recorded in Kinross

The recent Japanese earthquake was recorded on Kinross High School equipment. The school has a seismometer that can pick up earthquakes with a magnitude of 6.5 or more. The earthquake on 11 March, which had such devastating effect in Japan, had a magnitude of 9.0. The seismometer and a computer showing readings (seismographs) are located in the community library in a glass case.



The seismograph for 6.46am on 11 March 2011, time of the Japanese earthquake

Concert in Cleish Church

Sunday 10 April at 3pm is the time for a 'cello recital by Polish musician Barbara Misiewicz and Anna Whyte, a pianist from Glasgow. Barbara recently played in Lugano Switzerland, where she now lives, with Vladimir Ashkenazy, but has come back to give concerts in Glasgow and Cleish. We have chosen 3pm to encourage folk to come a distance and still get home at a reasonable time. Ticket prices are £8.00, with concessions at £5.00 and children are admitted free as usual. As Kinross Church is in use that day, we decided to move to Cleish Church. Barbara played in Kinross Parish Church 18 months ago with Paul Livingston and Scott Mitchell, playing Faure, Bach and Beethoven.

A Cant

Support for families

Home-Start Perth offers support and friendship to families with at least one child under five in the family home. Our volunteers support families throughout Perth & Kinross.

Home-Start Perth is always looking for new volunteers who have parenting experience and have a couple of hours to spare each week. If you're interested in support for your family or a volunteering opportunity, more information is available by going online www.homestartperth.org.uk, emailing info@homestartperth.org.uk or phoning 01738 638847 and asking to speak to Susan or Veronica.



Subscriptions to the Newsletter

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

For further details see www.kinrossnewsletter.org or phone Glenn Neve on 01592 860808 or email subscriptions@kinrossnewsletter.org

Hustings for Scottish Election

Do you fancy a chance to question the parties and candidates standing for election to the Scottish Parliament on 5 May?

If so, come along to Kinross Parish Church, Kinross at 7pm on **Wednesday 27 April** where you will be able to do just that at a hustings meeting organised by Kinross-shire Churches Together.

All parties standing for election in the Kinross-shire area have been asked to send a candidate or other representative to answer questions. The hustings is organised by Kinross-shire Churches Together, which, as a non-political community organisation, is willing to provide a venue and chairperson. This opportunity to hear and question the parties is now a 'tradition' in Kinross-shire dating back to the first Scottish Parliament election in 1999 when the hustings was chaired by the late John Stewart. This time, Ruary Macleod has volunteered to chair what is always a lively and enlightening meeting.

Any questions, whether or not you are able to attend on the night, can be submitted in advance to Kinross Parish Church Office by post to Kinross Parish Church, 10 Station Road, Kinross, KY13 8QR or telephone 01577 862570 (staffed Mon-Fri. 10am – 12 noon or leave message) or email: kinrossparishchurch@hotmail.co.uk

Digital Switchover in Kinross-shire

The Council's Trading Standards is ready to give advice to anybody thinking of buying new digital TV equipment before the next stage of the digital switchover.

In June 2011 the analogue TV signal for the Kinross area will be switched off. It will be replaced by digital TV signals. This will affect areas served by the Craigkelly Transmitter and relays.

To ensure that people in Perth and Kinross have information available to them to make the right choice of equipment and digital service the Council's Trading Standards Service has produced a leaflet explaining issues around the digital switchover and what equipment is available. This leaflet was available for some months before the Perthshire switchover in August 2010, and has been updated for people living in Kinross-shire who still need information.

The leaflet is available for download from the Trading Standards page of the PKC website, or by phoning 01738 476476 and asking for Trading Standards.

The Kinross area changeover is due to begin on 1 June when the BBC2 analogue signal will be switched off and replaced by a group of digital channels. The process will complete on 15 June when the other analogue signals are switched off and replaced by more digital channels. By this time those who have not obtained suitable digital TV equipment will lose their TV signal. An important thing to remember is that there is no need to replace your TV unless you wish to, as practically any analogue TV, even black and white sets, can be connected to a digital box which will then allow digital signals to be viewed.

Information on any aspect of the digital switchover is available from Digital UK by phoning 08456 50 50 50, or on their website. In addition more information is available from your local TV dealer.

News from the Health Centre



Easter Closing

A number of Bank Holidays are coming up in April and early May as Easter is closely followed by an additional Bank Holiday for the Royal Wedding. We have, however, decided not to close on 29 April. Our opening days are therefore as follows:

Friday 22 April	Closed
Monday 25 April	Closed
Tuesday 26 – Friday 29 April	Open
Monday 2 May	Closed

When the Health Centre is closed, all emergency calls will be dealt with by NHS24 and the Fife Out of Hours service. They can be contacted on our usual emergency number: 01577 865252.

Library News

Loch Leven Community Campus, Muirs, Kinross

The library is expecting a visit from John Hare on Tuesday 29 March. He is an award-winning Explorer, Conservationist and Author and fellow of the 'Royal Geographical Society'. His lecture, 'Across the Sahara' will prove to 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. The library has recently had two very successful events. The world-famous photographer, **Colin Prior** gave a two-hour presentation on 24 February. 270 people from Kinross and the surrounding area came to hear him discuss his new book, his wonderful photography and the skills that go into his work.

The bestselling crime writer **Quintin Jardine** visited the library on 15 March. The 80 library members in attendance were greatly entertained by his readings, his experience of the creative process and reminiscences of how he got started.

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

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-shire Day Centre

Kinross-shire Day Centre has an inspection carried out annually by the Scottish Commission for the Regulation of Care which was set up in April 2002 to regulate and improve care services in Scotland.

Regulation involves:

- Registering new services
- Inspecting services
- Investigating complaints
- Taking enforcement action, when necessary, to improve care services

The inspectors, known as Care Commission Officers, check care services regularly to make sure that they are meeting the needs of the people in their care.

In November 2010 the Day Centre had an Announced Inspection carried out based on Quality of Care and Support and was awarded a **Grade 6 for Excellence**.

During this inspection the views of 12 people who use the service were taken into account and all spoke very highly of the service and made comments such as "I really enjoy the company here", "the staff are really helpful" and "the staff are wonderful and can't do enough for me".

They commented that there was always a choice of activities they could get involved in i.e. arts, crafts, painting, dominoes, scrabble, film afternoons, tea dances, concerts and regular day trips as well as cinema afternoons set up by the Senior Pupils of Kinross High School Campus. They were also very happy with the level of support the staff provided. There is also a choice of menu and people on special diets are catered for.

The Committee, staff and the people who use the services here at Kinross-shire Day Centre are extremely pleased at having achieved a Grade 6 from the Scottish Commission for the Regulation of Care and wish to thank everyone in the community as well as the general public for all their continuous support.

Casting vote puts controversial Kilmagadwood houses through

PKC has granted permission for two large houses within the settlement boundary of Kilmagadwood on the edge of Scotlandwell, despite the application attracting 77 letters of objection, including objections by Portmoak CC and Kinross-shire Civic Trust.

There have been two unsuccessful applications for the same site in the past.

The planning officer report to the development control committee recommended approval this time, as previous concerns had been addressed.

The application by Imagine Land went through on the casting vote of the development control committee chair, Cllr Willie Wilson.

DRIVING TUITION

LOCHLEVEN DRIVING SCHOOL

**Call Marie Scott
on
Kinross 862266**

Established 23 years

Councillor's MIR response

Councillor Barnacle submitted a comprehensive document to PKC on 10 February, in which he gave his comments on the Council's Main Issues Report (MIR). The MIR is one stage in the production of a new Local Development Plan. Cllr Barnacle has been a Councillor in this area since 1999 and had sought views from local residents at six specially arranged and well-attended public meetings in the run-up to the publication of the MIR, and two meetings since. He has also discussed the MIR with the Fossoway Community Strategy Group, comprising representatives of Fossoway CC, Friends of Rural Kinross-shire and Kinross-shire Civic Trust. Below is a selection of some of the points made by Cllr Barnacle.

Growth: Cllr Barnacle is "hugely sceptical" about the growth projections on which the local plan is to be based.

Greenfield sites: Cllr Barnacle strongly disagrees with the proposal to apply minimum density policies to larger Greenfield sites as this would result in the irrevocable loss of prime agricultural land. He believes it is vital to retain such land for food production.

Affordable housing: The Cllr is in favour of the policy of requiring 25% of sites to contribute towards Affordable Housing. He feels there is a need for more small size and rental housing, and housing suitable for older people, given the continued increase in the ageing population.

Housing in the Countryside: The Cllr feels that the 2009 Housing in the Countryside Policy, unlike its 2005 predecessor, is "fit for purpose" and should be enforced.

Economic development: The Cllr is in favour of the proposal to retain existing economic development land and would go further, saying: "We urgently need to develop zoned employment land and identify new areas. The Strategy Group in Fossoway has indicated they would like to see rural development sites in Blairingone and Crook of Devon but the MIR has not addressed this."

Rural businesses, redundant farm buildings: In answer to questions 13 and 14 in the MIR, Cllr Barnacle writes, "There is a strong case for supporting key rural businesses within policy. A clear independent appraisal of whether or not farm buildings are redundant or vacant is required because the development sector argues such status usually to justify conversion or demolition for housing. There should be a presumption in favour of rural business use within the policy."

Protection and enhancement of landscape: The Cllr is "dismayed" that Areas of Great Landscape Value are due to be lost from the Local Development Plan under Scottish Planning Policy. The MIR suggest that local landscape areas be introduced to replace AGLVs: Cllr Barnacle proposes that these should include the Cleish, Lomond and Ochil Hills, along with the River Devon.

Mitigating climate change: The Cllr feels the Council's policy on wind turbines is deficient.

Kinross-shire/Long term development plans: The current Kinross Area Local Plan (2004) stated that PKC would formulate long-term development strategies (LTDS) for settlements in Kinross-shire, in consultation with the local community and others, the results of which were to be incorporated into any subsequent review of the Local Plan. This followed a recommendation by the Inquiry Reporter prior to adoption of the 2004 plan. With the encouragement of PKC Planning Officers, Cllr Barnacle has worked with the Strategy Group since 2004 for a LTDS for Fossoway.

However, PKC has not followed up on this. The Cllr writes, "... apart from commissioning a landscape capacity report of August 2005 which the community has made much comment on, PKC Planners have failed to address this requirement in any meaningful way since 2004 and I find it astonishing that this LTDS as a process doesn't even get a mention in the MIR, despite assurances from PKC Planning that our representations would be taken into account and form a significant input to the MIR, as regards Fossoway."

Kinross and Milnathort: The Cllr stated his preferences regarding the sites mapped for potential future housing, wishing to avoid coalescence between Kinross and Milnathort.

Landward area: The MIR sets out two options for housing allocation in the landward areas of Kinross-shire. Cllr Barnacle favours Option 1 as it "allows for gradual incremental growth across settlements giving a wider choice of sites and range of locations." He is strongly opposed to a particular site - Naemoor Road, Crook of Devon - even being included in Option 2, as it is "an important village setting gateway." Parts of Option 1 conform to the Strategy Group's Final Landscape Capacity Map. Some development at Blairingone could help to secure the future of Blairingone Primary School, though the Cllr points out the concern of residents that with two sites having been put forward, the village would double in size if both proceeded. He gives a caveat, too, about a site marked at Wester Balgedie as it is within the Loch Leven catchment and there are concerns about road alignment and potential flooding.

Loch Leven catchment: The Cllr endorses the MIR's proposed approach to housing development in the Loch Leven catchment area, though "some clarity on the brownfield development category would be welcome."

Turfhills: Cllr Barnacle agrees with the MIR proposal to meet the employment land requirement by identifying land at Turfhills and South Kinross, but qualified his answer by emphasising his strong concern "about the potential for the spread of Kinross west of the motorway and its coalescence with Balado from the eight developer proposals for this area." He firmly stated the need to retain the PKC Roads depot at Turfhills for emergency flood equipment and winter gritting/ploughing plant.

Infrastructure: The Cllr points out that the MIR is deficient on key infrastructure proposals for Kinross-shire. He would like to have seen reference to A977 mitigation measures, a proposal to restore a rail link to Kinross and an acknowledgement of "the need to recognise the deterioration of Kinross town centre and an overall strategy for the town to deal with the number of PKC buildings empty and surplus to requirement there; the provision of the link road and a supermarket are only part of the story."

This last point refers to paragraphs 5.4.18 to 20 in the MIR on retail. PKC notes that the improvements to our largest local supermarket on its conversion to Sainsbury's has reduced the leakage of shoppers to Perth and Fife, but PKC thinks that "the provision of a larger format supermarket providing a wider range of convenience goods" would help retain even more shoppers locally, stating, "the old High School site in Kinross is considered to be the optimum site with potential to be redeveloped for a supermarket as it is well related to the town centre."

The Station Road to Bridgend link road is programmed for 2011.

The MIR can still be viewed on the Council's website, although the closing date for comments has passed.

Free membership to Listening Books for people in Kinross!



Listening Books is a registered charity providing a vital audiobook library service to over 15,000 people across the UK who struggle to read books in the usual way due to an illness, disability or learning difficulty. Members of the library can choose from thousands of fantastic audiobooks on a range of formats to suit their needs – MP3 CDs sent through the post, listening live via internet streaming or downloading to an iPod or other portable device.

Membership fees usually begin at just £20 per year but, due to funding that the charity has received, they are able to offer a number of **free membership places** to people with a print impairment in Kinross. To take advantage of this offer, please contact Louise Barling on 020 7407 9417 or email lbarling@listening-books.org.uk.

The Listening Books library boasts fiction and non-fiction titles and covers many popular genres including crime, romance, historical novels, travel and biographies. We provide National Curriculum set texts and study guides for our younger members while many of our older members find our audiobooks a welcome relief from the pain, boredom or loneliness brought about by an illness or disability.

Listening Books member, Amy Scroggie, says:

"I am housebound and stuck in bed a lot. Listening Books has made a huge difference to my quality of life. I can escape to a different world when I listen to a book, and through Listening Books I have discovered many new authors. If it wasn't for Listening Books, my life would be much duller. They're a great organisation!"

For more information on Listening Books, please visit www.listening-books.org.uk or telephone 020 7234 0522.

No more Sunday opening for Kinross chemist

Rowlands Pharmacy in Kinross will not be opening on a Sunday as of 1 April 2011 and therefore the last Sunday opening (noon to 1pm) will be Sunday 27 March. After this, the nearest open pharmacy on a Sunday will be Asda, Dunfermline.

People requiring medical advice are also reminded of the NHS 24 service, which can be contacted on 08454 24 24 24.

THCL

construction & renewable energy
all your building needs

- New Build Properties
- Renewable Energy Solutions for home and business
- Home Alterations and Restorations
- Home Energy Efficiency Consultations
- Wood Pellet supplier for heating and horse bedding

For further information or for a free quotation
please call Malcolm Thomson on 0845 555 1015
or email malcolm.thomson@thcl.net
www.thcl.net

Ploughing at Loch End



A ploughing match took place at Loch End farm on 12 February.
Photos: Linda Mellor Photography



GARDEN STEPS & MORE...

Brick, 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

Community Website

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

Spring into Learning at Kinross Learning Centre



Kinross Learning Centre's spring programme of taught classes gets under way in mid April and with a wide range of classes on offer, there should be something to suit everyone.

The fantastic facilities offered by Loch Leven Community Campus will provide the venue for three classes – Guitar, Upholstery and Sculpture. The remainder of the classes will run in the Learning Centre on Swansacre.

New for this spring is Birdwatching for Beginners. Making the most of the wonderful natural environment around Kinross, local expert Scott Paterson will provide an introduction to woodland, wetland, farmland and coastal birds.

Classes at Kinross Learning Centre					
Course	Starts	Time	Duration	Cost	ILA
Languages					
Holiday Spanish	Mon 18 Apr	7-9pm	8 weeks	£53	√
Spanish Beginners 2	Mon 18 Apr	1-3pm	10 weeks	£65	√
Improving your Spanish Conversation	Tue 19 Apr	7-9pm	10 weeks	£65	√
Advanced Spanish Conversation	Mon 18 Apr	10am-noon	10 weeks	£65	√
Improving your French Conversation	Wed 20 Apr	10.15am-12.15pm	10 weeks	£65	√
Improving your French Conversation	Tue 19 Apr	1-3pm	10 weeks	£65	√
Advanced French Conversation	Tue 19 Apr	10.30am-12.30pm	10 weeks	£65	√
German 3	Wed 20 Apr	7-9pm	10 weeks	£65	√
Holiday Italian	Thu 21 Apr	12.45-2.45pm	8 weeks	£53	√
Italian 3	Thu 21 Apr	10am-noon	10 weeks	£65	√
Russian 3	Thu 7 Apr	7-9pm	10 weeks	£65	√
Computing					
Welcome to Computing	Mon 18 Apr	7-9pm	8 weeks	£53	√
Welcome to Computing	Tue 19 Apr	2-4pm	8 weeks	£53	√
Carry on Computing	Tue 19 Apr	12-2pm	8 weeks	£53	√
Arts					
Advanced Watercolours	Mon 18 Apr	2-4pm	10 weeks	£65	
Watercolours 5	Mon 18 Apr	7-9pm	10 weeks	£65	
Drawing & Painting	Thu 21 Apr	1.30-3.30pm	10 weeks	£65	
Watercolours 3	Wed 20 Apr	1.30-3.30pm	10 weeks	£65	
The Art of Drawing - Intermediate	Wed 20 Apr	9.45-11.45am	10 weeks	£65	
The Art of Drawing 3	Thu 21 Apr	9.45-11.45am	10 weeks	£65	
Digital Photography					
SLR Photography and Photoshop Elements	Wed 20 Apr	7-9pm	8 weeks	£59	√
General Interest					
Bird Watching for Beginners	Wed 20 Apr	1-3pm	6 weeks	£38	
Gardening for Pleasure	Thu 21 Apr	6.30-8.30pm	6 weeks	£30	
Cake Decorating	Tue 19 Apr	10am-noon	8 weeks	£73	
Classes at Loch Leven Community Campus					
Learn to Play Guitar	Wed 20 Apr	7-9pm	6 weeks	£60	
Upholstery Workshop	Wed 20 Apr	7-9pm	6 weeks	£80	
Sculpture	Thu 21 Apr	7-9pm	8 weeks	£60	

Visiting Kinross Parish Church

Have you never been inside that large towered church on Station Road, Kinross? Or looking for somewhere of interest to take visitors to the town? Or just looking for some peace and quiet for a while? Kinross Parish Church – the largest church in the county – is now open to the public from 10am to noon, Monday to Friday (apart from Tuesday mornings term-time when Pram Service takes place), whether for quiet contemplation or to experience its architecture and history. Entry at these times is by the rear (west) door.

If you are looking for quiet contemplation, there are books and a bible available which you might find useful and you should feel free to have a chat with one of our welcomers back in the rear meeting room before you leave, if that is appropriate for you. Your visit will be treated as confidential unless you ask for information to be passed to the minister.

If you want to understand the church building more, you will be interested to know that the church dates from 1832 and is almost unaltered outside. Inside, the modernisation of 2005 has managed to retain both the historic Georgian character and the 'feel' of a church. Visitors can pick up a leaflet on the history of the building. Since opening to the public during the week, the church has not only provided a quiet space for locals but has been visited by those from further afield, including Germany, France, China, Australia and two ladies from the USA with the surname of Kinross who had decided they just had to visit the town.

The church is now in "Scotland's Churches Scheme", a charity encouraging churches to be open to the public. The web entry at www.sacredscotland.org.uk/church/kinross-parish-church includes information about the history of the kirk, photographs, details of forthcoming events and a line drawing of the building by John Hume, who has written and illustrated books on Scottish churches.

Fair success

The Better Place to Live Fair held on 5 March at the community campus was a great success. Approximately 750 people attended the event. There were over eighty stands manned by community groups, local service providers and businesses.



Scotlandwell in Bloom - one of the many groups represented at the Better Place to Live Fair

Walking on Air

Have a look at this logo? Do you recognise it?



This logo belongs to SGU Walking on Air, a jewel to be found here in Kinross-shire!

Did any of you know that this logo signifies an amazing opportunity for disabled people and wheelchair users to enjoy the exhilarating experience of gliding?

The SGU Walking on Air charity is based at the Scottish Gliding Centre and has a modern two seater glider, adapted to be entirely hand controlled, making gliding accessible to those not able to use foot controls.

Feedback from disabled users includes "the most amazing experience of my life", "awesome" and "like nothing I've experienced before." A team of selfless volunteers give up their own gliding time to help make the experience unique and unforgettable!

The Scottish Gliding Centre has a "four star activity centre" rating from Visit Scotland, and the general public and members alike have access to the comfortable restaurant, (with home made steak pie and rock buns a favourite!) licensed bar and panoramic window overlooking the airfield.

Whether you are interested in gliding or would like further information about Walking on Air, please visit the following website: www.walkingonair.org.uk

Or why not pop into the Scottish Gliding Centre and ask for Irene Donald..... You'll be sure of a warm welcome!

The Scottish Gliding Centre

Portmoak Airfield, Scotlandwell, Near Kinross KY13 9JJ
Tel. 01592 840543

Council alert service

PKC is now offering the opportunity to stay up to date with Council news and information by subscribing to its news feed. This can be done either by Email or RSS news feed. Residents can choose to receive alerts on any or all of the following:

- Council news releases
- Waste and recycling news, campaigns and consultations
- Library events

Visit the Council website, www.pkc.gov.uk to sign up.

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

Independent Advocacy Perth & Kinross



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

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

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

Billy Kay - Scots in Poland

Billy Kay, broadcaster and author, expert in the Scots tongue, is coming to the Soutar Theatre in the AK Bell Library in Perth, on **Monday 11 April** at 7.30pm, to give a talk on 'The Forgotten Diaspora', dealing with the Scots in Poland over the ages.

If your name is Gordon, Chalmers, MacLean, Cochrane, Weir or Taylor, you may be particularly interested, as these are some of the principal names of Scots who went over to Poland and settled over there, making in some cases a very nice living for themselves. The Scots are still a lively part of Polish culture, and anyone with an interest in our nation's history will have an entertaining and fruitful evening.

Tickets, at £5.00, are available from Alex Cant, Chairperson of Friends of Bydgoszcz (tel 862923) or from AK Bell Library. The ticket includes refreshments at the end of the talk.

Learn Polish

Many of us in this area have Polish connections, and we enjoy having Poles living and working among us, especially as they are such good cooks! Flights to Poland are reasonably priced and offer a good way to have a quick holiday. For all of these reasons, it would be good to have a little fluency in the language to get a little further than 'Dzien dobry!' (pronounced 'Jane Dobry'). To that end we propose starting an elementary course in Polish in the Kinross Learning Space in Swansacre. As we are at the planning stage, please give your name, address and phone number to Alex or Helena Cant (tel no. 862923). We hope to start in October. We will then pass the information on to Perth College who will make formal arrangement. Do zobaczenia!

There are grants towards learning languages, with information available at the Learning Space.

Changes to Newsletter Subscription and Advertising rates

As from this 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 this 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

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
Half page	£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
Half page	£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 for more information, or contact the relevant member of the Newsletter team (see page 1 for contact details).

Easter Activities at Loch Leven Community Campus

There's lots going on at the Community campus this Easter to keep the kids entertained during the school holidays.

For further information about any of these activities, please contact Reception on 01577 867200



April Film Shows

5th Harry Potter and the Philosopher's Stone 3.30– 5pm
6th Harry Potter and the Chamber of Secrets 1.30 to 4pm
7th Harry Potter and the Prisoner of Azkaban 1.30 to 4pm
12th Harry Potter and the Goblet of Fire 1.30 to 4pm
13th Harry Potter and the Order of the Phoenix 1.30 to 4pm
14th Harry Potter and the Half-Blood Prince 1.30 to 4pm

All donations to school fund

Tuesday 5 April

MAGIC from Alex Proctor, Scotland's Foremost Magical Entertainer. For ages 3 to 153 !!

2pm to 3pm, all tickets £3

Tuesday 12 April

MAGIC WORKSHOP EXTRAVAGANZA

Brought to you by Alex Proctor, Scotland's Foremost Magical Entertainer. For ages 9+ years

Session 1 from 12pm to 1.30pm

Session 2 from 2pm to 3.30pm

Maximum of 30 spaces available

All tickets £6

Tuesday 12 to Thursday 14 of April

Art & Craft Sessions, P1 to S2 pupils

Session 1 from 10am to 12pm

Session 2 from 1pm to 3pm

All tickets £6.00 per session

Wide variety of Art & Craft activities.

Maximum of 20 children per session.



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
Email: keith@elston-landscapes.co.uk

SSAFA Forces Help Perth & Kinross Branch

Reg Charity SC038056

Patron: HM The Queen

Who We Are

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

Where Are We?

Your local Branch covers all the Tayside Region, with a small office in Perth and a network of around 30 trained volunteers in the area, to look into cases with understanding and sensitivity.

What We Do

We spring into action whenever there is hardship, or need. Our help and advice is totally confidential, and we help all ages. We work closely with other agencies and service charities, and help can vary hugely... We may help an ex-Serviceman replace his medals, or help a war widow with her bills, or assist a Service family with a special needs child, or a returned veteran from Iraq or Afghanistan. Need must be the criterion...

How Can You Help Us?

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

HELP, ADVICE, FRIENDSHIP

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

SSAFA Forces Help

Queen's Barracks, 131 Dunkeld Road, Perth, PH1 5BT

Tel: 01738 625346 Email: perth@ssafa.rog.uk

Sportive Kinross on Easter Saturday



Look out for cyclists taking part in the first ever Sportive Kinross cycling event on **Saturday 23 April**. 650 cyclists will be cycling one of three routes varying between 44 miles and 87 miles, through Kinross-shire, Fife and Perthshire. All routes start and end at the Loch Leven Community Campus; start times are between 8.30am and 10am. Give the cyclists a cheer and a wave! All places on the ride have been taken.

SPORTIVE CEILIDH: Come and join in the fun of the post-ride ceilidh, with live music from the Real Ale Ceilidh Band. Everyone welcome, whether involved in the race or not. The ceilidh takes place at the Windlestrae Hotel at 7.30pm on Saturday 23 April. Tickets, priced £15.00 (includes buffet and raffie ticket) plus small booking fee are available from the website www.sportive-kinross.co.uk.

LP DRIVING SCHOOL

* Local Friendly Instructor.

* Fully qualified ADI, DSA Approved.

* Competitive rates

Call Laura on: 07747 733 744

Portmoak Community Woodland

The Portmoak Community Woodland steering group and members of the community have successfully planted the first 50 trees of a new community orchard. The orchard is in a sheltered site in the Field Abin the Kirk in Scotlandwell, where thousands of native woodland trees have also been planted over the past two winters.

The field is owned by The Woodland Trust Scotland who agreed to an orchard after a public consultation showed that local people were very keen to have fruit trees as well as the native woodland species, like oak, ash, holly, rowan and birch.



Volunteers who planted the community orchard

Fifteen volunteers went on a day course on planting and pruning run by Andrew Lear (aka 'appletreeman') from Bankfoot in Perthshire, who also provided the trees. The course was held in Scotlandwell and included supervision in planting all the different fruit trees. They include several varieties of apple, as well as plums, pears and even 'cherry plums', said to be good for jam.

The second phase of the orchard will involve fruit bushes like raspberry and blackcurrant, as well as more trees. The group is hugely grateful for funding from Kinross-shire Round Table, Portmoak Festival and Kinross Rotary Club.

Aside from the orchard, it's been a busy time. **Portmoak Moss** was visited by 40 members of the highly prestigious Wetlands International organisation who came to see the ongoing restoration of the raised peatbog. The visit was led by Scottish Natural Heritage and delegates came from as far afield as Indonesia, Malaysia and the USA as well as parts of Europe. The fieldtrip was part of a week's conference. The Moss restoration project also featured on BBC Radio Scotland's Out of Door's programme, with presenter Mark Stephen being shown the best 'boggy bits' by steering group member Louise Batchelor.

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
for more info and special offers

Swimathon 2011

Loch Leven Leisure Centre, Saturday 9 April

The world's biggest fundraising swim is taking place at over 580 pools nationwide over the weekend of 8-10 April. 22,000 swimmers will aim to beat the £2 million raised by Swimathon 2010. The money raised goes to **Marie Curie Cancer Care** and the **Swimathon Foundation**. Funds raised will allow Marie Curie Nurses to provide more care to people with terminal cancer and other illnesses. Marie Curie Nurses care for patients in their own homes, throughout the day or overnight. It costs Marie Curie Cancer Care £20 to provide one hour of nursing care; every £1 you raise makes a big difference. As well as managing and promoting Swimathon, the Swimathon Foundation offers grants to organisations and individuals who provide and promote swimming to their local community.

The Kinross Otters taking part this year are **Cameron McCloskey** and **Conor McCormick** for the 5k swim (that's 200 lengths!) The Otters also have two teams entered to spread out those 200 lengths: Iona and Duncan Crawford with their parents (see **Fiona Crawford** for fundraising as below) and **The Silver Sharks** (Mathew Moloney, Robbie Carstairs, Elliot Hogg and Scott). Last year the Otters raised £450 and helped our local pool come third (yes, third!) in the fundraising stakes in the whole of Scotland. **PLEASE help them to beat this total for this very worthy charity.**

To sponsor a swimmer of your choice follow the path below:

www.swimathon.org, Sponsor a swimmer, Distance Challenge, Sponsor a swimmer, Enter name (Team or individual), Search, Donate.

Improvements to recycling service

As from 1 April, PKC's kerbside recycling service will be expanded and improved.

The Council has again agreed to collect up to two brown-lidded bins per household from residents already on brown-lidded bin collection routes. (Last year the service was temporarily reduced to one brown-lidded bin per household.)

From 1 April householders will be able to put a wider range of waste into their blue-lidded bins. This will include rigid plastic packaging (e.g. yogurt pots), hard and soft-backed books, envelopes, greetings cards, non-metallic wrapping paper and empty aerosol cans.

A letter and leaflet explaining the changes is being sent to every household.

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

“She's got a fur coat and nae knickers”

By Martin Lawson, Master NLP Practitioner & Master Coach, Ascent NLP Ltd.

How often have we heard that saying? People used to say this about genteel ladies who kept up the appearance of being well-off when they were in fact poor. It's now more widely used to describe someone who is a little pretentious, someone who is pretending to be something they are not. I guess in a sense we all could fit into that statement at some point in our lives. How often do we put on a brave face for somebody? How many times have you felt really fed up and hacked off, to the point that you just want to go back to bed, run away, or take another drink to “make the pain” go away? Yet you still turn on that smile and tell everybody that you are fine. Everything is great and you're the life and sole of the party. Day in and day out you look at yourself in the mirror and decide which mask you're



putting on today to cover up the upset, the pain, the guilt. It has been so long now you don't even realise you are doing it. You think you're the only one with problems and nobody understands. Here is a NEWS FLASH: We **ALL** do it – we all put on our own masks to hide behind!

Mary was a lady who didn't trust anybody with any of her belongings. Mary thought the only way to look after all her stuff was to carry it all with her where ever she went. She had bags of all shapes and sizes and colours, she even had a suitcase full of “stuff”. The stuff Mary carried about was of no use to anybody, it was just, “stuff”! Mary would go everywhere with her bags full of her “stuff”, she would struggle to get on the bus with all her “stuff”, she would walk half way down the high street and have to stop and rest as she was so tired carrying all her “stuff”. At the end of the day she would be so exhausted that she would go to bed feeling terrible. However because she didn't believe that her “stuff” would be safe overnight she would take her “stuff” to bed and protect it all night as well. Of course, she had a terrible night's sleep with all her “stuff” making the bed uncomfortable. This would go on, day in and day out. At which point in the story did you find yourself thinking, why on earth would anybody want to do that?

The fact is that nearly all of us at some point have been, or still are, Mary! We are all carrying bags of memories, thoughts and emotions from our past. These are what make us who we are today. I agree that many of these thoughts and memories are lovely to have and the feelings they give are positive. These bags are great because they weigh absolutely nothing. It's the negative stuff, the anger, the fear, the guilt that weighs us down. These are the bags of stuff we don't need. How light do you think you would feel if you didn't carry your negative bags around? How would you feel if you knew there was help available to drop those heavy bags right now?

Each and every one of you who read this article will be thinking the same things, “Oh! But my problems are different”, “I can't go there, it's too painful”, “I'm too old to change now”, “Oh that's for other people, I could never

do that”. NEWS FLASH!!!! You're wrong! We all have the power within us to change; we all have the ability to choose how we want to feel. It is just that most of us have forgotten we have a choice and we have forgotten **how** to choose.

You've heard the saying “Life's too short”? Well, **Life's too long!** Life is too long to have to carry all that negative emotion around with you. Life's too long wishing you could do something about it! Life is too long hoping that a magical pill will fix it for you. Life is too long being angry and frustrated at things or people. Think about the amount of energy it takes to put on that mask every single day. What would happen if you used that energy for a short period of time to get rid of the mask? How full of energy would you feel for the rest of your long life?

NLP practitioners specialise in working with people like you to remove your mask and quickly release all of your emotional baggage and negative feelings in a safe and protected way, a way that allows you to remove these emotions without directly confronting or even feeling them, leaving you feeling refreshed and full of energy to live the life **you** choose.

Chose to **LIVE** your life **NOW!** Contact your local NLP practitioner for more information now.

Martin Lawson is a qualified Master Practitioner of NLP, Time Line Therapy and Hypnosis, and a Master Coach at Ascent NLP Ltd, www.ascentnlp.co.uk. His 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

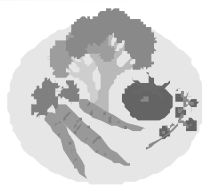


www.ascentnlp.co.uk

Getting to the Heart of the Matter

By Alisa V Wilson, nutritional consultant

Heart disease is the UK's biggest killer, causing approximately 34% of deaths. High blood pressure and high cholesterol levels are contributory factors to heart disease. It has long been acknowledged that having a healthy heart and cardiovascular system is greatly influenced by what you eat and certain lifestyle choices.



High blood pressure

Blood pressure is the force of blood pushing against the walls of the main arteries. Healthy arteries are smooth, flexible and can stretch when blood is pumped through them. Over time, however, if the force of the blood is too high, the arteries can remain stretched, becoming weaker and developing tiny tears. These tears leave rough scar tissue that catches debris floating in the bloodstream, such as fat and cholesterol. The resulting atherosclerosis 'plaques' reduce blood flow and force the heart to work harder, damaging the muscles and valves in the heart, which can lead to heart failure. Additionally, plaques can break off and cause blockages in other parts of the body and heart attacks and strokes can occur.

15 Simple Steps to a Healthy Cardiovascular System

1. **Increase Fibre** – foods that contain soluble fibre; such as beans, lentils, porridge, fruits and vegetables; can help to maintain healthy cholesterol levels. Flax seeds are also a good source of soluble fibre; try adding a tablespoon to breakfast every morning.
2. **Increase Essential Fatty Acids** – oily fish, nuts and seeds are a good source of essential fatty acids which can help to maintain healthy cholesterol levels. Alternatively, one could take a fish oil supplement, but make sure that it is screened for contaminants, PCBs and heavy metals.
3. **Increase Garlic** – garlic can help to support blood pressure and cholesterol levels and helps to maintain healthy arteries.
4. **Increase Antioxidants** – the antioxidants vitamin C, co-enzyme Q10 and vitamin E are important for helping to maintain a healthy heart, blood flow and cholesterol levels. Fruit and vegetables are rich in antioxidants.
5. **Reduce Sugar** – eating sugar and sugary foods, such as sweets, cakes, fizzy drinks and biscuits may have negative effects on our cholesterol and blood pressure levels. Try cooking instead with natural alternatives to sugar, such as xylitol. If people find it difficult to control their sugar cravings, they may find taking a chromium supplement helpful. Chromium also has the added benefit of helping to support healthy cholesterol levels.
6. **Avoid Trans Fats** – Trans fatty acids, found in many margarines and vegetable oils, have been linked to heart disease. Try cooking instead with more stable fats, such as coconut butter, which does not produce trans fats.
7. **Reduce Saturated Fats** – eating large amounts of foods high in saturated fats such as beef, pork, cheese, butter and ice-cream; can have a negative effect on cholesterol levels.
8. **Reduce Salt** – salt intake has been linked to high blood pressure and so should be kept to a minimum.

9. **Reduce Caffeine** – caffeine has been linked to high blood pressure. Green tea makes an excellent alternative as not only does it have a low caffeine content, but it can also help maintain healthy cholesterol levels.
10. **Reduce Stress** – stress increases blood pressure, lowers HDL ('good' cholesterol') and is a known cause of heart disease. Nutrients such as taurine, passion flower, theanine, lemon balm, B-vitamins, ginseng and magnesium can help promote relaxation and may support the body during times of stress.
11. **Drink moderate amounts of Alcohol** – moderate drinking, such as one to two small glasses of red wine, may have a positive effect on cardiovascular health, due to the antioxidants it contains. However, more than this has the potential to increase the risk of high blood pressure and heart disease.
12. **Stop Smoking** – smoking damages blood vessel walls, can lower HDL cholesterol and has been linked to atherosclerosis.
13. **Obesity** – having a BMI of 30 or above puts people at high risk of heart disease. Reducing body weight by as little as 10 pounds can lead to a significant reduction in blood pressure and cholesterol levels.
14. **Reducing Gum Disease** – a diet rich in antioxidants and a careful oral hygiene regime is essential. Foods such as sardines with their bones, green leafy vegetables and making your own soup stock from bones can be very useful.
15. **Exercise** – daily exercise can have a significant effect on lowering blood pressure and cholesterol.

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

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

- Optimising health and well-being	- Managing weight
- Increasing energy levels	- Improving sports performance
- Boosting immunity	- Migraine & headaches
- Improving digestion	- Children's nutrition

Working at Salon 62 and Cuthill Towers, Milnathort

alisa@nutritionalise.com or 07796 213 312

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

Police Box



Thefts from insecure vehicles

We have recently seen an increase in thefts from unlocked cars, and as such we are reminding everyone for the need to be vigilant when it comes to security. A recent spate of thefts in more rural areas has highlighted the fact that people are all too often forgetting to lock and secure their cars at night.

Your vehicle is often your second greatest financial investment after your home. The loss of your vehicle or its contents can be devastating. There are however simple measures you can take to help protect your vehicle and deter potential thieves.

Security Devices

There are a number of different security devices available. Selecting the right one for you will depend on the type of vehicle you are securing and the level of security you require. One of the key things to remember is that some security devices require you to either install or activate them each time you leave your vehicle. To be effective this will have to become part of your daily routine.

Keys

A thief can pretty much overcome almost all the security measures you take to protect your vehicle if they have the keys. Since most new cars are fitted with immobilisers, stealing your keys is often the only means by which a thief can take your vehicle. Thieves will sometimes break into a home specifically to steal the owner's car.

The following measures will help protect your keys:

- When not in your possession, vehicle keys should never be left near windows or doors. Consider having a designated place in the house out of sight where keys can be left.
- When parking your vehicle ensure you always take the keys with you. Do not leave them in the ignition, even for short periods of time. Cars are sometimes stolen while the owner nips into a shop or pays for fuel.
- On cold mornings never leave your car unattended with the engine running while it warms up.

Parking

Your vehicle is at its most vulnerable when left unattended, whether it is in your driveway, in the street or within a car park. The steps you take when you leave your vehicle could determine whether or not a thief views your vehicle as a potential target. Please consider the following advice when you next park your car:

- If you have a garage, use it when you park your vehicle at home. If parking in a driveway, close any gates behind you and position your vehicle so that it is illuminated by either your own lighting or street lighting.
- If you do park on the street, at home or elsewhere, choose well lit areas, preferably where there will be plenty of people walking past.

- Believe it or not, almost 65% of break-ins to cars take place outside the home address so make sure you remove anything, whether valuable or not, or lock it in the boot.

Satellite Navigation Systems

Portable sat-nav equipment is becoming very popular with motorists, but it's also becoming very popular with criminals. If you have a portable system then keep it safe by taking it, together with any cradles and suction pads, with you when leaving the car. Remember to also wipe away any suction pad marks on the windscreen or dashboard – thieves will look out for these. Don't simply put your sat-nav under the seat or in the glove box – these are the first places that a thief will look.

Open Door at Loch Leven Campus

From Thursday 17 March 2011, in conjunction with Loch Leven Community Campus, we will be holding an open door facility within the school and welcome anyone who may wish to drop by to speak to a local community officer. The campus has very kindly provided an office directly adjacent to the main reception where a local community officer will be available to talk to without appointment. We would encourage students, staff and any members of the public to pop in and speak to us on any issue at all, whether you're looking for advice on a burning issue or merely to drop by and find out who your local officer is. We very much hope this facility will be well utilised and we look forward to speaking with you.

The open door will be available each Thursday between 3.30pm and 4.30pm. Please ask at reception.

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.

Contacting your local Police Officers

Kinross Police Station: **Telephone 0300 111 2222**

Open Door drop-in

at community campus: **Thursdays, 3.30pm-4.30pm**

Give online feedback: **www.tayside.mypolice.org**

Area Officers:

PC Stuart Johnstone Kinross

PC Brian Easton Milnathort & Portmoak areas

PC Nicky Ward Cleish & Blairadam, Fossoway and Glenfarg areas

PC Euan Mitchell Abernethy and Bridge of Earn areas

Follow officers on Twitter using the names: KinrossPC, MilnathortPC, GlenfargPC and BridgeofearnPC.

Deadline for all Submissions
2.00 pm, MONDAY 18 April
for publication on Saturday 30 April

Need to check something in an old Newsletter?

Consult our electronic archive at

www.kinrossnewsletter.org

Issues from September 2006 to two months ago available

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 March Meeting

Chairman C Watson welcomed CCllrs D Colliar, D Mackay, M Blyth, M Scott, B Davies and W Freeman to the meeting held on 2 March 2011. Also in attendance were: P&K Cllrs K Baird and W Robertson; Annie Russell and Ian McGouldrick of Persimmon Homes; Anne-Marie Dewar and Graeme Drummond of Scottish Water and nine members of the public. Apologies for absence were received from CCllrs D Cuthbert, I Jack and L MacKay.

February minutes: A correction was made: CCllr Blyth raised the matter of cars parked at the Primary School, not CCllr Colliar.

Police Report: There was no police representative present.

Persimmon Homes/Lathro Farm

Annie Russell introduced herself as Strategic Land Manager and Ian McGouldrick as Land Director of Persimmon Homes. They were present to provide an insight into their proposed development of land to the north of Lathro. Plans were available for perusal by the CC. Although the deadline for the Main Issues Report had passed, they wished to provide the community an opportunity to view their submission. The allocation for Kinross/Milnathort is 280. It was proposed to erect 250 units on the southern site. The northern site can accommodate 27 affordable houses and they have indicated that this could be increased to 50. A community woodland area is also planned and this would be handed over to the local community.

CCllr Colliar questioned the planned access to this site. The Kinross-Milnathort road has added traffic to the campus and he would have preferred an entrance off Gallowhill Road. It was explained that these proposals are preliminary and in any case the Council will look at transport issues and, if necessary, road improvements or traffic measures put in place.

In answer to a query regarding flooding, it was noted that although the northern area lies within a flood plain, the site might not necessarily flood. A flood appraisal has taken place and the next stage would be a flood risk assessment. They will also approach SEPA.

It was pointed out that as the northern edge of the site comes under the remit of Milnathort CC, Persimmon Homes should also speak to them.

Kinross and Milnathort will be separated by a landscaped area that will be handed over to the Council.

The current situation in relation to the infrastructure was also commented on.

All submissions will be included in the Main Issues Report and further consultation with the community will take place before a final decision is reached.

Scottish Water

Anne-Marie Dewar and Graeme Drummond from Scottish Water provided information on flooding and drainage within the town. Mr Drummond explained that a survey had been carried out locally and there were now three projects proposed. Drawings were available for perusal by the CC.

Growth Project: It is proposed to transfer 330 houses from the north of Kinross to Milnathort. There is ample capacity in Milnathort to accommodate this and this will relieve the facilities in Kinross. Work will commence in the summer and should be completed within nine to twelve months.

Kinross Pumping Station: This is located to the south of Kinross and Scottish Water has been experiencing problems with this facility for some time. It is proposed to replace the pumps with an improved system and to reinstate the overflow mechanism allowing water to flow out and not back up. Work on this is due to commence in the summer and should take around three to four months. It was noted that this should return the capacity to the expected quota. Scottish Water has been struggling to achieve this.

Lochleven Catchment Study: This is a high-level study of the water quality in the Loch and tributaries. SEPA is one of the main organisations involved in this. This project should identify any deficiencies.

Cllr Robertson commented that the proposed works should alleviate problems being experienced by properties at the bottom of the town. In times of heavy rain, sewage collects in the gardens.

Mr Drummond explained that there are a number of combined sewers. Some are the responsibility of the Roads Department and some Scottish Water.

It was also noted that Scottish Water are not funded for flooding.

Matters Arising

High School: A year has passed since the closing date. No planning application has been submitted yet. Cllr Robertson responded that discussions are still ongoing between PKC and the bidder and are near to completion.

County Buildings: The Chairman read out his email to J Lowe submitted on 18 January. No response has been received to this and CCllr Watson has sent a reminder. He explained that the CC and Partnership were to provide the Council with proposals on how to manage and operate the building. The timescale provided was tight and we could not meet the deadline. The Council are not willing to accept a lease. We asked that they put any proposed sale on hold to allow us time to carry out a feasibility study, arrange funding etc. Cllr Robertson asked that this email be forwarded to him

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

and Cllr Baird and they will follow this up. Cllr Baird stated that she had spoken to Alan Taylor. The matter is to go to the Property Sub-Committee in May and a request is to be made that the Council do not market the building until May 2012 to allow the CC/Partnership time to put their ideas forward. Cllr Baird stated that she would prefer the premises to be used by the community when the Council move out, rather than the building becoming vacant and deteriorate. She is to arrange a meeting of the four Councillors with Alan Taylor. CCllr Watson commented that it would be beneficial if we were allowed some time to gauge the interest of the community in the continued use of the building.

Light up Kinross store the lights in the former mortuary at the County Buildings and the building is used for the switch on. Cllr Baird will enquire into this as well.

CCllr Watson questioned what is meant by "disposal of land for less than best consideration" and asked how this rule is applied.

Mill Street: Cllr Robertson advised that there are currently no proposals for this building. He added that parking is a major issue in the town and this would be an ideal site. This site was earmarked for housing; however, the budget will not stretch to create a housing service.

Town Hall: This property has been sold (subject to planning). The proposal from the purchaser was to create commercial/residential properties.

Former Health Centre: This building belongs to Tayside Health Board. The CC will write to the Health Board to enquire as to their proposals for this site. The CC is concerned at another building lying vacant and possible vandalism or deterioration.

Planning

11/00139/FLL Vane Farm: Alterations to landscaping to increase the area and quality of wet grassland habitat.

11/00180/FLL 4 Smith Street: Change of use from garden ground to hard-standing for commercial purposes. (In retrospect.)

11/00133/FLL Todd & Duncan Ltd. (Applicant: TRACKS): Formation of a cycle route.

11/00125/FLL Land 270 metres north west of Baltree Farm, Hatchbank (Mr and Mrs Fernie): Erection of a Manager's house and garage. The CC is to write to the Council offering its support to this application. It was noted that three objections have been received.

11/00201/FLL 5 Kellieside Park: Change of house type.

11/00211/FLL 8 Muirfield Grove: Extension to dwelling house.

11/00093/FLL Kinross Tennis Club: Installation of two additional floodlights.

11/00131/LAW 169 High Street. Certificate of Lawfulness: Installation of two velux windows – withdrawn.

No objections were raised to the above.

Applications Approved by PKC

10/02102/FLL 47 Sutherland Drive: Extension.

10/02192/LBC Listed Building Alteration to dwelling house: Kinross House.

11/00027/IPL Land to rear of Station Road: Renewal of consent: Erection of a dwelling house (in principle).

10/02095/FLL 2 Goudieranet Steading: Change of house type at Plot 2.

Other Planning Matters

Wallace Land: A communication was received from Alex Orr, requesting that the CC issue an addendum to the CC's original submissions to PKC. This was refused, although we

have no objection to their proposal. The CC awaits the draft plan at which stage we shall have another opportunity to comment. The Secretary will advise Alex Orr of the decision and invite him to the June meeting.

Convention of PKC CCs: Circular received from the Convention, which proposes that if a CC objects to a planning application that the Planning Officer is minded to approve, the final decision is to be taken by the Development Committee. It was noted that any objection from the CC should be merited. It was agreed that we confirm that we are in favour of this proposal.

Report from Perth & Kinross Councillors

Cllr Baird advised that the Council had now noted that if any works are required to the Town Hall these should be notified in advance to the Councillors (as representatives of the Common Good Fund).

The cuts in the Council budget were commented on and how this will affect services. There is extra funding to allow an increase in the brown waste bins, however a slight decrease in grounds maintenance. 300 members of staff have been paid off or have accepted Early Retirement. A proportion of the money allocated is carried over to the following year, i.e. £4 M from this year's budget to next year and £7 M from last year to this year.

Primary School: It was commented that there were six men replanting the hedge at the School.

CCllr Colliar questioned if these budget cuts would result in a reduction in education and the facilities offered at the Community Campus/Library. Cllr Baird answered that this was not yet known, a report would be presented to Council Committees.

Kinross Community Council Newsletter

Advertising | Submissions | Subscriptions | Deadlines | Latest Issue | Archive | Guest Book | Features

Welcome...

November Issue
Deadline
2.00pm
Monday 15 October
Publication Date:
Saturday 20 October

December Issue
Deadline
2.00pm
Monday 15 November
Publication Date:
Saturday 20 November

We hope the website will help our readers and advertisers to get even more out of the Newsletter. Please use the buttons on the green navigation bar to find out how to submit an article, advertise in the Newsletter, take out a subscription etc.

Also, please visit our sister site www.kinross.cc which contains contact details for clubs, organisations in Kinross-shire and useful information for visitors and businesses

Newsletter Queries?

When is the next deadline?

How much does it cost to advertise?

Can I get a subscription?

For the answers to these questions and more,
Visit our website
www.kinrossnewsletter.org

The excellent value at 50p

KINROSS-SHIRE
The Friendly Shire

Map courtesy of the Association of British Counties

Top of Page

Copyright Kinross Community Council Newsletter 2008

If you have any comments or suggestions about this website, or to report any problems, please email newsletter@kinrossnewsletter.org

The Kinross Community Council Newsletter can be purchased at the following outlets, price 50p:

- Newspapers: High Street, Kinross; Shoppedia, High Street, Kinross; David Sands, High Street, Kinross; Kirkland's Garage, High Street, Kinross.
- Outlets: Green Road, Kinross; The Post Office, Minnathort; Kinross & Sons, Minnathort; Stewart & Smart, Green Road, Minnathort; Kinross Post Office; Garage & Shop, Kinrosswood; Kinross & Sons of Muckhart; Kinross Stores.

Correspondence

Charity Event: Request from Colin Hogg for support re Charity Dinner on 30 April on behalf of Graeme Paterson and MND Scotland. Following discussion it was agreed to contribute £500.00 from the Newsletter Fund.

Gritting service: Comments requested on the service provided this winter. The side roads in many areas were not included, making it difficult for people to leave their homes. This also affected carers who were unable to reach their clients. The pavements and roads were also lethal for parents walking their children to school. These areas should also be prioritised. It was to be hoped that local businesses would also support the community by clearing the area in front of their shops. Cllr Baird stated that if locations were identified for grit bins, these would be put in place. The Secretary is to reply accordingly.

CLD: Request from Tracey Ramsay for the CC to be involved in this project to establish an area partnership, with members from service providers and the local community. The Secretary attended the last meeting. The community was represented by five organisations and it was hoped that more community groups would come forward to support this project. Contact Tracey Ramsay at the campus if interested. The CC will request the date for the next meeting. During the daytime, it is difficult for the CC to attend.

Main Issues consultation: 16 March.

Planning Meeting: 19 March at The Gateway. This is the first of two courses. CCllr Freeman will attend.

Scottish Water: Public Meeting on 23 March.

Other Business

T in the Park: CCllr Blyth reported that a comment was made at a recent meeting that small businesses are losing trade during this weekend. In response to this, the Council Advisory Service has offered advice from their business advisors.

The Next Meeting of Kinross CC will be held at the Masonic Hall, Muirs, Kinross on Wednesday 6 April 2011 at 7.30pm. This will also incorporate the AGM.

CCllr Freeman apologised in advance for his absence at the next meeting.

Agenda for AGM and April Meeting

1. Apologies for absence
2. AGM – Minutes of AGM held on 7/4/10
 - (a) Chair and Treasurer Reports
 - (b) Appointment of office-bearers
3. Minutes of meeting held on 2/3/11
4. Police Report
5. Matters arising from minutes of 2/3/11
6. Planning matters
7. Reports from P&K Councillors
8. Miscellaneous correspondence
9. Other Competent Business
10. Date of next meeting (4 May 2011)

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

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 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



5 Gallowhill Road - Kinross KY13 8RA
t 07525 000 334

WWW.MALFMEDIA.CO.UK
Digital Media Services

[VIDEO TRANSFER](#)
[CINE FILM TRANSFER](#)
[AUDIO TRANSFER](#)
[PHOTO SERVICES](#)
[VIDEO SERVICES](#)

★ ★ ★ CHECK OUT OUR NEW AND UNIQUE SERVICE ★ ★ ★

- STAR IN YOUR OWN MOVIE POSTER (*)
- PERSONALISE YOUR RSVP - CARDS
- INVITATIONS FOR EVERY EVENT

* POSTER DIMENSIONS: 120cm x 80cm

TAPE TRANSFER TO DVD

- VIDEO TRANSFER to DVD
- CINE FILM TRANSFER to DVD
- AUDIO TRANSFER to CD

PHOTO SERVICE

- IMAGE SCANNING
- PHOTO FILM MONTAGE
- PHOTO BOOK DESIGN & PRINTING

VIDEO SERVICE

- FAMILY HISTORIES
- EVENT DOCUMENTARY

t 07525-000-334

WWW.MALFMEDIA.CO.UK

Milnathort Community Council

News from the March Meeting

CCllr Hamilton, Chairman, welcomed CCllrs Bennet, Smith, Halford and Cottingham to the meeting held on Thursday 10 March 2011. CCllr Giacomazzi, Secretary, joined the meeting later. Also in attendance were: Minute Secretary E Rougvie, P&K Cllr Baird, PC Euan Mitchell of Tayside Police, Craig Gardner and James Thomson of Tayside CID and eight members of the public. Apologies were received from CCllrs Thomson and Milne Home, and P&K Cllr Robertson.

Police matters: There having been no police in attendance at the February meeting, PC Mitchell gave an update for the previous two months. There had been two significant crimes, one being the theft of a cement mixer from a Portakabin between 21 and 24 January, which had not resulted in any positive lines of inquiry, and the other the theft of drain covers from the small car park in South Street adjoining Donaldson Park. A male had been cautioned and charged in connection with this and a report sent to the Procurator Fiscal. PC Mitchell outlined the aims of the Transforming Tayside project, a small team set up to balance the financial constraints of the force with the needs of communities. He gave an assurance that the force would continue to work as hard as possible to ensure that frontline policing was maintained. Although cost-cutting measures had to be made, these would be in non-essential areas and the Police will always be available for policing purposes. Suggestions and comments from the public that could help shape the future of the Force are welcomed on the 'About Us' section of the Tayside Police website.

James Thomson of the CID, based in Perth, then spoke about issues affecting the Kinross-shire area, as he and his colleagues were keen to become more involved in local communities. The last couple of months had seen an upsurge in housebreaking and sneak-in thefts and he gave some crime prevention advice as Kinross was one of the areas that had been affected. The public are reminded to lock all doors as in some cases entry had been gained at night via a car or house door that had been left open. Items should be removed from vehicles and lights left on and neighbours informed if the house is to be unoccupied. In a number of cases the offences were perpetrated by travelling criminals who sometimes pose as sales people, so identification should always be sought. There were currently investigations going on in Central Scotland and Tayside into such activities and in Fife travelling criminals from Edinburgh had committed over 100 crimes. It is only through the diligence of householders that they can be caught and anyone who sees any suspicious activity or is able to note even part of the registration of a vehicle they think may be suspect is asked to contact Crimestoppers. There has also been an upsurge in daytime housebreakings in rural communities, where people are more likely to leave their homes or cars unlocked. Items such as sat navs should be removed from view and if a sat nav is removed from the windscreen, the tell-tale marks should be wiped off as the criminal will deduce that it is in the glove compartment. Intelligence gathered from the local community is vital in catching these offenders and while people should not be scared, they are urged to be mindful and take the necessary precautions.

Correspondence: There were several items relating to planning matters, which were dealt with when planning was being discussed. An invitation was received from Planning Aid Scotland to an open day in Perth on 19 March. This is a

charity formed by planning professionals that gives advice and information about the planning process. It was agreed that it was a very worthwhile event and CCllr Halford will attend.

Planning matters

Modification of existing consent to change house type at 1 Cuthill Towers: two members of the public were in attendance to express their concerns about the proposed change of house type, which they considered was not in keeping with the rest of the development either in terms of size or design. The existing development blended well with the wider community and had won a Civic Trust award, but the proposed house would do nothing to enhance its quality.

A Victorian boundary wall would also have to be partially demolished in order to accommodate it. The original proposal had been for a single-storey dwelling, but the new one was one-and-a-half storeys and would result in a loss of light for adjacent properties and affect the view for residents and visitors. After discussion, it was agreed that the CC will lodge an objection on the basis that the proposed house type is not in keeping with the rest of the development.

Erection of 10 dwelling houses on land north west of Gwendoline Row, Drunzie: The applicant was in attendance to explain that an application for eight houses on this site had been refused in July 2010 because they were considered to be too close together. However, the size of the houses had now been reduced considerably and their layout had been staggered. Road-widening measures were also planned and a footpath installed along with a bus stop for the school bus. CCllr Hamilton advised that he had received one letter suggesting that the proposed development was out of character with the area but after discussion it was agreed that the CC will not object.

Erection of a 45.45m wind turbine at Athron Hill: This is related to the application for a development of 35 houses on the site of the former Ochil Hills Hospital. The idea is that the development should be self-sustaining and carbon neutral. CCllr Hamilton advised that eight residents had objected to the turbine on the grounds that it was unnecessary, inappropriate and only approximately 200m from a site at Tillyrie that had been refused permission for a turbine cluster. However the CC's over-riding concern for the site is the arrangements for the water supply. It has been suggested that the developer plans to install a test borehole but it is considered that even this would have an impact on surrounding households and farms. The area had a fragile

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



Update your look for free!

Call 07910227273 or e-mail

sandra@griffin5.net to find out more!

ecosystem and any structure could affect the water supply. After discussion to which members of the public contributed, it was agreed that the CC will request that environmental impact and hydrology studies are carried out.

Change of house type at 5 Kellieside Park: noted.

Alterations and extension to house at 129 South Street: noted. Applications approved since the last meeting: extension from three years to five years at Hattonburn Farm; erection of slurry store at Cuthill Towers Farm.

Other business

Tillywhally Wood: CCllr Hamilton reported that the path was now in place and the benches will be installed within the next month. CCllr Smith will locate the plaque and CCllr Halford will tidy branches but will need some help.



A properly laid path now runs through Tillywhally Wood

Community orchard: CCllr Bennet reported that members of Milnathort in Bloom and pupils from Milnathort Primary School had planted trees and wildflowers in the orchard in South Street. Ornate railings were also in place and a ramp installed. However, members of the public are asked not to walk on the site until the plants have settled and germinated. Two more trees are to be planted, a wooden fence erected behind the bus shelter and a sign erected. An opening ceremony will take place some time in May.

Placecheck: An e-mail was received from Diane Cassidy thanking the CC for their assistance in delivering Placecheck newsletters. She also advised that street improvements had been delayed until June but that work on parks and green spaces is scheduled to begin in March. A meeting is to be arranged with residents of Wester Loan to discuss the location of trees. An update will be included in the next Placecheck newsletter, which is due out in June.

Kinross-shire Partnership: CCllr Hamilton had attended the AGM and reported that 27 brown signs were to be erected directing visitors to attractions around Loch Leven. Free mobility scooters were also available at three locations on the Heritage Trail. The CC commended the Kinross-shire Partnership on their achievements.

E-mail correspondence

Review of CCs: CCllr Giacopazzi had received notification from P&KC that the review of CCs had now been approved by Scottish Ministers. More information is to be made available in due course.

Snow clearing: PKC have asked for comments about snow clearing and gritting services during the winter weather. After a short discussion, it was agreed that CCllr Giacopazzi will respond by saying that it was not felt that Milnathort was

treated fairly and that better co-ordination was required.

Zero waste events: PKC are encouraging communities to run a Zero Waste campaign and after brief discussion it was agreed to include a link in the CC website to the online Zero Waste pack that can be downloaded from the PKC website.

Police function: An e-mail was received from Tayside Police asking for financial help for a charity dinner to be held on 30 April. Declined.

Recycling: Cllr Baird advised that from April there will be changes to blue and brown bin collections. Leaflets are currently being printed containing full details.

The Next Meeting and AGM of Milnathort CC will be held on Thursday 14 April at 7pm in Heaven Scent Coffee Shop, South Street, Milnathort.

Milnathort CC minutes are posted on www.kinross.cc

Milnathort Community Council AGM Notification

**Thursday 14 April 2011
in Heaven Scent Coffee Shop, Milnathort**

6pm: Public Consultation regarding a major development at Pitdownies Farm, Manse Road, Milnathort by The Ferrand Trust and the Church of Scotland General Trustees.

7pm: AGM followed by monthly meeting.

Please come along to hear what we have been doing during the year and give us your views on all things local.

The Kinross Community Council Newsletter

is available from:

David Sands	High Street, Kinross
Newsplus	High Street, Kinross
Shoppextra	High Street, Kinross
Kirkland's Garage	High Street, Kinross
Sainsbury's	Station Road, Kinross
Costcutter	Green Road, Kinross
Giacopazzi's	New Road, Milnathort
Milnathort Post Office	New Road, Milnathort
Stewart & Smart	Stirling Road, Milnathort
Buchan's Garage	Main Street, Kinnesswood
Shop	Main Street, Kinnesswood
Fossway Store	Crook of Devon
Glenfarg Shop	Ladeside, Glenfarg
Mona's Coffee Shop	Muckhart
Powmill Store	Powmill

Need to check something in an old Newsletter?

Consult our electronic archive at

www.kinrossnewsletter.org

Issues from September 2006 to two months ago available

Portmoak Community Council

News from the March Meeting

Present at the meeting held on 8 March were: CCllrs M Parkin, J Bird, R Williamson, R Cairncross, S Forde, M Strang Steel and T Smith. Also in attendance were P&K Cllrs M Barnacle and K Baird and twelve residents. Apologies for absence were received from CCllr M Wilson and P&K Cllr W Robertson.

Previous minutes: Following a correction (£75000 to £7500) under the heading of Scotlandwell Wash House project, they were approved and signed.

Police Report: There was one reported incident – a recent theft from a car in Bishop Terrace, Kinnesswood. The car had been left unlocked. The Police urged everyone to ensure their property, including garden sheds and outbuildings, were properly secured.

Treasurer's Report: No movement of funds either in or out. There was £716 in the account.

Stephen's Field, Kinnesswood: A local resident who headed a team considering the future of the field was now leaving the area, so a meeting was arranged to bring the CCllrs up to date. This had taken place and the CC is now awaiting further developments from either PKC or the developers. The Chairman had written to PKC regarding the possible payment for the insurance of the field.

Balgedie Toll to Mawcarse Road: Signage was put up but was knocked over during the bad weather.

Hedge alongside playing field, Kinnesswood: The work is nearly completed.

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

Meeting with Gliding Centre: A meeting took place with representatives of the Gliding Centre and their system of recording the complaints and incidents was explained to the CCllrs present. Most everything carried out on the site is under the supervision of either the British Gliding Association or the Health and Safety Executive, so most all activities are regulated in some way. The CC will continue to meet with the Gliding Centre and it is recommended that residents should contact the Gliding Centre in the first instance should they wish to report a possible incident.

Build-outs: Work has started on the build-out at the bottom of Gamekeepers in Kinnesswood. It is understood that the build-outs will be fitted with solar powered lights.

Snow clearance etc: The CC has been asked to comment on the snow clearing and gritting operations which were carried out this winter. Residents wishing to make a comment were asked to write to the secretary before the end of March.

Vane Farm road: Cllr Baird agreed to look at the resurfacing of this road.

Sub Committee Reports

Paths, Pavements and Roads: The Chairman explained that he was bringing together paths, pavements and roads under one heading and asking CCllrs Smith and Strang Steel to look at the associated issues. He praised the work which had been carried out by a Gamekeeper's resident who was present at the meeting and hoped that he would continue to work with the two CCllrs.

With regard to the cutting of the grass on the MBW, the Chairman had contacted a number of people and was awaiting costs.

Cllr Strang Steel explained that plans for the core paths had not yet been approved by PKC. There were in excess of 850 recommendations/objections and although 12 reporters had

been given the job of looking at them, it was thought it would be at least another year before the exercise was complete.

Planning: CCllr Cairncross informed the meeting that there was only one new application submitted since the last meeting which was at Vane Farm Nature Reserve. Although the CC would not be objecting to the application, they would be noting the requirement for the completion of the Heritage Trail in this area.

Two amendments to previous applications were considered: Causeway Cottage and Kilmagadwood. The CC would be objecting to both these applications on the same basis as the previous objections. (Details of the objections can be found on the planning website of PKC.)

CCllr Cairncross reported on a meeting that he had attended with CCllr Strang Steel and PKC Head of Legal Services and a Legal Manager. The purpose of the meeting was primarily to discuss the inappropriate behaviour by the planning dept over the Wester Balgedie appeal. Other areas discussed were: the difficult way that information was placed on the planning website, issues around section 75 and developer contributions and the problems associated with planning at Scotlandwell. Council officers agreed to provide further comment.

There was considerable discussion on the problems detailed by residents who had wanted to keep track of submissions regarding the Kilmagadwood application.

It was noted that when amendments were made to applications neighbour notifications were sent out but CCs were not informed.

The Head of Legal Services also had a monitoring role on behalf of PKC and would be especially looking at the backdating of comments on the planning website which was considered totally unacceptable.

Cllr Baird had already discussed the subject of backdating with PKC planning and felt that their response and reply was not acceptable. Cllr Barnacle was meeting with the PKC planning on 10 March and would also raise the issue.

CCllr Cairncross warned the meeting that given the right circumstances a similar situation could be experienced at Kilmagadwood that had occurred at Wester Balgedie, especially since PKC Planning were supporting the Kilmagadwood planning application at the Development Control Committee meeting to be held shortly.

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**

PIANOFORTE TUITION

ANTHONY J FOOTE, L.R.A.M.

Member of European Piano Teachers' Assoc.

Pupils entered for Associated Board
Examinations and Festivals
Refresher courses for adults

TELEPHONE: MUCKHART 01259 781446

Cllr Barnacle explained that it was his understanding that PKC Planning were supporting the application because the applicant had tried to meet all the objections of the original application bearing in mind that the land had been zoned for housing.

Reports from P&K Councillors

Cllr Baird had received a query regarding the wall which had been built opposite Portmoak Hall and whether what was in place was the finished article.

CCllr Cairncross said that he had met with CCllr Wilson and an advisor at the time when the path was being constructed and agreed that an access way was required at this particular spot but the CC had not seen a plan or been consulted on what was going to be built.



The recently built wall opposite Portmoak Hall

Cllr Barnacle confirmed that he had sent a copy of his submission on the MIR to the CC.

With particular reference to Chapter 6, policy framework, from his questioning of the process it would appear that there will be very little time and therefore opportunity for comment on issues such as airfield safeguarding and AGLV.

This question should be raised at the planned MIR consultation meetings.

Regarding the PKC budget debate, Cllr Barnacle confirmed that he had agreed with the Council's decisions because he felt that money for the more vulnerable groups was not being cut as deeply as other services.

A resident informed the meeting that due to spending cutbacks it was his understanding that grass verges would only be cut once a year instead of twice.

Cllr Barnacle explained to the meeting that he was shortly meeting with PKC Chief Executive to resolve the issue of not receiving the same PKC briefs as other Cllrs.

Cllr Baird said that she expected the PKC council to resume the uplift of two brown lidded bins shortly.

Other Business

Pooling of water on road adjacent to Balgedie Toll: A resident had reported that water running from his area was flooding his property. PKC had investigated the problem and the solution was now in the hands of SEPA and the owner of the adjacent land.

Post van and library van: Suggestions have been sent to the CC. It is suggested that the post van staff would like to use the Lomond Hotel car park instead of its present position and a further suggestion made to level and pave the area of the bus shelter site to allow the post and library van to park in the centre of the village.

The MBW leaflets would now be stored by the Chairman.

Loch Leven: A resident raised the question of the height of the loch. It appeared that the water was being kept purposely high which was causing an immediate problem for walkers in the surrounding area and also the longer term problem of path maintenance. Following some discussion it appeared that this wasn't a recent problem and the Chairman agreed to follow up.

AGM: The Secretary reminded the CCllrs that the AGM will be held together with next month's meeting and requested all Cllrs submitting a report for the AGM to forward a written copy beforehand.

Communications

The full draft minutes contain a list of all communications received. Further details available from the secretary. Some of the communications listed were:

Convention of P&KCC local planning committees.

PKC acknowledgement of Main Issues Report submission.

Scottish Water public meeting in Perth, 23 March.

P&K Local Development plan consultation, 16 March.

Convention of P&KCCs re planning applications.

Convention of P&KCCs AGM, 16 March.

PUKC: Zero waste pack info and community waste fund.

PKC Voluntary Action Fund.

PKC Local Enterprise team, loss of trade during T in the Park weekend.

PKC Review of CCs.

The Next Meeting of Portmoak CC will be held on Tuesday 11 April 2011 in Portmoak Hall. The AGM will also be held prior to the meeting. Please note this is a change to the previously advertised date.

Website www.portmoak.org

Want to sell something?

Advertise your item free of charge in the
Classified Advertisements section on
www.kinross.cc

THCL

construction & renewable energy
all your building needs

Take advantage of the recently announced Renewable Heat Incentives for homes and businesses!

We are registered approved installers for

- Solar Thermal
- Solar PV
- Biomass Boilers

• We are distributors for Verdo wood pellets and briquettes

www.thcl.net
Tel: 0845 555 1015

Fossoway and District CC

News from the March Meeting

The meeting held on 1 March 2011 was attended by CCllrs T Duffy-Wigman, S Anderson, M Anness, K Bothwick, A Cheape and R Cooper. Also in attendance were P&K Cllrs W Robertson and M Barnacle and 13 members of the public. Apologies for absence were received from CCllrs S Morrison and A Lavery. There were no declarations of interest.

Community Policing: The police are concentrating on parking at present, checking on yellow-line parking, inconsiderate parking and parking over driveways and pavements. The community policeman also introduced the "Tayside Community Officers Tweet on the Beat" to enable members of the public to engage with the police, negatively and positively, online. There is a trial period of three months. The website for this is www.twitter.com/GlenfargPC or you can visit the MyPolice website, www.tayside.mypolice.org.

Minutes of the last meeting: An amendment to include the fact that the CC is closely following the developments at the Glen Quey Quarry is to be recorded. The minutes were then signed off.

Matters Arising

Tayside Main Issues Report and Consultation: Cllr Barnacle has delivered a submission to include the local opinion, endorsed by all the local organisations. Cllrs Barnacle and Robertson would like to see a spread of development rather than concentrated new housing in one village. The next stage is to await the full findings of the report. There will be a chance to comment and a further period of consultation during 2011.

Blairingone Energy Plant: A meeting was held in Blairingone to gauge local opinion on the Blairingone Biomass Plant and as a result an Action Group has been formed. The community was given an account by Fred Saunders of the developer's proposal and a questionnaire was available for them to comment on the plan. The overwhelming feeling was that the plant was not wanted. A meeting the week after with the developers, to ask questions and find out more about the proposals, was well attended. The general feeling now is that the Action Group and the CC should try to request that the planning application is a "major", rather than a "local" one. This would necessitate further consultations and impact studies. The new concept of "good neighbourhood agreements" should be explored. Cllr Robertson agreed to write to the planners asking clarification on the planning status.

War Memorial, Blairingone: Cllr Barnacle had a meeting with several agencies to remind them that the community definitely wanted the war memorial moved, and if there was a funding gap, the community would explore possibilities. He is now more hopeful of progress. The estate agency for the property should be informed of the unresolved issue of the memorial. A further site meeting is planned and Cllr Barnacle was thanked for his continuing work on resolving the problem.

Dunning Glen problems: Kevin has visited the site and there is still a lot of rubbish, some very recent. More multi agency meetings are planned, but progress is slow when there are so few complaints. This makes it difficult for the police to react.

Community Council Business

CPKCC: Kevin attended a meeting of the convention but there seems to be little support for this organisation. An amendment to the constitution has been proposed by a former member of Kinross CC (Joe Richardson), that people outwith the area can stand for CCs. It was agreed not to support this amendment.

T in the Park: It was agreed that the arrangements for traffic management and security were working well, but we should not become complacent. It was agreed that in general the area benefited from the festival in terms of the Kinross Fund. Any worries about traffic management, for example when weddings are taking place, could be overcome, and people should contact the organisers for advice.

Reports from P&K Councillors

Cllr Robertson reported on the repair to the Dunning Glen Bridge. Historic Scotland is involved and work was waiting for their go-ahead. Extra money is available for repairing road potholes. Please report any that need attention. Cuts in spending may mean bus shelters may not be replaced, just repaired. Some households will receive garden waste bins.

Cllr Barnacle has concerns with the cutbacks affecting classroom and language assistants. Staff had to be cut and this was difficult. Roadside drains were not being attended to, leading to flooding problems, although a contingency fund for serious flooding was available. The need for reflectors on the traffic lights at Drum was being followed up.

Planning Applications

11/00227/FLL, Blairingone Sewage Works, Blairingone: Upgrading of wastewater treatment works. Comments by 15/03/11. No CC comment.

11/00136/FLL, Land 20 Metres South Of Mill Cottage, Crook Of Devon: Modification of existing consent (09/01987/AML) Change of house type. Comments by 08/03/11. No CC comment.

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

Scottish Water: Trudy wrote to Scottish Water concerning the snow melt, but has had no reply yet. The early release of water from the dam might have avoided the damage to the bridge over the Devon from the strong water surge. There is a public meeting in Perth to discuss this and other matters and people are invited to attend.

Newsletter: Marion has spoken to the teacher at Blairingone School and she is willing to have the newsletter in the school for people to buy. The only difficulty is that it has to be paid for up-front. This may be able to be overcome and Marion will look into it further.

Snow Clearing: Trudy has been asked by PKC for the community's comments on snow clearing arrangements this year. She noted all the comments from the floor, and they will be taken forward.

The Next Meeting of Fossoway & District CC will take place on Tuesday 5 April 2011 at 7.30pm in Carnbo Hall. All Welcome!

Club Correspondents

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



Club & Community Group News



The Annual General Meeting of the Kinross-shire Partnership was held on 8 March in the community campus. Chairman, Alisdair Stewart, gave the following report:

Town Hall: Over the past 12 months, most KP effort was expended on the formulation of proposals for the acquisition and renovation of the former town hall and library. Some £20k was raised to fund a feasibility study and HBPT (a charitable trust which was engaged to identify sustainable end uses) proposed the establishment of an innovation and adult vocational training centre. The study illustrated potential sources of finance – including the prospect to attract significant support from the ERDF. The concept also envisaged partnership with PKC on an associated (grant funded) Townscape Heritage Initiative. HBPT were prepared to purchase the buildings, project manage the restoration and then dispose of the asset to a local social enterprise. The proceeds of sale would have been ploughed back into the project. These proposals were submitted to PKC in a formal offer but they elected to accept a renewed (and much higher) purely commercial bid from Simon Wilson. Although the HBPT bid failed, the effort expended has not been entirely wasted due to the fact that valuable lessons learned have clarified how the Partnership must evolve and adapt to better serve its stakeholders in future. Special thanks are due to Euan, Brian, Eddie and Helen for all their efforts on the KP sub group over the 12-month period of the town hall project, and to Cllrs Baird, Barnacle, Millar, and Robertson for their encouragement and support throughout.

Other activities: Other aspects of our work over the past year have included:

- Ongoing maintenance and development of the Kinross website,
- Hosting a discussion forum at Vane Farm on tourism
- Consultation with Moto on their plans for development of the Motorway Services
- Preparation of a response to PKC on the Local Development Plan Main Issues Report
- Support for the Better Place to Live Fair

During 2010 the Kinross-shire Partnership extended the Loch Leven Heritage Trail Scooters scheme. [Lindsay Cant and Susan Bathgate reported on this separately.]

The future: Looking ahead, we have prepared an action plan for the year to 31 October which envisages identification of, and focus on, initiatives to stimulate economic development.

We are working with Kinross CC on proposals for the County Building which will shortly become surplus to PKC requirements. Many potential uses have already sprung to mind. It may be possible to establish the vocational training facility originally earmarked for the Town Hall in the County Building and we are grateful to The Architecture Workshop for the exhibition on show tonight illustrating how that use might be accommodated.

We have applied for charitable status and will seek membership of the Development Trusts Association Scotland. This re-positioning of KP as a development trust will further enhance our general appeal and funding options. In particular it will re-emphasize our ability to generate income through enterprise and the ownership of assets.

The Kinross-shire Agricultural Society

The Society held its AGM on Wednesday 26 January. The following are the Office Bearers for 2011/12:

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

The Kinross Show will take place on **Saturday 13 August 2011** within the grounds of Kinross House.

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

Kinross-shire Volunteer Group and Rural Outreach Scheme



Now that the days are getting longer, a little bit warmer and the vernal equinox heralds spring, we can look forward to better weather I hope. It seems to have been a long and very busy time since the snow left with Ann having quite a job to cover all the requests for our help. We have recently recruited a few new volunteers but some more would be very welcome so, if you enjoy driving, meeting and having a chat with some very pleasant folk, please contact our Co-ordinator, Ann Munro, at 01577 840196 for more information.

ANNUAL GENERAL MEETING

Thursday 19 May 2011 at 7.30pm in Church Centre

If you are interested and would like to know more about us come along to our AGM on 19 May, you will be very welcome.

**Please mention The Newsletter when
answering advertisements**

Kinross and District Art Club



KADAC was well represented at the Better Place to Live Event at Loch Leven Campus in March.

The picture below shows Chris, John and Irene ready to welcome our guests. The vacancies we had for two extra members have now been filled and a number of people put their names down at the event, to be on our waiting list.



Chris, John and Irene at the Better Place to Live Fair

The club is represented on the Campus steering group for the commission of a piece of public art and also club member Carole Drummond has been appointed to the committee of Perthshire Open Studios.

Our monthly Group Activity sessions continue to be popular with members. In March, former Arts Adviser for Fife schools, Joyce Graham, gave us lots of new ideas in her 'Fun with Mixed Media' session and this month our special guest will be Margaret Evans, one of Scotland's top teaching artists and art writers.

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

For a specific query or any comments, please contact Sybil on 01577 830347.

Kinross & Ochil Walking Group

Longer days at last. Time to get out and about! 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 interesting walks to offer:

Saturday 9 April: Kincardine Bridges. 7 miles. Circular walk crossing Kincardine Bridge and back over Clackmannanshire Bridge to Kennet Pans then return to start on country paths. No dogs or children please.

Sunday 24 April: Marches of Dollar. 6½ miles. An extended circular walk of the boundaries of the town. The walk is planned above Castle Campbell and the golf course. A small ascent is involved of 250ft. Accompanied children and dogs welcome.

For all walks you do need appropriate clothing (not jeans), 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

Kinross Camera Club



The Club's stall at the Better Place to Live Fair was a great success. There were 84 entrants in the competition and the top three received copies of their favourite pictures.

One of our members is now encouraging staff and students of Kinross High School to develop their photographic skills. Our next meeting is a Practical Night when members of the Digital and Studio Groups will give talks on what they have been doing, including from the Digital Group "Before" and "After" images, while the Studio Group will show images of their work.

Judging of the "Greer and Fortune Cup" takes place on 31 March and offers members an opportunity to test their skills at judging as they make comments on the prints entered and justify the marks they have awarded for them.

On 7 April the annual Treasure Hunt will take place, with small groups taking photographs of specified subjects and each group presenting their results to the Club on the 28th.

Our final competition of the season will be judged on 14 April, while on the 30th the Annual Dinner and presentation of prizes will take place

Further information from Alison Bradley on 01592 840251 or contact www.kinrosscameraclub.org.uk

or 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

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 Calow 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

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

Common Grounds



Now that spring is here, ignore the snow, lots of lovely colour is about in the garden and days are getting longer and by the time you read this, the clocks will have changed. Plus, at long last, we can divest of winter woollies. Lastly Easter greetings to you all from Common Grounds.

Project Lunch: On 22 February we held a Project Lunch in the Guide and Scout Hall, Milnathort where the speaker was Derek Jolly, Team Medic with International Rescue Corps. Over thirty people listened intently while Derek described the life-saving work that International Rescue Corps carry out when they are called to a disaster area which could be anywhere in the world. They have taken on missions where there have been earthquakes in Mexico, El Salvador, Armenia, Iran (twice), Philippines, Costa Rica, Georgia (USSR), Turkey (three times), Japan, Afghanistan, Taiwan, Colombia, Pakistan, China and India. Also a volcanic mudslide in Colombia and hurricane/flooding in Nicaragua, Montserrat and Mozambique. They also provide logistical support and transportation of aid. In the UK they help with local emergencies such as a missing person. Derek himself attended the Stockbridge disaster and went under the rubble to administer medical aid to a victim trapped there. Common Grounds donated £800 to this worthwhile charity as their end of year Emergency Relief Project for 2010 and on the day Derek collected another £64.40 in his bucket. Our next Project Lunch will take place on 17 May, at the usual time and place, more about that next month.



*Derek Jolly of International Rescue Corps with
Common Grounds volunteers*

Project: Our current project is Chernobyl Children's Life Line. Twenty-five years ago the malfunction and explosion of a reactor in Chernobyl, Ukraine led to widespread contamination with radioactive compounds. Effects of these are still being felt both by people alive in 1986 and by their grandchildren and other young people who are suffering from tumours as a result of exposure to chemicals. The charity seeks to help by bringing children to an unpolluted area for a few weeks, boosting their immune systems and extending their life expectancy. It has also established a recuperation camp in Minsk where good food, fun and medical treatments can be provided for 350 children at a time. Many people in the Perth area, as well as in other places in the UK, are still providing respite for these children who are suffering through no fault of their own.

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 still looking at Easter time for our website to be up and running. Many thanks to Chris Parry.

Special Event: This consisted of a live music event on Saturday 12 March from 1pm until late evening. Our thanks go to Gill and Dave who, with their friends, provided the music. Our thanks also go to Kirsty McLellan and Shirley Morgan for providing the food for the evening and organising the event for Common Grounds. Also thank you to all who donated prizes for the raffle and bought tickets. An enjoyable time was had by one and all and £100 was made for our funds. Well done all.

Our "Wish list" will remain on the table until we find our new Treasurer and more Volunteers for our coffee shop. Please do get in touch if you can help or why not in fact come in and see for yourself, you will be most welcome.

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.

Fairtrade Fortnight

World's longest string of hand-designed bespoke bunting!



The world record for this currently stands at 2,696 metres. During the past few weeks an attempt to break this record was made. Various groups of different ages have created wonderful triangular bunting.

In Kinross-shire, many primary schools, Sunday schools and Brownie packs have taken part in the record attempt to highlight how Fair-trade cotton protects the livelihoods of cotton farmers in countries in West Africa as well as show support for Fair-trade overall. Fingers crossed, the record has been broken! We will know at the end of the month. Thanks to all who participated and especially to those who supported us at the Better Place to Live Fair. The winner of the Fairtrade Raffle was **Kimberley Millar**, a P5 pupil at Kinross Primary School.

The Fairtrade Fortnight concluded with a tea service and informative talk about the tea trade in India at St Paul's Church, Kinross.

Kinross Ladies Circle



Saturday 26 February saw Milnathort Hall host the fourth Ladies Circle comedy night and this one was the best yet, raising around £1400 for our nominated charity PLUS, a mental health charity based in Perth. Milnathort proved again to be a fantastic venue, with well over 100 attending. Acts came from the Glasgow and Edinburgh comedy circuits and included headline act Scott Agnew. The hilarious Billy Kirkwood hosted the evening and as always there was a raffle and Irish bingo.

Kinross Ladies Circle is the female arm of the Round Table and is a growing organisation in Kinross and the surrounding area. Members meet every second Thursday and run a number of very successful fundraising events including a food stop for the Edinburgh to St Andrews bike ride and of course the comedy night. For further details please go to our website www.kinrossladiescircle.co.uk

Kinross in Bloom



After a long cold winter, it is nice to see our autumn efforts beginning to surface; the pansies and hyacinths in the planters and barrels are venturing out at last. At the Health Centre the many daffodils planted by the local army cadets are also showing face, and I'm sure will result in a fine display. Daffodils planted along the line of trees in Green Park are also beginning to show, but we are disappointed to note that vehicles have been driven over them in various places, which won't do them any good at all. The bulbs planted at the community campus are also beginning to come through, cheering up the corner and entrances.

On the downside, due to the heavy snowfalls over the winter months, we were sorry to lose the poly-tunnel we used at Hattonburn, and as it is not being replaced, we are currently negotiating for a place to prepare and harden off our summer plants.

We would like to draw your attention to our **Quiz Night** to be held at the Rugby Club on **Wednesday 4 May**. If you would like to enter a team, our contact is Aileen Sorbie at 01577 861477 or Iain Todd at 01577 866794, and if you already have an entry form, may I remind you that entries should be in by Wednesday 20 April.

Finally, we give notice that our **Annual General Meeting** will be held in the Green Hotel on **Wednesday 8 June** at 7.30pm.

Kinross Gateway project

No doubt you will all have seen the 'Welcome to Kinross' project at the Station Road entrance to the town from the motorway. This project was started by Kinross in Bloom some considerable time ago, and is only now coming to fruition.

The new gateway scheme is almost complete apart from the addition of the geese sculptures and a little planting, which is to be undertaken by Kinross in Bloom.

The children of Kinross Primary school were initially invited to enter a drawing competition to identify ideas of what features represent Kinross. In 2006 the project was formally instigated and permission sought from Perth and Kinross Council (PKC) and the designer, David Wilson, who prepared and costed the design, was appointed.

Following on from this funding and support was sought. Sadly there were delays in starting the project due to the death of the project manager and the subsequent delay in reappointing of another manager.

Kinross in Bloom would like to take this opportunity to thank all who have contributed to this project and acknowledge the generous contributions of the following funders:

Arthur and Margaret Thompson Trust	£10000
Perth & Kinross Council	£10000
Kinross-shire Fund	£5000
Take a Pride in Perthshire	£4000
Rural Initiative Fund	£4000
Kinross in Bloom	£1500

We would also like to thank Margaret Keith, Zoe Gamble (who replaced the late Jim Blair), the builder and designer, David Wilson and the Kinross Estate Company who kindly donated the stone for the walls.

Milnathort in Bloom

With spring just round the corner we've got lots to do around the village. We've made a start with new projects and tried to ignore the changeable weather!

The Polytunnel was beyond repair so we have purchased two new ones which will be erected next to the old one. We may not have the same amount of storage space for the hanging baskets so if any readers can spare some in their greenhouses (even if it's only for one or two) please get in touch, it would be much appreciated!

The South Street Community Orchard is coming on well; in early March we planted the trees and sowed wild flower seeds – we had a good turnout of helpers, including 15 schoolgirls. The smart new galvanised railings and gate have now been fitted and the Grand Opening is scheduled for the end of May.

The Heather Garden in Old Perth Road seems to have survived the winter with clematis and heathers growing well. We would like (belatedly) to thank all those who very kindly helped with this project – particularly Websters who supplied and delivered materials for the path and Peter Giacomazzi who gave us the beautiful sandstones to make the lovely rock features to complement the heathers.

If you can help out at all please contact us at: graemehs@yahoo.com or 01577 864357, also lizcormack@mypostoffice.co.uk or 01577 861820.

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!**

Artisan Plasterers
Tel: 01337 868412 or
07766 303437
The Toll Cottage
Burnside
By Milnathort
KY13 9SP

Kinross Museum



The exhibition *This Happens in War* continued to attract a good deal of attention in March and on the Museum website we now have a recording of wartime Home Guard stories related by local residents. The exhibition draws to a close in early April as a new display – *Kinross-shire Rocks* – is mounted. Focussing on the geology of Kinross-shire, coal mining, limestone quarrying and the use of coal gas for lighting, this exhibition largely draws on material loaned or gifted to the Society and research carried out by volunteers working on the Museum archives.

The *Better Place to Live Fair* on 5 March brought many visitors to the museum and during March we have had a good number of generous gifts to add to the collection. If you would like to carry out research, make a gift or loan of items to the museum or help as a volunteer on Thursdays or Saturdays, drop by or contact the Museum on 01577840236, e-mail: kinrossmuseum@live.co.uk.



The men of Kinross Home Guard training in Beeches Park during World War II

Kinross & District Town Twinning Association



The “roll a dime” feature at the recent Better Place to Live Fair was well received, with 10p pieces being rolled over a map grid of France. The popular “50 Club” still has a few vacancies and is due to start in May.

Any new members interested in our twinning link should contact chairperson Jeannie Paterson (tel 862159).

Kinnesswood in Bloom



Kinnesswood in Bloom were given the chance to display their efforts at the Better Place to Live Fair on 5 March. Volunteers set up a display of photos, organised a quiz for children and sold copies of the “Walk through Kinnesswood” book, a bargain at £2 a copy. It was an opportunity to speak to locals as well as people from further afield. Some of those who spoke to us regularly drive or cycle through the small villages and really appreciate the work done by the volunteers.

A quiz night was held on 9 March. Raymond, as usual, produced some difficult questions with much debate among team members when trying to find the right answer. The booby prizes were not wooden spoons but equally useful garden spray bottles. The raffle included a wonderful hamper which was won by John Hughes.

Kinnesswood in Bloom were keen to support the Woodland Trust in their fundraising efforts, particularly as the theme was “Wellies”. It was decided to hold a Welly Conga on Friday 1 April. The idea was either to donate funds to fill a welly or take part in a conga, wearing wellies of course. The school will also be involved with the children designing their own wellies with small prizes for the winners.

The joint fundraiser with Scotlandwell in Bloom was a ceilidh on Saturday 19 March. Folk had to wear tartan shirts and jeans for a bit of a hoe down and a hot supper. A report on how it went will follow next month.

A group of volunteers walked round the village at the end of February, noting areas needing attention and doing a litter pick at the same time. They were pleased to note that the entrance to the Bee Garden had been reinstated. A new work party rota has now been drawn up and hopefully there will be some spring weather to enable the group to get some gardening done. The **National Spring Clean** will take place on **Saturday 7 May**. Some people will clean litter and others give a good clean of village furniture.

Anyone who wants to help in any way is very welcome. Details of work parties are posted on the local notice board and further information about the group is on the website: www.kinnesswoodinbloom.org

Portmoak Film Society

The society meets on **Saturday 9 April** at 7.30pm in Portmoak Hall. The film will be ‘**Made in Dagenham**’. The AGM will also take place that evening.

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

Massage for Pregnancy
Birth & Life Beyond



Orla Beaton

www.ora-beaton.co.uk 07854 196 955

Kinross Boys' Brigade

Junior Section members took part in the Battalion Figure Marching competition at Bankfoot recently and the squad came in third equal.



Younger Company BB section members enjoying an activities evening at Tiso's new Perth store

Younger members of the Company Section enjoyed an activities evening at the new Tiso store in Perth.

Company section members also took part in the International Activities Competition and their score-sheets have been forwarded to Brigade Headquarters.

Also during March, Scripture Search papers and the Battalion Drill Competition take place, as well as the popular Midnight Hike.

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 hosted a stand at the "Better Place to Live Fair."



Douglas MacKessack, Andrew Jack and Lewis MacKenzie have recently attended a "Building Your Skills" leadership course

Portmoak Hall 100 Club

February Draw

1st No. 57	Vicki Stevenson, Scotlandwell
2nd No. 44	Alison Todd, Kinnesswood
3rd No. 87	Peter Cappon, Kinnesswood



Lomond Antiques and Collectors Club



Our speaker in February, Harry Brodie, aided by a sample of his collection of antique music boxes, both entertained and informed us. Tales of his adventures in acquiring them enlivened his talk which outlined their development.

Accompanied by the tinkling crystal clear notes of tunes, both classical and popular, he played boxes dating from 1843 to the early 20th century. Manufactured principally in Germany, some of the best were made by Polyphon of Leipzig, Caliope and Symphonion. These early boxes predated the gramophone in providing music for parties and dancing. A receipt dated December 1882 from Glasgow Trongate for eight guineas led us to conclude that someone had a wonderful party – we had a wonderfully entertaining evening.

On Wednesday 9 March, club members braved the heavy rain and strong winds to hear Tony Connor speak on the history of Wemyss ware.

By the end of his talk, which covered the long period of popularity for the characteristically bright floral decorated pottery that lightened many a dark corner in the old country houses of the local gentry together with the farming community of Fife, we were delighted that we had made the effort.

Tony, a born raconteur, also recalled his experience of collecting from salesrooms in Edinburgh, London and even as far afield as the United States where there are many dedicated collectors of the pottery.

Kinross Garden Group



The Kinross Garden group welcomed Susan Band of Pitcairn Alpines to their March meeting. She showed slides and discussed the propagation of "Unusual Spring Bulbs" which she grows in her commercial nursery in Pitcairngreen.

John Porter gave a vote of thanks.

Our next meeting is on **Thursday 14 April** in the Millbridge Hall, Kinross. Kevin Kelly will give a talk and demonstration on Tree Care.

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

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

Kinross-shire Fifty Plus Club



The April meeting will be held on **Thursday 7 April** at 2pm in the Millbridge Hall. There will be a presentation by Oakhouse Foods at the meeting with hopefully a few nibbles to be enjoyed.

The Annual General Meeting was held on 3 March, at which the audited accounts were made available to members and the present committee were re-elected unanimously. The Chairman's report included an appreciation for all sub-group leaders, the members, and the committee members for their contribution to the success of the Club.

The Party on 3 March was enjoyed by 63 members and, after the two-course meal, the entertainment provided by Gordon Menzies of Gaberlunzie was well received, especially as he is a local person.

Away Days

Thursday 14 April: Trossachs.

Thursday 28 April: Royal Botanic Garden, Edinburgh.

Friday Hill Walkers

8 April: Meal nam Tarmachan, which is a Munro in the Lawers range. Weather permitting. This is an A+ walk led by Bob.

22 April: Fife Coastal path from Elie to Leven. We will be leaving the van at Leven and getting a service bus to Elie, then walking back via the Chain Walk. For those not wishing to go via the chains, there is an alternative path above the cliffs.

The summer walks schedule is now available on the Website. Would members please go to 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

1 April: From the silver sands at Aberdour to ruined St Bridget's Church and back again - an old favourite along the coastal path, and not much more than five miles.

15 April: From Bridge of Allan along the Glen Walk to Dunblane for a hot pie, and returning by the Darn Walk. This is our annual "Pie walk," and is less than six miles.

29 April: A circular walk starting at Cramond Ferry, going up the River Almond to lunch in the grounds of Lauriston Castle, before returning along the Promenade - again about the five mile mark.

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

Activities

The Club's activities, which include the following, are open to all members of the Club and take place in the Millbridge Hall unless indicated otherwise:

Carpet Bowls: We still need more members for this group, so why not come along and enjoy some non-strenuous exercise playing a few ends. The sessions last an hour and are held every Monday at 2pm. **Please contact Helen Duncan 01577 863638 for information.**

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.

The Keep-Fit Group re-commenced on Tuesday 8 March at the usual time of 2.30pm. The members who attended thoroughly enjoyed the session and recommend it. Come along and join in. 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.

Kinross Air Cadets



On 26 February, nine cadets from 1145 (Detached Flight) Kinross Air Cadets travelled to Leuchars for a formal parade marking the "laying up" of the Dundee & Central Scotland Wing banner, as the Wing is being dispersed. This Flight, along with others, will amalgamate with Edinburgh & South Scotland Wing on 1 April 2011, to form the new South East Scotland Wing.

On 3 March cadets and officers ran a promotional stall at the Careers Convention at Kinross High School.

Saturday 12 March was a Teambuilding day, cadets co-operating to complete various tasks.

Monday 14 March saw a belated Christmas night out. A fun night ten-pin bowling in Dunfermline, followed by Pizza.

On Sunday 20 March Kinross played host to cadets from Dalgety Bay and our parent Flight in Dunfermline for a busy day of target shooting training.

Kinross Air Cadets meet every Monday and Wednesday 7.15pm, at the Drill Hall in Swansacre.

Alison Morris (Civilian Instructor)

"Physics and Maths Tuition : All Levels"

CRB Checked

Last minute exam revision sessions available.

Dr Cameron Ager

01577 863258 Mobile 07930 280009

or Email Cameron_ager@yahoo.com

J. MILLER

**CARPET AND UPHOLSTERY
CLEANING**

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

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

Kinross High School Parent Council



Chair: Brad Wood, 850767, chair@khspc.org
 Vice-Ch: Andy Williams, 861682, vicechair@khspc.org
 Treasurer: Denis Sweeney, 861651, treasurer@khspc.org
 Uniform: Dora Smith, 863565, blazersales@khspc.org
 EFT: N Simpson, 07508 418848, eftchair@khspc.org
 Clerk: Sheila Herron, 864015, clerk@khspc.org

KHSPC Website: We are delighted to announce that our website is now live! It can be found at **www.KHSPC.org** (some parts are still under construction). Your comments are welcomed. Is there anything you would like to see on the website? A full copy of all minutes from any of the KHSPC meetings can be found on our website or requested from the Clerk. Just some of the items discussed at the January meeting are below.

Study Leave: Library Access – The Head Teacher confirmed that pupils are not allowed to work in the library during the school day during study leave. Permission had been granted by the Scottish Executive for pupils to study at home and if pupils choose to come into school to study, then an appropriate place for pupils to work will be provided. This allows the library to function normally whilst still giving pupils a safe place to work with access to all learning materials they may require.

Whilst it was accepted that the library is a public facility within a community building, pupils must either remain at home or in school during periods of study leave. A letter had been sent home to parents making it clear that study rooms and resources would be provided in school as required. It was also stated that when pupils come into the building during the school day, they are then in school and pupils need to sign in and out to study. During study leave, teachers are nearly always available at normal timetabled class times, so pupils can get access to full study support in departments.

Pupil Roll 2011/12: The next academic year will see around 40-50 fewer pupils than we have now. This means that up to three Full Time Equivalent (FTE) teaching posts could be lost. It is hoped to reduce this to two. This loss of teaching staff may impact on course choices available for 3rd, 5th and 6th years. There is no opportunity to reduce working hours of individual teacher posts as whole posts (either full or part time) must be lost.

Despite the reductions, KHS may be able to work in partnership with other schools to achieve wider curriculum choice by taking advantage of other approaches such as remote learning and video conferencing. There are no plans to cut any Advance Higher courses, though class allocations may have to be adjusted but the school will be as flexible as possible.

Maintenance: A monthly report is raised and discussed with Mitie. There is ongoing contract monitoring by the Investment for Lifelong Learning (ILL) team. This monitoring is now very effective and active, mainly due to all the campuses now being open. If anyone reports particular issues, these are dealt with on a daily basis through the Service Desk. The school is generally happy with progress though there are always things to be done. There have been 10,000 requests put through the Service Desk for Mitie to deal with. Parents are concerned that: the grounds are looking shabby; cleanliness, particularly in the sports areas, is below standard and repairs are not being made. The school will raise a report for the next meeting

providing a breakdown of the current status of progress with such jobs.

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 one, please contact Dora Smith. The blazers are made from washable polyester and are light, comfortable and easy to wear. The girls' blazer has a fashionable, fitted style. We are looking for help with selling blazers; if you feel can spare just a little time to support this excellent work in promoting our school uniform, please contact Dora. For the P7s moving up in August, there are **BLAZER SALES** at the catchment primary schools – please see separate notice below.

Events and Fundraising Team: The next big event is the **10k Race on 28 April**, a popular, fun event attended by runners from all over. Light refreshments at the end. Contact Elaine Carruthers in the school office 01577 867100 or email eftvicechair@khspc.org for more detail.

KHS – Young Person of the Year Award: YOUR NOMINATIONS ARE NEEDED! Many of our pupils do fantastic work in the community as well as a wide range of areas including sports, music, arts, churches and charities. We are looking for you to nominate any young person, who attends Kinross High, to receive an award that recognises their effort and commitment. Contact the Clerk, Sheila Herron, for more information.

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.

Blazer Sales

In anticipation of P7s moving up to Kinross High School in August, the following KHSPC 'Blazer Sales' dates have been confirmed at the catchment primary schools:

Date	Primary School
Tuesday 3 May	Cleish PS
Wednesday 4 May	Fossoway (& Blairingone) PS
Thursday 5 May	Arngask PS
Monday 9 May	Kinross HS (open to all)
Tuesday 10 May	Portmoak PS
Wednesday 11 May	Kinross PS
Thursday 12 May	Milnathort PS

KHSPC 'Blazer Sales' representatives will be in attendance at the schools from 1800 to 2000 on each of the above evenings. There will be a selection of boys' and girls' purple blazer sizes for the P7 children to try on and for parents to order.

Price of a blazer is £45, payable when ordering.

The blazers will be available for collection from Kinross High School in June on two designated evenings during the last week of term. The KHSPC will forward a parents' blazer information leaflet to each primary school by mid April, in advance of the sales evenings in May.

Kinross Primary School

My name is Struan Fotheringhame, Primary 5. In January I wrote a story for the Tayside Wildlife Crime Competition. It had to be about a wildlife crime officer at work. We took notes from a DVD by the Tayside Police to help us with the story. My story was about a Wild Life Crime Officer called Cadmell, on his first day at work without his mentor Matt, making sure that the mountain top was safe for wildlife. It seems as though it is ...but is it? I enjoyed writing the story and though it was okay but I never thought I would come second. In first place was Joe Carstair and his story was very good! You can read my story and all of the other winners, if you type in to Google – Tayside Police Wild Life Crime Officer stories – I hope you like them.

Struan Fotheringhame

We went to Kirkgate Park on Kinross Primary Eco day. We had three volunteers, Mr Forest, Mrs Deas, Mrs Bissett and of course Mrs Hynd, our teacher. We had to be put in groups of three, one of us had to pick the litter with the litter picker, one of us had to write what we found on our sheet and the other person had to open the black bin bag for the picker. Before we set off, we had a safety talk with Kim Young. She told us about what Fly Tipping is and what not to do. P6b came to listen to Kim with us and it took about 1 hour and 30 minutes. When we got back we washed are hands. Then on Thursday we made a bar graph about all the bits of litter we picked.

Katie Deas



Emma Bathgate, Abigale Davidson and Struan Fotheringhame go litter picking

On February 14th and 15th, the P6s went to Glasgow Science Centre. There were three floors of all sorts of weird and wonderful things. Our favourite floor was the third because it had the theme of Wallace and Gromit. There was an IMAX cinema that was the size of A WHOLE FOOTBALL PITCH!!! There, we watched a documentary movie about the Hubble telescope. The 3D power made us feel we were actually there! It was fascinating to see what zero gravity did to people on the screen. We also went to the planetarium, where we learned about constellations of stars. The Glasgow Science Centre is an experience we'll never forget.

Joey Lawrence and George Smith

The Kinross Primary School choir also has a lot to celebrate! They won first prize in the Infants choir class (P1, 2 & 3) at the Perform in Perth music festival on Thursday 17 March. Well done to all of the children that took part and also to Mr Young for all his help.



The prize-winning Kinross Primary School Choir

Kinross Pipe Band youngsters in the prizes again

Continuing their success in junior piping and drumming contests, Kinross Pipe Band youngsters acquitted themselves very well yet again at the 'Perform in Perth' music festival in March, with Douglas Mair (12) taking first place in the 13 and Under Novice Piping, and Amy Bryson (13) coming second in the 13 and Under Novice Drumming. Congratulations to them both!

By the time this goes to print, the Band will have taken part in our first competition of the year, travelling to Cumnock in Ayrshire on 26 March for a full band indoors contest, after which we will be looking forward to our own Branch Mini-Bands and Trio Piping contest which has been revived this year after a lengthy absence, and is being held in Forfar on 30 April. After that, the summer competition season will get under way in earnest from May onwards.

For those of you who regularly attend the Pipe Band Ceilidh, we can give you advance notice that this year it will once again be a 'Summer Ceilidh' and will take place on **Friday 3 June** at the Windlestrae. Tickets will be on sale nearer the time. www.kinross-pipe-band.co.uk

G & S Joiners Ltd

Kinross

Joiners and Builders

New Build Homes Extensions
Attic Conversions Kitchens
Replacement Windows, Doors and Conservatories
Roofline Products
All Fully Qualified and Certified Tradesmen
Fully Insured and Guaranteed
All Trades Supplied

Free Quotations Upon Request

Tel: 01577 862532

Mobile : 07956 570342

Kinross-shire Local Events Organisation

www.kleo.org.uk



Royal film on the Royal Wedding Day!

On **Friday 29 April** we will show **'The Princess Diaries'** (U) at the Community Campus at 7pm (doors open 6.30pm).

A socially awkward but very bright 15-year-old girl being raised by a single mom discovers that she is the princess of a small European country because of the recent death of her long-absent father, who, unknown to her, was the crown prince of Genovia. She must make a choice between continuing the life of a San Francisco teen or stepping up to the throne. While Mia makes up her mind, she's pressed into taking princess lessons from her grandmother.

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

Friends of Wumenu Community Farm

Scottish Registered Charity No. SC037724

We thank all our supporters for their generous donations for our recycling for life project. We have now stopped collecting until further notice due to economic difficulties with storage and transportation of our donated goods in Scotland.

Capacity building with schools and community groups International Eco Partnership (Trees For Life)

We are currently focusing our attention on working with Schools and community Groups on our Global citizens' interdependency project.

Our aim is to plant edible tropical fruit tree in the rural community around Wumenu that could one day form part of the raw materials able to sustain life in Scotland and Ghana. Trees for life are part of our intelligent given Project.

Friends of Wumenu community farm received funding from **Awards for All** to help with our capacity building tour of Glasgow schools.

Friends of Wumenu community farm are prepared to extend the project to Perth and Kinross schools willing to take part in our International Eco Project.

The schools and community workshops are free to all participating groups in the Perth and Kinross area with help from our locally appointed project ambassadors for Wumenu community farm.

Activities

- Interactive Storytelling
- Interactive Drumming workshop
- Exhibition of African Cultural Artifacts
- Hosting African Cultural Evening
- Black History Week or Month Visit
- Long or short Residence /Project

Facilitator

The project will be led and delivered by **Gift Amu Logotse**, Elmwood College of Agriculture (NCG Agric), Fife Schools of Social Enterprise (Fellow 2005), established and experienced creative and performing artist and tutor.

For more information:

Text or call Mr Amu on 0798562370

Email: mramu@btinternet.com

Web: <http://new.thebiggive.org.uk/charity/view/8125>

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.

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**

Kinross-shire Historical Society



On Monday 21 February, Willie Shand took the members of Kinross-shire Historical Society on a wonderful photographic journey through the Great Glen, from the North Sea to the Atlantic. He explained the formation of the series of lochs eight hundred million years ago and the history of all the towns and settlements along what was converted into the Caledonian Canal under Thomas Telford in the 19th century. He had interesting and entertaining stories about the Great Glen including place names, the families, the hills, the great houses and castles, the battles, the clan feuds, the Loch Ness Monster and St Columba. There were also short trips off the main route to explore places or events of interest relating to these stories. The building of the Caledonian Canal required the construction of several series of locks because of the different heights above sea level of the lochs. From Corpach to the Atlantic, the canal had to be dug as Corpach lies after the lochs of the Great Glen. The construction of the canal took thirteen years to complete rather than the intended seven years and cost £1¼ million instead of £350,000.

On behalf of the Society, Professor David Munro thanked Willie Shand for the very interesting talk and the beautiful slide show which reminded us all just what a fascinating history and wonderful landscape we have in Scotland.

Kinross-shire Historical Society met on Monday 21 March at Kinross Parish Church for its AGM. The Society now has 190 members and is in a sound financial position. Its publications are selling well both at meetings and at Kinross Museum. The existing Committee was re-elected for another year.

The AGM was followed by a talk on the work of Historic Scotland given by two speakers, Ali Davey and Nicky Scott. Ali Davey of the Business Section, spoke about the structure of Historic Scotland which has a staff of 1000 and the work done by the Conservation Group. Although there are many thousands of Listed Buildings and Scheduled Monuments to look after, the largest group of properties they are concerned with are pre 1919 buildings neither Listed nor in Conservation Areas. Lack of understanding of how old buildings work and inappropriate repair work carried out on them can cause real problems which can make them become dangerous. This means that education is very important, as is the correct training of craftsmen. Scientific techniques such as Infrared Thermography and Laser Scanning are used for collecting information about buildings.

Nicky Scott, a Cultural Heritage Adviser, spoke about Loch Leven Castle, our local Historic Scotland building and her involvement in producing new Interpretation Boards for the coming season. She told the members about the history of the castle as recorded in official documents and also in literary references from before the 14th century until after the time of Mary Queen of Scots imprisonment. She spoke of the difficulties in finding the correct information relating to the buildings themselves and also of the internal decorations. The use of geophysical surveys can indicate that archaeological investigations may produce further information about a site. Much information is true of all such buildings as they were required to reflect the wealth and status of the nobility.

Both speakers answered questions from members and were then thanked for their interesting talks by David Walker on behalf of the Society.

For visitor information on Loch Leven Castle, see p. 81

Kinross & District Rotary Club



Earthquakes

Since the last Newsletter we have had to face the tragedies of two earthquakes, first in Christchurch, New Zealand and secondly in Japan with the loss of thousands of lives, not to mention the loss of thousands of homes and people left without the basic essentials of life.

Rotary International has been able to help at these disasters by sending Shelter Boxes to these areas and Kinross Rotary Club has donated monies to contribute for these Boxes.

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 raising funds for the total eradication of Polio throughout the World. This Kinross Rotary Club raised a further £500 by collecting money while the Club helped packing at the checkout at Sainsbury's. We are grateful to Sainsbury's for allowing us to do this and to all the customers who gave so generously.

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

The Club had three excellent talks at our meetings this month.

The first talk was by Ann Barlow, whose title was 'Slow Food'. This has nothing to do with slow cooking but originated in Italy with a view to promoting the opposite to 'Fast Food'. Ann explained how the movement had grown and how strong it was in Perthshire. It is all about encouraging local produce and its use in the home and other food outlets. The evening was a joint one with wives and partners and Ann concluded the evening with delicious samples for the members.

This talk was followed the next week by the postponed talk by Dr Pat Carragher, well known to many people in Kinross-shire and who now is the director for CHAS. Pat explained how he transferred from being a GP to working with CHAS and what that work entails. His work takes him all over Scotland now and he drives many thousands of miles doing so. There are now two CHAS centres, the first here in Kinross and the second over on Loch Lomondside at Balloch. Pat described the different aspects of care at CHAS and the wide scope of children that are taken into CHAS along with their families. All in all, another very interesting evening.

Our final talk was by local farmer Sandy Braid who gave us a fascinating talk about his life on Channel farm and how that developed and changed over the years. He told us all about the way the crops had changed, with the introduction of new crops and the way the farm had altered from being a very labour intensive one to a very machine orientated one, the whole interspersed with Sandy's usual humour. Judging by the questions that followed all these speakers, everyone found them all to be very informative and entertaining.

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

Probus Club

The speaker for the meeting on Wednesday 16 February was Mr George Sutherland and his subject "Gallipoli."



Gallipoli was one of the most important campaigns of the First World War. It came about because the war on the Western front had become a stalemate and the Allies wanted a sea route to supply their Russian friends. The first attack on the Peninsula was a naval bombardment on 18 March 1915 by the Allies, but several ships were lost and it was obvious that the channel called the Dardanelles could not be forced by sea power alone so troops were added. On 25 April the Allies landed troops on five beaches around the coast of the Gallipoli peninsula. Some landings were nearly unopposed, others were fiercely contested. The Allies failed to push home any advantages they made, and the fighting developed into trench warfare, and like the campaign on the Western front developed into trench warfare and stalemate. It was soon realised that there was no possibility of the allies ever getting to Istanbul, and so it was decided to evacuate, which happened late December, the last troops leaving on 9 January. The total allied losses were estimated at 44,092 of which 8,709 were Australians, while the Turks lost 86,692 dead.

Ron MacDonald gave the vote of thanks.

The speaker at the meeting on 2 March, Col. John Purves, was introduced by the club president, Ken Morrison.

Col. Purves, who served most of his army career in the Gurkhas, started off his talk by showing his two props – a kukri and a Gurkha Welfare Trust collecting tin. The kukri was passed around the meeting, for all to have a chance of handling it, followed by the collecting tin. Col. Purves started with a potted history of Nepal and its peoples and a description of the country, all illustrated with some wonderful photographs. He then went on to talk about the history of the various Gurkha regiments from when the Gurkhas first saw service with the British in 1815. At the time of independence in India there were ten Gurkha regiments serving in the British Indian Army. A tripartite agreement signed between the British, Nepalese and Indian governments established that four of these regiments would become part of the British Army and the remaining six would be part of the new Indian Army. Currently there are two battalions of the Royal Gurkha Rifles in the British Army and there are Gurkha soldiers in some engineer, signals and logistical units. Col. Purves then described the type of home backgrounds that Gurkha soldiers came from and explained the recruitment and selection process they have to go through to get into the army. A few days after selection they are flown to the UK where they start their training at Catterick. This training includes learning English. Retired Gurkhas back in Nepal are looked after by the Gurkha Welfare Trust which was established in 1968 and all serving and retired officers of the regiment pay into this. Money is also raised through other fundraising activities. Many of those being looked after by the Trust are in their eighties and nineties.

Duncan Stenhouse proposed the vote of thanks for what was a very interesting and informative talk.

**Please mention The Newsletter when
answering advertisements**

The speaker for the meeting on 16 March was Mrs Mary Smith and the title of her talk was "Palantype Operator." The Palantype machine was basically a typewriter, adapted to produce a series of shorthand symbols, similar to those used in Pitman. When Mary, aged 16, left school in 1943, she saw a course marked Palantype Operator on the college prospectus. She enrolled for it, finding herself the only girl on the course. On completion she went to London and found her skills much in demand, for the Palantype machine was very fast. In the hands of a skilled operator, speeds of 200 words a minute could be obtained.

Just after the war, Mary went to Geneva for ten weeks' work as a reporter. She had a great time at a very good salary. In 1948 the General Assembly of the United Nations met in Paris with many of the most powerful politicians speaking and accurate verbatim reports were required. Again Mary went as a reporter, staying at 5-star hotels. For the next decade Mary worked as a Palantype Operator in all sorts of jobs. She particularly liked being the official reporter when the Law Lords went on tour. For instance, the legal North East circuit covered Newcastle, Durham and Yorkshire. The reports for the various cases had to be absolutely accurate as they were referred to on appeal.

When Mary married, she gave up her work and became a full time mum. The family came to Scotland on her husband's promotion. Her skills have not been wasted, as she has been secretary of many local societies and sports clubs. Sandy Smith gave the vote of thanks for a lovely and interesting talk.

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



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



The Kinross-shire Civic Trust



ANNUAL GENERAL MEETING

The Annual General Meeting of the Trust will take place on **Wednesday 13 April** at 7.30pm in the Loch Leven Community Campus. This will be followed by a talk by Mike Travers on **'The Cost of Renewable Energy.'** Mike is a professional Electrical Engineer. He served with the Royal Engineers and then was involved with the construction at Mossmorran. Since his retirement he has spent a considerable amount of time investigating energy sources and his talk will explore the different types, what they cost and who the winners and losers are. This will be particularly of interest in light of the recent earthquake in Japan and the effect on their nuclear power stations.

'THE COST OF RENEWABLE ENERGY'

- Do you know what renewable energy is?
- Do you know what it will cost you?
- Do you know what the best forms of renewable energy are?

Come along to our AGM and listen to Mike and join in the discussion afterwards. We will be very pleased to see non-members as well as members at the meeting. The meeting will be followed by Tea and Coffee. Cost for the evening is £3.00.

Annual Subscriptions become due at the beginning of April and can be paid at the AGM:

Families and Societies	£10.00
Corporate Members	£15.00

20th Anniversary

This year is the 20th Anniversary of the foundation of the Kinross-shire Civic Trust. The Trust will celebrate this with the Mid-summer walk, which will be a visit in to Tulliebole Castle in June.

Better Place to Live Fair

The Trust had a successful day at the Better Place to Live Fair. As well as displaying what the Trust does, we had on display leaflets from Historic Scotland giving advice on conservation and preservation matters. Judging by the way these disappeared, quite a number of people have these matters on their mind. The Trust is always happy to help people on conservation and preservation matters or point them in the right direction, so please feel free to contact us.

New Local Development Plan

The Civic Trust has submitted its response to the Council. 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 next year 2011.

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

New Year Programme

The Civic Trust has a full programme for the coming year: The Annual General Meeting will be on 13 April (see above).

The Mid-summer Walk will be at Tulliebole Castle on Sunday 26 June at 2.30pm to celebrate the 20th Anniversary of the Trust. This was 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.

Buildings of Interest in Kinross-shire Cleish Primary School

Designated a Conservation Area in 1980, the Kirkton of Cleish contains a number of buildings that add to its character and charm. One of these is the small, single-storey, T-plan primary school, a category C Listed Building erected in 1835 as the local parochial school. The school's slate roof has two chimneys and skews at the east and west gable ends. On the gable that looks out over the playground towards the main street and the parish church opposite, there is a clock and tabature set within a classical triangular pediment above a four-pane window. Above the pediment is an elegant hip-knob and attached to the face of the gable is a flagpole put up in 1964. In that year, the clock was repaired, and a stone, bearing the inscription "Bring up a child in the



Cleish Primary School

way he should go," that had originally been inserted above the school porch, was repaired and unveiled.

Enlarged in 1992 and 1997, Cleish Primary School accommodates 62 pupils from P1 to P7, a total that is only three short of the register for all ages recorded in 1839 by the writer of the New Statistical Account of the Parish of Cleish. At that time it was one of three schools in the parish, the other two being at Gairney Bridge and Maryburgh.

When the first schoolmaster, Alexander Brounie, was appointed in 1654, classes were held in the church. For 80 years the Kirk Session and the Heritors, or principal landowners of the parish, argued endlessly over the building of a school. In 1716 Lord Colville at Cleish Castle agreed to give ground for a schoolhouse and "liberty to win stones for the same in his Lordship's free-stone quarries," but it was not until 1734 that the Heritors got round to acquiring "ground consisting of eleven roods or thereby lying between the minister's gleib (glebe) and the foot of the common loan that goeth to the hill," land later occupied by the village post office. The first schoolhouse doubled as the school and the home of the schoolmaster William Glass who held his appointment for 40 years. A new schoolhouse, with box-beds in the attic for boarders, was erected in 1794 with a view to a separate school being built at a later date. That eventually happened in 1834 when the foundation stone was laid for the building now occupied by Cleish Primary School.

Perhaps the best known schoolmaster at Cleish was Ebenezer Michie (1766-1812), who served for many years as assistant teacher before becoming schoolmaster for the last two years of his life. Visiting Kinross in 1787, Robert Burns was prompted to write, after a convivial evening spent in his company, the famous mock *Epitaph for William Michie, Schoolmaster of Cleish Parish*:

'Here lie Willie Michie's banes:
O Satan, when ye tak him,
Gie him the schulin o' your weans,
For cleverdeils he'll mak them'



Sports News

Kinross Curling School celebrates ten years coaching



KCS was founded in February 2001 and since then many students from 8 to 80 have attended a variety of courses from school clubs, juniors, adult beginners and improvers, clinics on specific techniques, tactics and master classes for elite curling. Wheelchair visually impaired and regular club curlers have been coached as well as hotel residents and business groups on training days. In addition to sliders and grippers, the school has an array of equipment from delivery cues and crutches to timing equipment and digital video camera and projector.

The school has achieved much in its ten years thanks to the dedication of so many volunteer coaches and assistants. Now we would like to acknowledge and share the success of the first decade by holding a CELEBRATION and raise funds for charity by inviting all past students and local curlers in general to a FUN AFTERNOON at the end of the season.

We have secured the support of elite international curlers including OLYMPIC GOLD MEDALLISTS who are prepared to be challenged by all comers to a fun game of curling.



Local curlers are invited to a fun day on 10 April to help KCS celebrate its first ten years

So if you fancy having an unbelievable experience of playing against some of the most famous names in modern curling, come along to the ice rink in the Green Hotel at 2pm on **Sunday 10 April 2011**.

We plan to have fun games on the ice and in the lounge. The winners of the challenges will qualify to play the elite squad in a fun curling challenge where luck will play as much a part as skill. We will also have entertainment for all the family – for the young and the young at heart.

Funds raised will go to local charities, so please come along and support the School as well as saying thank you for the benefits that have accrued to local curling development during the last ten years.

We look forward to seeing you there and meet old friends and students with tales of curling exploits following coaching from the School.

The school plans to run a tombola during the celebration and all contributions for the stall would be welcome – whether you can attend or not. Please hand to any coach or leave with the ice team.

Kinross Tennis Club



Please join us to start the tennis season at our **Open Day on Saturday 2 April** from 10.30am until 3pm. Laura will be on court from 11am until 12 noon for a coaching clinic, otherwise it is an opportunity to hit the courts after the winter break or perhaps to dust off the rackets after even longer! Memberships can be renewed and enquiries made – come along and meet some of the faces.

Junior Easter Tennis Camp runs from 11 to 15 April followed by the summer term coaching blocks running four days a week starting Tuesday 19 April. Enquiries for all junior coaching can be addressed to Bob and Laura at KinrossTennisCoaching@gmail.com

Adult coaching for beginners and improvers will commence on Tuesday 19 April from 7pm until 9pm. If you are interested in adult coaching please contact our secretary, Susan Malcolm at kinrosstennis@gmail.com

A multi-sports camp will run at the club during the Easter holidays from 4 to 8 April. These camps will be run by Laura in conjunction with other sports coaches.

Details are available from Laura directly – email laura.grimmond@hotmail.co.uk

Tennis Tayside league matches commence at the end of this month. The ladies play on Monday evenings starting 25 April; the gents team on Thursdays commencing 28 April; and the junior U16 team on Saturdays commencing 30 April.

Club nights for adults have been busy all winter, except when the snow wreaked havoc and spring should swell the numbers even more – all members are welcome to join us from 6.30pm and if you are interested in meeting new people and other players it's the best time to come down. Junior club night for 11+ will commence on Tuesday 19 April from 5.30pm until 7pm, and we hope to have enough demand to run a Saturday junior session for the under 11s as from 30 April – details to follow.

A wee bit of advanced notice that our annual **summer BBQ** and tennis tournament will take place on **Saturday 11 June** – so keep the date free until further details are announced.

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 or visit our website, www.kinrosstennisclub.org

Orwell Bowling Club

OPENING OF THE GREEN

Saturday 16 April 1.30 for 2.00pm

PRESIDENT vs VICE-PRESIDENT

Donations in aid of Blind Bowlers Association.

A good turn-out of member is requested.

All prospective members including juniors and visitors welcome to come along and spectate.

Kinross Road Runners

Here is a round up of just some of the events in which Kinross Road Runners (KRRs) have recently taken part:



Smokies Ladies 10 mile race, 6 March

The Smokies Ladies 10 mile race takes place in Arbroath and is always a popular event, partly due to the wonderful goody bags which each contain a t-shirt and a small bottle of wine! Of the nearly 300 entrants, there were 12 ladies from Kinross: Maureen Hill, Alison Robertson, Sarah Eaton, Fiona Kemp, Julie Rose, Christine Myerscough, Gillian Lopez, Linda Palmer, Anne Wilson, Ann Malcolm, Isabella Carmichael and Allison Smith. The first Kinross lady home, and 2nd overall in her category, was Maureen Hill in a time of 71.23.

Cupar 5 mile road race, 26 February

25 KRRs out of nearly 300 entrants took part in the Cupar 5 mile, organised by Fife Athletic Club.

The first KRR man back, and 25th overall, was Andy Laycock in a time of 28 mins 32 seconds, second KRR was Allan Kemp in 29:41 and third was Paul Hegarty in 30:34. Maureen Hill was the first lady KRR and was 129th overall in a time of 34.13.

Judith Dobson was second lady KRR (34.23) and third, Christine Myerscough in a time of 37.13.

The other Kinross Road Runners who took part were:

Peter Edgerton, Rashmi Shah, Euan Bell-Scott, Graham Kemp, Ronnie Ritchie, Mark Jeffrey, Andrew Mulhern, Douglas Leitch, Geoff Bilton, Julie Rose, Michael Caffertey, Wendy Grieve, Andreas Rogowski, Gordon Hill, Fiona Kemp, Gillian Agnew, Norman Smith, Alison Robertson and Sarah Eaton.

Falkland Flyer, Bishop Hill and Carnethy Races

KRR member Marinos Calothis completed the Falkland Flyer Trail Race in 48.55.

Marinos also completed the Bishop Hill race in 27.16. Two other KRRs ran this - Andy Johns (22.24) and Keith Miller (28.30). One hundred runners took part altogether in this hill race which covers 4km and climbs 300m.

Andy Johns took part in the Carnethy Hill Race on the 12th of February. This challenging course takes places over five of the summits in the Pentland Hills, is about six miles in length and climbs to 2500m. It is the second biggest hill race in Scotland (Ben Nevis is first), attracting 500 entrants from all over Britain. Andy came 97th in a time of 1 hr 6 mins 41 seconds. This year the race was being filmed for the BBC's 'Adventure Show' so watch out for it on TV.

**ALISON MUIR
SOFT FURNISHINGS
FABRIC SALE**

**Saturday 16 & Sunday 17 April
10am-5pm**

**78 STIRLING ROAD, MILNATHORT, BY KINROSS,
KY13 9XR**

100's OF METRES from £5 - £12/m

Including SCOTTISH WOVEN LINEN

Payment by cash/cheque only

For further details please visit

www.alisonmuirsoftfurnishings.co.uk

Coming up...

Loch Leven Half Marathon, 14 May

The committee are busying themselves with the organisation of the Loch Leven Half Marathon. This race has the reputation of being one of the best half marathons in Scotland. If you would like to take part, you can enter online at Entry Central (find the link from the home page on the Kinross Road Runners website). But hurry, closing date for entries is **11 May**.

Summer nights

Our summer schedule is now in place so we meet on Wednesday evenings at the former health centre (Lathro) at **6.45pm** ready to set off on a hill or trail run. For speed work on Tuesdays, we meet 7pm at Kirkgate park, **except for the first Tuesday in the month** when we will meet at Lathro before doing a two mile time trail. On Sunday mornings, as always, we meet at Lathro at 9 am for long, informal on- or off-road runs.

Visit our website for more details.

We welcome new members to the club, no matter their ability.

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

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

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

Kinross Otters

JAGS Meet 2011

Grangemouth, 13 February

The ever popular annual JAGS Meet took place at Grangemouth on 13 February. The Otters sent their junior team and for the second time in consecutive years they scooped the Best Boy of the Gala award. This time it was won by **Conor McCormick** in the 11 year old category and came as no surprise to those in the know as he has been improving significantly of late. The team also got 15 top six finishes and won seven medals.

En route to his award, **Conor** came first in the 50m Backstroke (41.23 secs), second in the 100m Individual Medley (1.28.12 secs), third in the 50m Breaststroke (46.59 secs) and 5th in the 50m Butterfly (44.29 secs).

Chasing hard on his tail was **Euan Boyle** who came first in the 50m Freestyle (35.08 secs), second in the 50m Butterfly (42.62 secs) and fifth in the 100m Individual Medley (1.31.58 secs). Had he not swallowed a considerable amount of water in the 50m Breaststroke he may have pushed **Conor** closer still!

Next up was last year's Best Boy winner, **Finlay Nesbitt**, who won the 10 and under Boys 50m Freestyle in 37.10 secs. The only other medal secured by an Otter was **Matthew Moloney** in the 9 and under Boys 50m Breaststroke (55.87 secs) where he won silver. He also managed a 6th in the 50m Backstroke (50.45 secs).

Elliott Hogg managed a 4th in the 9 and under Boys 50m Butterfly (53.57 secs) and a 5th in the 50m Backstroke (49.49 secs).

Rounding off the individual club successes was **Amy Hardie** who came 6th in the 9 and under Girls 50m Backstroke (48.48 secs).

In a day that was definitely dominated by the boys, the 10 and under Boys 100m Freestyle Relay team came 4th and the 11-12 year old Boys 200m Freestyle Relay team came 6th.



Most of the Kinross Otters JAGS team, with Conor McCormick showing off his Best Boy of the Gala trophy (centre)

Midland District Open and Age Group Championships Olympia Pool, Dundee, 4 – 6 March

The annual Midland District (Tayside) Open and Age Group Swimming Championships took place at the Olympia Pool in Dundee over the first weekend in March. Kinross Otters sent a talented team who ended up winning 11 individual medals (3 more than last year) and breaking many personal best times.

Most be-medalled of the Otters was **Conor McCormick** who claimed the Otters only gold medal of the weekend in the 10-11 yr old Boys 200m Breaststroke in 3.21.86 secs. He also won a further three silver medals in the 200m Backstroke (3.03.51 secs), 100m Backstroke (1.26.92 secs) and 200m Individual Medley (3.04.19 secs). To round off, he won silver and bronze in the relays. One weekend, six medals, not bad!!

Cameron Nelson came second in the 12 yr old Boys 200m Breaststroke (3.02.52), 100m Butterfly (1.17.17) and 100m Backstroke (1.15.41 in the final after a superb 1.14.62 personal best in the heats). **Cameron McCloskey** also managed silver in the 12 yr old Boys 200m Backstroke where he also set a new personal best (2.45.33). They also won two more silvers apiece in the Medley and Freestyle relays. Both Camerons however, had what could be conservatively described as stiff competition, as they were up against the unofficial best swimmer of the whole gala in the form of Scott Goadby (DCA), who displayed total domination every time he entered the pool. He broke 5 individual Championship records and won every race to claim an amazing 11 gold medals!!

Ruairidh Haig was another medal winner in the 15-16 yr old Boys 200m Breaststroke when he came second in 2.52.51.

Mairi Mulhern was a very welcome medallist as she was the only female in the whole Otters' set up to win one. She has been improving significantly of late and won an excellent bronze medal in the 13-14 yr old Girls 200m Breaststroke in 3.00.85 and missed the same position in the equivalent 100m event by 11 hundredths of a second.

Euan Boyle rounded off the medal tally with bronze in the 10-11 yr old Boys 400m Freestyle (5.56.66). Like Conor above, he won silver and bronze in the Medley and Freestyle relays.

Dundee City Aquatics Mini Gala Olympia Pool, Dundee, 13 March

Dundee City Aquatics Mini Gala took place at Dundee's Olympia Pool on 13 March. This annual 8 – 11 year old high quality meet included clubs from most of the East of Scotland from Fife to Aberdeenshire. The Kinross Otters team was full of some very young and inexperienced swimmers but yet again they managed to produce the goods and a few shocks along the way. They won 6 individual medals and one relay medal and managed fifteen top 6 finishes. The most striking point from the results was the absence of any Kinross girl in the top six of any race. This is the first time this has ever happened and somewhat odd as the junior club is heavily weighted towards girls at the present time. Come on the girls!!!

Finlay Nesbitt was star for the day when he clinched the much coveted Best 10 year old Boy of the Gala. He won gold medals in the 50m Breaststroke (49.07) and Freestyle (34.96), placing him 5th quickest 10 year old boy in Scotland at these events. He claimed a further two bronze medals in the 50m Butterfly (44.61) and Backstroke (43.06).

Conor McCormick completed the individual medals tally with silver in the 11 yr old 50m Breaststroke (43.11) and bronze in the Freestyle (32.78).

Keir Menzies-Smith (10) was unlucky not to win a medal with three 4th places and one fifth as was **Euan Boyle** (11) with his 4th and 5th placed finishes. **Matthew Moloney** (9) did tremendously well with his 4th in the Breaststroke 53.63 secs. Rounding off the top six finishers was **Elliott Hogg** (10) who managed two 6th places.

The team won a silver medal in the 11 and under Boys 200m Freestyle relay in 2.32.24.

Kinross Men's Hockey Club

Kinross 1sts

Kinross travelled to Watsonians who fielded a very strengthened team and Kinross lost 6-1. Next, with some great play by Ali Vaughan, Kinross tore apart Inverleith A to win 4-1. Inverleith's goalkeeper made some amazing saves to keep the score respectable. Half the Edinburgh University team took the scenic route to Kinross. The game started 25 minutes late with only eight University players and no keeper as Kinross sportingly supplied a second umpire. After 5 minutes the rest of the team arrived but they had conceded 1 goal to Kinross which was decisive, as Kinross won 1-0. Played 13, won 8, drawn 2, lost 3 and lying third in Division 2 with six matches to go.

Kinross 2nds

Kinross were unable to field a second team due to half term and had to concede 0-5 to second place Inverleith Development and awarded two penalty points. In a high scoring game, Kinross lost 4-5 to Eskvale and then Kinross scored 10 goals against Carnegie 7ths with man of the match Ian Clark grabbing a well-deserved hat-trick whilst the defence kept a clean sheet. Livingston 2nds then conceded the next game giving Kinross a 5-0 walkover. Played 13, won 9, drawn 2, lost 4 and lying third in Division 4 with three matches left.

Training is on Tuesday nights at KGV from 7.30 to 9.00pm and all are welcome. We are always looking for new players to join our squads no matter what your ability, as at times we struggle to field two teams. 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 6.30 to 7.30pm and all are welcome.

The next League games are:

2 April: 1sts v Falkirk 3rds away. 2nds v Falkirk 5ths away.

9 April: 1sts v Grange 6ths at 12pm at KGV. 2nds may well have finished their league games by now.

For further information either contact Chris Benningwood on e-mail: captain@kinrosshockey.co.uk or Gordon Balfour: secretary@kinrosshockey.co.uk or visit our website at www.kinrosshockey.co.uk or come along to the 1sts last home match of the season on 9 April at KGV at 12pm; your support would be welcome.

ENJOY-A-BALL APRIL HOLIDAY CAMPS

all 9am to 1pm - BOOK NOW!!!

Monday 11 April - Strathmiglo Hall

Tuesday 12 April - Portmoak Hall

Wednesday 13 April - Milnathort Town Hall

Thursday 14 April - Kinross Church Centre

Friday 15 April - Perth Scouts Hall

Prices Per Camp -

£15.95 1st and only child

£13.95 2nd and subsequent siblings

Contact Gary Slater on 07544 504364 or gary.slater@enjoy-a-ball.com for a booking form.

Kinross Kobras

Kinross Kobras Spring Hockey Tournament

Kinross Kobras Junior Hockey hosted a Spring Tournament on 6 March with U12 and U10 teams from Perthshire, Blairgowrie, Stirling and Dunfermline, together with three from Kinross. There were very strong performances from the Kinross players and most of the matches were very tight.

The U12s competition came down to the last game between Kinross and Dunfermline and the narrow Dunfermline victory gave them the overall win in the U12 section.

The U10 competition was again very close and was won on goal difference by the Dunfermline team.

All the Kinross players gained good match experience and the coaches various things to work on in training.

Kobras training takes place at the KGV Astro turf pitch on Thursdays, 6.30pm to 7.30pm.



One of the Kinross Kobras U12 teams which took part in the Spring Tournament

Join the Croquet Set this year

Kinross Croquet Club will start its season for 2011 on **Monday 18 April** on the lawn of the Green Hotel at 2 pm.

We would be very pleased to see you there if you would like to have a go at this fascinating game. We play every Monday afternoon starting at 2 pm unless it's raining.

The subscription is only £15 a year, but new members can play for a month free of charge.

It is good fun and you will enjoy it.

All you need to start is a pair of flat shoes, sandals or trainers.

We badly need some more members and you will be made very welcome.

For further information please telephone Brian Smith on 01383 722252.



Visiting Kinross-shire?

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

www.kinross.cc

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

Kinross Bowling Club

This March ends a historic year for Kinross Bowling Club. The year began with the appointment of George M Rennie to the post of President for the Clackmannan and Kinross-shire Bowling Association in March 2010. This was a great honour for the club and for George, who has been a trustee of Kinross Bowling Club for twenty years. This position was last held by Kinross BC 50 years ago to the day.



*George M Rennie of Kinross Bowling Club, President of Clackmannan and Kinross-shire Bowling Association, 2010-2011
Photo: Graeme Brown Photography*

This appointment meant that Kinross BC would host all the County and Scottish District Finals and the prestigious Balfour Tournament, played over a six week period with all the member clubs represented. The competition was won on a splendid occasion by Alloa East End BC.

The present Balfour Trophy was first played for at Kinross BC in 1900 and won by Clackmannan BC.

A special thanks to Diageo for their sponsorship and input which completed the congenial atmosphere of the occasion. The whole year has been a memorable and rewarding experience for all and a good advert for the sport.

George would like to express thanks to the local businesses for their support, and to the club members, especially the ladies and the "green team" who worked tirelessly on his and the county association's behalf.

The opening of the Kinross green will be on **Saturday 16 April**. New members welcome.

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

A son and father business

Milnathort Golf Club

Senior Section

The new season is almost upon us and our hopes are for pleasant golfing weather, good companionship and successful swinging.

Dates for your diaries include the following:

Thu 7 April Senior Captain v Senior Vice Captain

Thu 14 April Seniors match v Falkland, to be played at Milnathort

Entry sheets have been displayed on the Seniors Notice Board and you are advised to enter your name early if you wish to participate in these events.

Milnathort Golf Club

Junior Section

Milnathort Golf Club Junior Section is looking forward to the start of the new golfing season in April. Prior to the first Junior Competition on 7 April the club is running a two-day coaching course on 5th and 6th from 9.30am – 12.30pm to sharpen the juniors skills. Juniors interested in this should sign up in the clubhouse or contact the Junior Convenor.

The Club has entered the Perthshire District Junior Bells Trophy and Junior Scratch Competition and will be looking to develop the up and coming juniors to continue the success the club has enjoyed in these competitions over the past few years. The club will be running its successful Clubgolf coaching again on Wednesday evenings over the summer months and juniors will be given details of this in the next few weeks.

Any youngsters interested in junior membership at Milnathort Golf Club should contact the club and will be made welcome.

Kinross Golf Club

Not the best of starts for either the Men or Ladies in this year's Mail on Sunday campaign – the Men losing away to Dollar and the Ladies losing at home to Duddingston. Still, there's much to look forward to: in the Daily Mail Foursomes the Ladies have been drawn at home against our near neighbours, Milnathort and in the SLGA foursomes they play Blairgowrie away. Good luck girls! Please remember to add your name to the list in the locker room for the Ladies' Invitation Greensomes on Saturday 16 April. For the men, all match play entries close on Tuesday 29 March. The first round draw will be made on Thursday 31 March.

The start of the season is rapidly approaching, so let's hope the Captain v Vice Captain match will be keenly contested as it was last year. The seniors will start their season with an away match against Balbirmie on the 31 March. The juniors opening Texas scramble will be on Tuesday 12 April.

Remember, subscriptions for the new season must be paid by 31 March.

Make a note in your diary: Saturday 16 April, the annual Charity Quiz night. Further details will be posted in the Clubhouse.

Deadline for all Submissions
2.00 pm, MONDAY 18 April
for publication on Saturday 30 April

Kinross Ladies Hockey Club

First XI



On February 19th the first XI were away to Perthshire 1, playing at Kilgraston. With many players playing out of position it took a while for the game to get going with no goals being scored in the first half. Gail Nelson scored from a penalty corner giving Kinross the lead but Perthshire soon pulled a goal back. AJ Combe and Lynn Paterson took Kinross 3-1 up with Perthshire scoring again just before full time.

February 26th saw the first XI play at home against Madras. Kinross won 12-0 with goals from Gill Robb, Katy Russell, Vicky Carver, AJ and Gail. Kinross were surprised at the size of their victory against Madras, as it is usually a close game between the two teams.

On March 5th the first XI were away to St Andrews Uni 3 in St Andrews. After a few diving goals from Katy and goals (no diving) from Gail, Kinross won 6-0.

The first XI played at home against Brechin on 6 March. Kinross won 5-0 with goals from Katy, Gill, AJ and Gail.

On 12 March the first XI played Brechin again, this time in a very wet and cold Arbroath. Kinross won 3-0 with two goals from Katy and one goal from Gail, all scored in the first half.

Second XI

On February 19th the second XI were away to Dundee Uni 2. After a well-fought game Kinross came away with a 3-0 victory with two goals from Chantal Guillot and one from Margaret Best.

February 26th saw the second XI play at home against Stirling Uni 2. Kinross went ahead after a goal from Maeve Weldon but Stirling Uni pulled a goal back to draw level. Shortly before the full time whistle, Claire Brownbridge scored, making the final score 2-1 Kinross.

The second XI played away against St Andrews Uni 4 in St Andrews on March 12th. After a hard game and a cracking reverse stick strike from Lianne Lumsden, Kinross were unlucky to lose 3-1.

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

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!

ROCK LEVEN EVENTS

BRIAN CARROLL (Events Promoter)

Parties, Discos and Live Bands

Tel 07967 025931

Kinross Volleyball Club

Kinross Scotrange, although having lost three games this season, are still sitting top of the Premier League table and with two sets of fixtures remaining, look set to retain the league title for the fourth consecutive year.

The Kintronics team have had mixed fortunes this season with inconsistent performances.

At the Better Place to Live Fair a number of primary school youngsters enjoyed their volleyball experience in the Campus Games Hall.

Youngster Jackson Brown has been nominated for trials to participate in the Children's Games where nine sports involving children aged under 16 from around Europe will be held in Lanarkshire later this year.

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 8pm till 9.45pm (juniors P7 to 18 from 8 till 9). For further details telephone Dave Munro (862126).

Club member Dave Munro is one of three nominees for the George Mortimer "Lifetime Achievement Award" at Perth and Kinross Sports Council's annual dinner at the end of March.



Kintronics volleyball team

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

Kinross Vaulting Group

Thank you every one who donated to our bag packing efforts at Sainsbury's in November; we raised a substantial amount of money for our club funds.



We had a new edition to our vaulting group last year, "Dazzling Edition" or "Darcy" as he is known. He is a 16.2hh, 12 year-old bay gelding. Liz Mackay has trained him over the winter and he is now a valued member of our group. The kids love him and he looks after even our smallest children.

Our vaulters have been training hard throughout the winter months in freezing weather; they also missed a good few weeks due to the weather conditions.

Thirteen of our children and three horses, Robbie, Max and Darcy, headed to Kingsbarns Equestrian Centre in Falkirk on 19 March, for our first competition of the year. The children all tried very hard and we had some great results from them all:

Individual Junior: Emma Paterson 8th on Max and 10th on Darcy; Hannah Ballantyne 12th on Max and 13th on Darcy.

U-14 Individual: Atholl Pettinger 21st (3rd boy) on Robbie.

Our **pre novice team** consisting of Heidi Ballantyne, Joanne Drysdale, Kayleigh Ritchie, Atholl Pettinger, Mark Porteous, Sylvie McKenzie and Aimee Roberts were 3rd on Darcy.

Walk Individuals 10-12 years. On Robbie: 1st Atholl Pettinger, 12th Jessica Mathews, 13th Elanor Bath. On Darcy: 4th Heidi Ballantyne, 6th Joanne Drysdale, 9th Kayleigh Ritchie, 10th Aimee Roberts.

Walk Individuals Under 10: On Robbie: 2nd Hannah Black, 20th Yasmine Clarke. On Darcy: jnt 13th Sylvie McKenzie, 25th Mark Porteous.

Pas de Deux (canter pairs): 3rd Hannah Ballantyne and Emma Paterson on Max.

Well done everyone: kids, coaches, lungers, helpers and parents.

Kinross Curling School Thursday After School Club

We have come to the end of our season. The children have been very active with competitive games in Stirling, Murrayfield and in our home rink at the Green Hotel. In the triangular tournament Murray Nicholson won the "Hot Shot" part of the competition three times.

The rink of Gavin Hay, Lewis McLaren, Georgia Smith and Poppy Baird travelled to Stirling to play in the under 12 Mhairi McAughtrie Trophy; this is the most prestigious competition with teams from all over central Scotland. They won silver medals, and they are still only 10 years old. Gavin won the draw shot challenge – a great team effort.

In our friendly games with Stirling home/away our youngsters enjoyed the challenge of playing against other groups.

Many of our youngsters have gained their skills awards; they are set by the RCCC to improve their skills and knowledge of the game.

Our group is small – we would welcome more children to join us. There will be a notice in a later Newsletter giving the starting date for the next season.

Anne Porter

Kinross Junior Curling Club



Our season ended on Sunday 20 March with a Closing Bonspiel. The winning rink was Davie Laird, Kirsty Paterson, Ross Cormack and Hannah Wood, who won Easter Eggs. This was followed by a well-attended AGM and prize-giving. David Jones, Area Development Officer, presented the trophies. Winners were:

Fossoway Cup: Iain Wilson, Kathryn Spain & Hannah Wood.

Jubilee Cup: James Hay, Grant Barr, Kay Turnbull & Kirsty Paterson.

Jamie Birrell Memorial Quaich for Points: James Hay.

Anderson Rosebowl for Pairs: Iain Wilson, Hamish Geyer & Hannah Wood.

Best Improved Trophy: Finlay Campbell.

The Loch Leven Province Wilson Trophy final on 4 March was competed for by Kinross Juniors and Fossoway. The young rink comprising James Hay, Grant Barr, Fiona Spain and David Kettles had beaten experienced rinks from Dollar and Devonvale and Orwell to be the first junior team to make it to the final. After a close game, Fossoway won the Trophy.

An Under 13 team of Finlay Campbell, Ross Cormack, Linzi Sim and Lewis Leslie and an Under 15 team of James Hay, Grant Barr, Kathryn Spain and Alison Wood represented the East region at the RCCC / SALSC Funspiel National Final at Aberdeen on 5 March. Both teams came third in their respective age groups.

On 3 April some of our young players will travel to Greenacres to take part in the RCCC Newcomers competition, where they will be put in rinks with others from all over Scotland.

The Junior team, skipped by Fraser Thomson, is playing well in the Green Hotel 3rd Division. The final game is on 6 April. The Juniors will also take part in the Closing Bonspiel at the Green Hotel on 9 April.

The RCCC Under 17 Slam this season will have three teams with members of Kinross Juniors taking part. The first event is in Perth in April. Good luck to everyone with your final games.

We look forward to seeing everyone back at the start of next season.

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

'ALTERED IMAGES'

UNISEX HAIRSTYLING

in the comfort of your own home

Call LINDA on 01577 863860

Kinross Rugby Football Club

Kinross Rugby Club Grand Reunion

15/16/17 April



Well it's here at last. After months of trying to get in touch with Kinross rugby players, present, future, but **mainly** past, Kinross Rugby Club will proudly celebrate its 30th anniversary this April

It is truly amazing the number of names that have played for this club in its short history, many of whom have been keen to get in touch and join in reunion events. The club has set out to create a database of all current and former members that keeps us in touch with everyone who has ever played for the club. This work is ongoing, but if you've ever been a part of Kinross rugby club, you will be surprised at who we have made contact with and the number of old faces coming to the event.

The main focus of the reunion is about meeting up with old friends and team mates. Naturally there will be some rugby involved, fixtures, games and events for all ages from mini through to over 50's, lots of festivities including a celebration dance with The Red Hot Swing Band in our marquee and fun and games for the children.

The programme for the weekend:

Friday 15 April

- Registration.
- Kids Silent Disco (S1 – S4) 6pm – 8:30pm
£3 entry – Tickets available from KRFC Clubhouse
- Quiz Night 9pm onwards
Teams of 4 – Enter on the night

Saturday 16 April

Pitch 1		Pitch 2
Kinross 1st, 2nd, 3rd VX (Under 35) Tournament	10.30 – 2.30	Junior rugby Mini, U14, U16 U18 Parents v Kids Touch Rugby Annual Junior Awards Ceremony
Over 35's, 40's and 50's Tournament	2.30 – 5.30	

- 1.00pm onwards ZumbAtonic Party for kids (Ages 4 - 14) Short 20 minute sessions
- 4.00pm – 6.00pm Kids Disco (P1 – P7)
- 8.00pm – midnight Celebration Dance. Tickets available to members from the KRFC clubhouse. £15 each for members, £20 for non-members

Barbecue and refreshments tents, face painting, bouncy castle, tombola and other stalls.

Sunday 17 April

- 11.00 Brunch
- 12.00 – 2.00 Touch Rugby
- 12.30 onwards Clubhouse * Games * Activities *
Rugby Videos *
Depart

We look forward to seeing all who have an association with the club. The weekend promises to be one to remember and a great kick start to the next 30 years of rugby in Kinross.

Club Dinner

Our ever popular club dinner will be held at the Windlestrae on 27 May. Always a great night, with top speakers and plenty of banter. Tickets available from KRFC Clubhouse.

Kinross RFC Midis and Minis

2011 End of Season Prize Giving

The Minis and Midis prize giving for this season will take place during the Kinross RFC Reunion Weekend, at the Club at 2.30 pm on Saturday 16 April. At each level the Club presents awards for 'Player of the Year', 'Player of the Year Runner-up' and 'Most Improved Player'. The Club also presents its famous Jaffa awards to those players who have shown suitable ineptitude during the season.

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 1.00 pm. 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 1.00 pm. 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 1.00 pm. 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 7.00 pm to 8.30 pm 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 10.30 am to 12 noon 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 or contact Andy Williams, the KRFC Youth Convenor on 07855 807634 and a.b.williams@btopenworld.com.

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.

Do you have

Photographs of Kinross-shire

you'd be happy to share with others?

Visit 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.

Kinross Badminton Club



Kinross Badminton Club has had a very successful season so far, with 52 senior members and 32 Primary and Secondary school members supporting us. Due to the large turnouts at club nights the committee decided that the last night of play will be 31 May for the Senior Club and 28 April for the Junior Club. Although club nights are very well attended by members, we are still looking for new members, especially women players.

Kinross had two teams representing the club in the Perth District Badminton League this year, with the team that won the second division last year getting promoted to the first division and a new team entered into the second division. The First team finished fourth in the first division and the second team finished sixth in the second division. Well done to everyone who took part and we hope to show a similar if not better performance next season.

With the league finishing, the committee decided to keep a sense of competitive play in the club by starting the annual end of season tournaments. The tournament is always fun to watch and take part in. The committee wishes good luck to all the members who enter, and we hope you all have fun. The finals night for the tournament will be held on 14 April. The club has never had a "finals night" before so it should be interesting to watch and see what the response from participants and members is. The annual golf outing and presentation of the trophies will be held on 4 June. The committee have yet to decide where the golf outing will be held, but as always the BBQ and presentation will be held at our President Bill Macdonald's house. (More information on the golf outing to follow.)

The first nights of the new season were recently decided and the Senior Club will be starting back on 16 August, with the first Junior Club night being 1 September.

The club would like to congratulate the Juniors Coach, Gordon Hoggan, who became a father recently. The club also highly appreciates the amount of time, effort and work that Gordon, Kirsty and Bruce Flockhart and Alison Walker put into the Junior Club, and would like to say thank you.

As always, for more information log onto our website: www.kinrossbadmintonclub.co.uk

Or contact our President, Bill Macdonald on 01577 862592.

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

Kinross Squash Club



Winners of February
leagues were:

League 1	Simon Dyson	League 2	Phil Shore
League 3	Peter Bell	League 4	Jamie Bode
League 5	Barry Davies	League 6	Libby Wallace/ Andrew Sorbie

The summer leagues will start in April and run for six months till September inclusive, when the winter leagues will then recommence in October. Please confirm in the box provided on this month's league score sheets if you wish to play squash over the summer months. Dropping out for the summer does not affect the league position you will be allocated once the winter league recommences in October. Unfortunately, progressing to higher levels in the summer league does not mean you can start at higher level in the winter leagues, though this may be taken into consideration. Kinross Squash Club ran its annual tournament on 26 February. The tournament was well attended with the top players in the club and area participating. This year a number of former junior champions returned to challenge the old guard of the club and the current junior champions. After a frantic round of matches, the final was played between Christopher Bode and David Beaumont. After two games the match was tied at 1-1. Chris managed to take a 2-1 lead after a very closely contested third game then won the match and championship in an equally hard-fought fourth game. It was great to see the final played between a current leading junior player in Scotland and a former junior champion, highlighting the legacy of the local club and its importance to the game in Scotland.

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 01577840225 or
07793486150

Or visit our website at

www.firstclasslearning.co.uk

CLOVER GARDEN SERVICES

Garden Maintenance

Grass Cutting, Weed Control etc.

Free no obligation quotes

Very Competitive Prices
Reliable Service
Established 12 years

Tel: 01577 865985 Mob: 07845 909333

Health and Fitness

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

Aqua Fit and Swimming

"The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move." - Aleksandr Popov



Aqua fit or "water aerobics" is the performance of aerobic exercise in shallow water, usually waist high, such as a swimming pool. It is a form of resistance training working against the mass of water. It is particularly suited to those exercisers who would welcome the support given by the water to their body which reduces the risk of muscle or joint injury.

Under the guidance of a trained instructor, this form of exercise is a highly sociable and effective workout. An endorphin rush can be achieved as you work against the water's resistance to improve cardiovascular fitness and muscle tone.

What are the major benefits of water aerobics?

- Increases your body's intake of oxygen and increases your heart rate
- You don't need to be a confident swimmer to take part, as most exercises are done standing in the pool
- Suitable for people of all ages and abilities
- Participants can work at their own intensity
- Water causes the body to be more buoyant, reducing the strain on joints and muscles
- The water cools the body, giving you a more comfortable but no less effective workout than land-based exercise
- Burns calories and tones the body, although perhaps not as much as other exercise forms.

In addition to the above, a regular aqua fit class can improve stamina, strength and suppleness.

Injury Rehabilitation

Those recovering from injury may benefit significantly from water based rehabilitation programmes. This is particularly the case for those with knee and ankle joint injuries as they can exercise safely, knowing that the joint is supported by the water. Muscles can be worked against the water resistance, usually quite slowly, and with a high degree of confidence and control. Kicking workouts and pool running are good examples here.

Swimming

Swimming: From the outside looking in, you can't understand it. From the inside looking out, you can't explain it!

Swimming provides a comprehensive exercise workout as it works many muscles of the body, particularly if you vary your strokes. It can develop a swimmer's strength, cardiovascular fitness and endurance. Regular swims will build up muscle strength and stamina, whilst improving posture and flexibility. A good example of its cardio building capabilities is the absolute pleasure of swimming against the flow in a shallow cool river on a hot summer's day. It's a great workout!!

Swimming is an excellent cross training element to add to an exercise programme, providing an effective "cool down", improving blood flow and relaxation immediately after land-based events.

You can burn about 3 calories a mile per pound of body weight, so a 150lb individual swimming continuously for 30 minutes will burn over 450 calories. However, swimming is not as effective a means of weight loss as land-based exercises such as cycling or running exercise. This is because your body does not heat up as much as during land-based exercise and the post exercise caloric burn is significantly shorter.

Swimming is an ideal exercise for pregnant women, giving them stronger abdominal muscles, whilst also strengthening their backs.

The buoyancy effect has an immediate impact on reducing joint stiffness, reducing raised blood pressure and the general discomfort which often accompanies pregnancy.

Many children learn to swim at an early age; it's a shame that in their adolescent years relatively few are encouraged to keep their swimming going and benefit from it.

All in all, whether you partake in a social group water based exercise programme such as Aqua Fit or prefer to swim alone, the benefits of putting that toe in the water are clearly apparent! The psychological feeling of well-being is tangible. Try it!

Note: It is important that anyone considering taking up an exercise regime should consult their GP before doing so, particularly if it has been some time since you last exercised or if you are on any form of medication or suffer from a chronic illness or high blood pressure.

Next Month: Understanding Gym Jargon!!

Personal Fitness training for
couples or 121

**Get into shape
this summer.**



**Train in the Gym,
at Home,
or Outdoors.**

**fit &
happy**

Personal fitness training for everyone.
Professional and fun.

Tony Brotherton, Personal Trainer
Contact Tel: 07525399752 Email: Fitandhappy2010@aol.com

www.fitandhappy.co.uk





News from the Rurals

BLAIRINGONE – President Fiona Clark welcomed members to our March meeting then introduced Eileen Thomas who gave us an excellent insight into the making up of the Kinross Newsletter and how it has progressed over the years from a small booklet to a much larger monthly magazine with all the local news.

Competitions:

- | | |
|---------------------|--------------------|
| Fairy cakes | - Moira Cousar |
| Postcard | - Maureen Scullion |
| Flower of the Month | - Fiona Clark |

CROOK OF DEVON – President Mrs Margaret Arbuckle welcomed members to our March meeting. After business was concluded she introduced Margaret Brodie who brought along her wonderful collection of dolls from through the ages. It was very interesting hearing how she started collecting dolls, where she travelled to buy them, and to see different makes, styles and dresses from years gone by.

Mrs I Mill gave the vote of thanks.

Competitions:

- | | |
|---------------------|-----------------|
| Old doll | - Mrs A Johnson |
| Flower of the Month | - Mrs I White |

MILNATHORT – February: Sarah Kelly from AK Bell Library gave members an extremely interesting talk on how to trace their Family Tree.

Competitions:

- | | |
|---------------------|------------------|
| Scenic Photo | - Jean Paterson |
| Lovers Cocktail | - Fiona Hynds |
| Flower of the Month | - Helen Galletly |

March: members enjoyed trying their hand at Felting under the expert tuition of Kathleen Huggett and were able to take home their handiwork.

Competitions:

- | | |
|---------------------|--------------------|
| Individual Quiche | - Nan Paterson |
| Cushion | - Frances Shepherd |
| Flower of the Month | - Cathie Cochrane |

POWMILL – President Mrs Janie Buchanan welcomed members to the meeting on Wednesday 16 February. She introduced Mrs Mary Ramsay from Blairingone who gave us a baking demonstration. Mrs Mary Wilson gave the vote of thanks and Mrs W Sim and Mrs G Taylor provided a lovely supper. Mrs Buchanan congratulated our team, Fiona Black, Sharon Buchanan, Ann McKay and Gillian Taylor, on coming 2nd and winning Silver Medals at the Ruralympics Federation Finals on 12 February at Bankfoot Church Centre.

Competitions:

- | | |
|----------------------|----------------|
| Banana Loaf | - Mrs E Shand |
| Single Bowl of Bulbs | - Mrs M Wilson |
| Garden Gem | - Mrs M Wilson |

President Mrs Janie Buchanan welcomed members to the meeting on Wednesday 16 March. After some items of business she introduced Mr Stuart Skinner who gave a very interesting and entertaining talk on T in the Park. Mrs Maz Thorn gave the vote of thanks and Mrs J Buchanan and Mrs E Johnston provided a very nice supper.

Competitions:

- | | |
|---------------------|------------------|
| 3 Treacle Pancakes | - Mrs A McKay |
| Small Local Picture | - Mrs E Johnston |
| Garden Gem | - Mrs M Wilson |

CARNBO – President Eileen Thomson welcomed everyone to the meeting. Our speakers for the night were three Committee members, who gave us a demonstration on how to make: Tuna & Mousse Crab, Chicken Salsa, Pineapple squares, and Cappuccino Mousse, this was also followed with Damson Wine, and fruit punches. After which the ladies were invited to sample the dishes and the punch, and all went home with the recipes eager to try them out.

It was a great evening, and the vote of thanks was given by Mrs Barbara Nicol.

Competitions:

- | | |
|------------------------------------------------|------------------|
| Flower in a small jug
(Anne Bernard Trophy) | - Mrs F Drysdale |
| Flower of the Month | - Mrs J Paterson |

BISHOPSHIRE – Pilates instructor Evelyn Crichton took the members through a number of Pilates exercises, explaining what each exercise is aimed at doing for the body. Pilates is especially good for older people, as it helps keeps the joints in good working order.

Competitions:

- | | |
|---------------------|-----------------|
| Rocky Road Traybake | - Wilma Barclay |
| Keep-Fit Poster | - Norma Smith |

GLENFARG – Members braved yet another snowy evening to hear Willie Shand give an illustrated talk on the Great Glen. Starting at the Beaully Firth and ending at Loch Linnhe, Willie delved in to the countryside of the Brahan Seer and his predictions, climbed to the top of Ben Nevis and wandered up the lonely Loch Hourm Road before following the Caledonian Canal to its conclusion. It was a joy from beginning to end and a welcome relief from the return of winter outside.

Mrs Margot Moran proposed the vote of thanks.

Competitions:

- | | |
|---------------------|-------------------------|
| Scottish Limerick | - Helen Mair |
| Pot of Marmalade | - Catherine Fairweather |
| Flower of the Month | - Allison Messenger |

CLEISH – Mrs Dorothy Morris welcomed members to the February meeting. After business she welcomed Mrs Claire Paton who demonstrated various dishes using honey and gave an insight into the art of bee keeping.

Competitions:

- | | |
|-----------------------|--------------------|
| Flower of the Month | - Fiona Barnfather |
| Decorated Candle | - Sandra Webster |
| Heart shaped sandwich | - Marion Bisset |

President Dorothy Morris welcomed 20 members to the March Meeting with the news that on 12 March Cleish WRI came 1st in the community section at the Spring Show. After business Mrs Morris introduced Mr R Crichton who gave a most interesting talk and slide show on his travels as a coach driver in Europe. Marion Bisset gave the vote of thanks.

Competitions:

- | | |
|---------------------|-------------------|
| Flower of the Month | - Margaret Nelson |
| Fruit Loaf | - Margaret Nelson |
| Holiday Souvenir | - Margaret Nelson |

SWRI Spring Show - see page 85



Out & About

Loch Leven NNR



With spring almost upon us, life at Loch Leven National Nature Reserve begins to buzz with the warmth of summer just around the corner. Flocks of migratory geese, ducks and swans may be seen congregating for the last time before setting off on their long journeys back to breeding grounds, as we begin to hear the sounds of warblers singing and swallows swooping over the water to pick off emerging insects. Historic Scotland is once again taking visitors to Loch Leven Castle, and anglers are also on the water in search of Loch Leven Trout.

As people begin to visit the loch in greater numbers, we'd like to take this opportunity to remind you that our population of breeding ducks is sensitive to disturbance, both from land and from the water. Please remember to keep your dogs on a lead or close at heel when out on the Heritage Trail this summer, and if you go out onto the loch with rowing craft, please only launch from Kirkgate Park and avoid the loch shore and islands as these are the areas most frequented by duck broods during the summer months. For further information regarding local access guidance at Loch Leven, please refer to our 'Tips for Dog Walkers' leaflet available from leaflet boxes around the reserve, or visit www.snh.gov.uk/publications.

We'd like to say thanks to:

- Dick and Sheila Alderson for their informative talk in March about conservation and tourism in Tanzania.
- All the volunteers and students from Elmwood College who have helped over the last couple of months clearing gorse from Carsehall Bog.
- Hillside Residential School in Aberdour for their excellent work on the bird screening fence at Levenmouth.



The bird screening fence at Levenmouth, skilfully cut and prepared at Hillside School, Aberdour, before being installed with the help of reserve staff and volunteers.

On **Sunday 24 April** join reserve staff on a search for all beasties great and small in Levenmouth woods. Bring your little Nature Detectives as we explore what plants and animals are out and about through the spring months in an event for all the family to enjoy. We'll be meeting in Findatie Car Park at 10am and returning at approximately 12 noon for coffee and cake at the café. If you would like to come along, please call the reserve office on 01577 864439. Outdoor clothing is recommended. Binoculars, guides and magnifying pots will be available for the young detectives! That's all for now folks - I hope you enjoy the changing season.

Craig

Farming



Sowing the seeds with love

My husband will be sowing shortly - before you jump to any conclusions, he won't be searching for a needle and thread to patch his worn out boiler suit or replace a button on his favourite purple shirt. Sowing is the farming term for planting the seeds in the ground and it's an important operation.

Preparations began last autumn when 15 tonnes of barley seed was set aside from the main heap. This "home saved seed" was dried with a gentle heat in the grain drier so as not to destroy its germination potential, and then stored over the winter in a grain bin. There are many different varieties of seed barley. We grow Optic; named with the end user in mind, Optic is a long established variety that is suitable for the distilling trade. Decanter and Belgravia are examples of other malting varieties which may have slightly different traits but are destined for the same market. Last month the seed was dressed - buttons are not involved here either, dressing is when the small seeds called chaff are removed by passing the grain over a sieve. This is a dusty job as the chaff breaks down into dust easily, but thanks to the warm and wet summer of 2010 there was very little chaff and we have well over 14 tonnes of plump round seeds for planting. At this stage the seed is treated with a protective coating to protect it from disease during the early stages of development, and encourage it to germinate when placed in the warm, moist soil.

Sowing takes place with a calibrated drill that delivers the required seed rate for the location and conditions. About 75 kg per acre is sown on our land - that's a lot of seeds to distribute evenly, and it relies on the tractor operator's experience to regulate the drill and ensure none of the tubes become blocked up. If this happens, as the seeds germinate and push up through the soil with their first green shoots the missing row causes a stripe effect and this will inevitably lead to a whole season of teasing and annoyance from neighbours who are guaranteed to keep an eye on the fields. Optimising yield whilst controlling the costs of production is the main challenge of successful cereal farming; it's hoped 75 kg of barley seeds sown should produce 2000 kg per acre at harvest time. But there's a fair amount of TLC involved between then and now, it's just as well my husband really does love his job.

Fiona

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

Vane Farm

Hello again folks, looks like spring is finally gettin here. Birdsong is awe ower the place, grass is startin tae grow, spring bulbs are comin intae floo'er. Birds hiv paired up ready tae stert the 'luv' shenanigans, nests are bein built, winter's ower – yippee!!

Summer migrants are beginnin tae come through; we hid oor first Osprey ower the loch on 15 March. Ithers like chifffhaffs, willow warblers, sand martins, wheatears, swifts, hoose martin n swallows - the iconic herald o' summer - will return tae the area like a stack o' dominoes drappin yin efter the ither. Aint nature amazin, thit wee sowls the wecht o' nowt kin mak sik a lang journey awe the wey fae Africa tae come back here 'n' breed!

Survey wark oan the reserve hiz been gawn fur a few weeks noo so we kin get an idea o' whit birds are breedin oan the reserve. Early mornins, late nights – great fun, but it does gie us an idea if whit we are doin oan the reserve is workin. Be interestin tae see if the upcomin wetland restoration this late summer will hiv an effect oan breedin populations next year and indeed winterin birds this year? Coorse it will.

The locally released sea eagles continue tae appear ower the loch, wi turquoise tagged H, a big female, bein seen the maist regularly, although Z hiz been back as weel and yin o' last year's yellow tagged birds K wiz seen ower at Balgeddie. Jist been through in the obs room watchin a red breasted goose. A whiley since we hiv hid yin o' them – a crackin wee red, black 'n' white goose mixed in wi the pinkfeet oan St Serf; looks like they are probably headin back up tae Iceland and are jist hiven a tee brek before they continue north.

The shop offer fur this month (6 tae 26 April) is, if ye buy a medium classic or premium nut feeder ye get a free bag o' buggy nibbles (a 550g bag wi the classic, or a 1kg yin wi the premium feeder) tae keep yer gairden birds energised durin the busy nestin season. If ye like a bit o' fudge, between 20 April 'n' 3 May ye kin get a free taste o' the new RSPB fudge we are bringin oot – keep yer jaws gawn while ye hiv a peruse roond the shop at ither things.

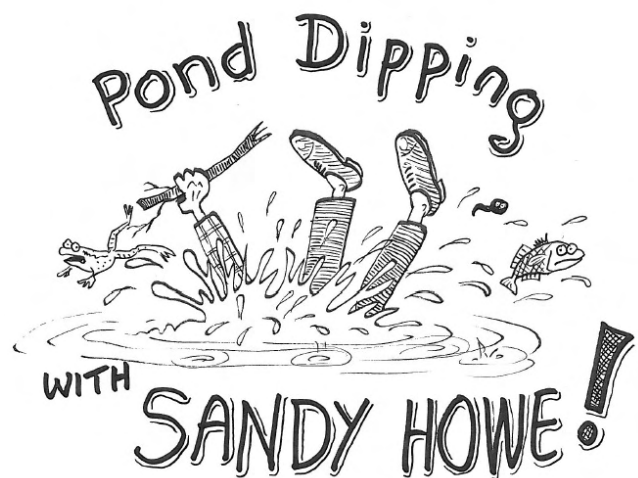
Jane is currently producin oor summer events leaflet fur the skail holiday time so that will be available in a wee while. This month's event is an **Easter Egg Hunt** oan **Friday 22 April**, that's Guid Friday, stertin at 12 o' clock. Come alang 'n' see if ye kin fund an egg? Bring it back 'n' get a real yin. Free event, nae siller tae be partit wi.

Finally, some o' oor regular visitors micht ken Chris Tyler wha hiz been helpin oot fur the last few months. He will be returnin tae hiz hame habitat o' Skye fur the summer tae run the Sea Eagle Exhibition in the Aros centre near Portree. If yer ower on hoaliday say hello. Thanks tae Chris fur awe the help ower the winter and indeed hiz cartoons aboot awe the things daft or itherwise that have happen't since he hiz been here.



Finally, finally, yin o' the best laughs we hiv hid fur a long time wiz when Sandy oor Education development officer went doon tae check oot the teachin ponds wan day. (Bet ye kin guess the next bit?) He grabbed a branch tae support himsel when the nice branch decidit tae snap. Mr Howe esquire rapidly fell, in a backwards kinda motion, wi nae doot some utterins o' bad words, intae the awaitin cauld watter, resultin in a dookin. He kid be heard aroond the centre makin a squelchy sort o' soond fur the next few oors post-plunge, tellin everyyin tae shut up, it wisnae funny. Well, no fur him it wisnae ah suppose, fur awbody else it wiz! The consensus amang highly amused staff wiz that he hid taken "Pond dippin" too far – yer only meant tae yaze a net, no yersel! Talk aboot disturbance tae wildlife.

SPECIAL EVENT TODAY!



Of coorse the above mention't Mr Tyler promptly did a cartoon tae celebrate the wonderous feat, 'n' feet wiz awe ye saw, apairt fae yin aim hoddin up a broken branch; the rest o' the unfortunate chiel's body was covered in the wet stuff, nice ripples tho, alang wi a few fish, frogs 'n' tadpoles bein propelled at a rate o' knots oot the watter headin skywards. If ye wid like a looky at the original cartoon ask the next time yer in, it hiz pride o' place oan the oaffice wa' alang wi the yin aboot the "Sheepathon", bit that's anither story 'n' cartoon fur anither day!

Ta ta till the next time

Colin

WILLIAMSON SUPPLIES KINROSS

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

Tel: 07548 284159 or
07775 907428

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

April - Time for days out

The start of April and/or Easter, whichever is earlier, is the traditional start of the visitor season for many historic properties. We are well-placed in Kinross-shire for easy access to many interesting houses and castles. Find out more on the National Trust for Scotland and Historic Scotland websites: www.nts.org.uk and www.historic-scotland.gov.uk

Easter Egg Trails at nearby properties

There are **Cadbury Easter Egg Trails** over the Easter weekend at several nearby National Trust properties. Dates and times vary slightly between the properties, but at all there is a chance to follow a trail, collect clues to solve a puzzle and win an easter egg!

Note: in all cases, the price shown for the trail is in addition to the normal admission price for the property.

Falkland Palace, Sat 23 & Sun 24 April (11am – 4pm). £1 per trail. For further information call 0844 4932186.

Hill of Tarvit Sat 23 & Sun 24 April (noon – 4pm). Face painting and more on the Sunday. £2 per trail, usual admission prices apply if visiting the house. For further information call 0844 4932185.

Kellie Castle, Sat 23 & Sun 24 April (noon – 4pm). £2 per trail. For further information call 0844 4932184.

Culross Palace, Fri 22 to Mon 25 April (noon – 4pm). Trail included in normal admission price. For further information call 0844 4932189.

Other events at Culross Palace, Fife

Over the Easter weekend (22 April – 24 April) there is tuition in **Napkin Folding** at Culross – perhaps something for a parent to do while the children do the Easter Egg Trail? Napkin folding was a very popular activity in the 17th and 18th centuries. Obtain ticket from reception, maximum six per class. This event takes place every half hour until 3.30pm. Price included in admission cost.

A Candle in the Dark: A display on witchcraft at Culross. 1 April – 31 October 2011. 10am – 4pm. See it as part of admission to Culross Palace etc.

Further information on Culross events on 0844 4932189.

Local Attraction Opening Times

Lochleven Castle, Castle Island, Kinross

Famously where Mary Queen of Scots was imprisoned in 1567 and forced to abdicate before dramatically escaping, this semi-ruined castle is set on an island in beautiful Loch Leven. Parts of the castle date from the late 14th or early 15th century. There are lawns and benches on the island. The property is reached by boat, operated by Historic Scotland and departing from the fishery pier, where there is a shop and parking nearby. Opening times for 2011:

1 April to 30 September: Daily, 9.30am to 5.30pm
(last outward sailing 4.30pm)

1 to 31 October: Daily, 9.30am to 4.30pm
(last outward sailing 3.30pm)

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

The ferry is not equipped to carry passengers in wheelchairs, though access to the interpretation boards, the castle forecourt, courtyard, gardens and grounds is over grass and suitable for visitors using wheelchairs or with limited mobility.



Weather



February Weather Report From Carnbo

The weather of February was still on the cold side but much more benign than the weather endured during the previous two months.

Rainfall for month	205 mm (205% of average)
Heaviest fall	30.3 mm (4th)
Snow days 5, lying days 6, total depth 15cms	
Highest temperature	10°C (25th)
Lowest temperature	- 3°C (15th)
Average temperature	2.6°C
Ground frost on 18 nights	
Air frost on 13 nights	
Total cloud cover	75%

15 Sunless days

P.S. Only two days with max temp 10°C or above during the three winter months were recorded. Both days were at the end of Feb (24 and 25 February). The previous highest was 10°C on 30 October.

The highs and very lows of Winter 2010 - 2011

The Winter turned out to be very like the previous Winter, colder again than we have been used to in recent years, but with some exceptions. This Winter started much earlier, with the last week in November (Autumn!) being very cold, with heavy snowfalls at times. December was also much colder, being the coldest in about 100 years. On the other hand, February was a little milder with little snow but plenty of rain.

Total rainfall	348 mm (98% of average)
Snow days 18, lying days 47, total depth 56 cms	
Highest temperature	10°C (25 February)
Lowest temperature	- 12°C (3 December)
Average temperature	- 0.1°C (2009-10 - 0.9°C)
Ground frost on 77 nights	
Air frost on 65 nights	

Once again, like last Winter, due to the weak jet stream, strong winds, especially West winds were in short supply.

Burleigh Castle, Milnathort

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

Balvaird Castle

A late 15th century tower on an L plan. Refined architectural details. View exterior only. Phone 01786 431324 or check Historic Scotland website for open days for internal viewing. Grid ref 58NO16915. Near Gateside and Glenfarg.

Elcho Castle, near Bridge of Earn

A 16th century fortified mansion, five miles NE of Bridge of Earn. Opening times: 1 April to 30 September, daily, 9.30am to 5.30pm. Admission prices: Adult £3.20, Child £1.90, Concessions £2.70.

Abernethy Round Tower

One of the two round towers of Irish style surviving in Scotland dating from the late 11th century. Good views of the Firth of Tay. Follow signs on site for key (not Mondays).

Gardens Open

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



Gardens, and some properties, open regularly not too far from Kinross				Admission Adult	Disabled Child Access	Contact Number
Opening Arrangements						
Falkland Palace & garden (NTS)	to 31 Oct	Mon-Sat Sun	1100-1700 1300-1700	£11.00	£8.00 gdn only	0844 4932186 0844 4932186
Hill of Tarvit mansion & gdns (NTS)	1 Apr-31 Oct	Thu-Mon	1300-1700	£9.00	£6.50	
Hill of Tarvit grounds only (NTS)	all year	daily	to dusk		yes	0844 4932185
Kellie Castle & garden (NTS)	1 Apr-22 May	Thu-Mon	1230-1700	£9.00	£6.00	partial 0844 4932184
Kellie Castle garden & estate only (NTS)	to 31 Oct	daily	1000-1800	£3.00	£2.00	yes 0844 4932184
Culross Palace, study, town hse and gdns (NTS)	1 Apr-31 May	Thu-Mon	1200-1700	£9.00	£6.50	no 0844 4932189
Culross Palace gardens only	all year	daily	1000-1800		difficult	0844 4932189
Branklyn Gardens, Dundee Rd, Perth (NTS)	1 Apr-31 Oct	daily	1000-1700	£6.00	£5.00	partial 0844 4932193
Glendoick Gardens, Glencarse, PH2 7NS	4 Apr-10 Jun May	Mon-Fri Sat&Sun	1000-1600 1400-1700	£4.00 £4.00	free	partial 01738 860640 partial
Scone Palace grounds only	1 Apr-31 Oct	daily	0930-1745	£5.50	£3.75	limited 01738 552300
Barham, Bow of Fife, KY15 5RG (SGS)	27 Apr-28 Sep	Weds	1400-1700	£3.00	free	no 01337 810227
Braco Castle gardens, Braco, FK15 9LA (SGS)	1 Feb-31 Oct	daily	1000-1700	£3.50		partial 01786 880437
Drummond Castle Gardens, Crieff	1 May-31 Oct	daily	1300-1800	£5.00	£2.00	restr 01764 681433
Botanic Garden, Canongate, St Andrews, KY16 8RT	Apr-Sept	daily	1000-1900	£2.00	£1.00	yes 01334 477178
Pittencreeff Park, Dunfermline	all year	daily	dawn-dusk	free	free	yes 01383 720285

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

Scotland's Gardens Scheme

SGS, a registered charity since 1931, organises the opening of hundreds of gardens, ranging from formal castle gardens to small cottage gardens, to raise money for charity while giving pleasure to garden lovers. 60% of entry fees to gardens in this scheme benefit SGS's charities, which are: The Queen's Nursing Institute Scotland, Gardens Fund of the National Trust for Scotland, Maggie's Cancer Caring Centres, The Gardeners' Royal Benevolent Society and The Royal Fund for Gardeners' Children. 40% of entry fees goes to a charitable cause chosen by the garden owner. For more information, see the book "Gardens of Scotland 2011" or the website www.gardensofscotland.org

Gardens Open Regularly under SGS

Barham, Bow of Fife: (See chart above.) A small woodland garden with snowdrops, spring bulbs, trilliums, rhododendrons and ferns open on Wednesdays only throughout spring and summer. Route: A91, 4 miles west of Cupar. Small plant nursery selling unusual plants. 40% of admission to Pain Association Scotland.

Braco Castle: (See chart above.) A 19th century landscaped garden comprising woodland and meadow walks with a fine show of spring flowering bulbs and many mature specimen trees and shrubs. Walled garden, ornamental pond, shrubs and herbaceous borders. Spectacular views to the Ochils. Open daily, 1 February to 31 October, 10am to 5pm. No dogs. Route: 1 to 1½ mile drive from gates at north end of Braco village, just west of bridge on A822. 40% of admission to Woodland Trust.

Special Days Open in April under SGS

New for 2011, the garden at **Mountquhanie, Rathillet, Cupar** is open on **Sunday 10 April** from 1pm to 5pm. A fine display of daffodils in the parkland surrounding Mountquhanie mansion and the ruins of Mountquhanie Castle. Admission: £3.50, children free. 20% to Adamson Hospital, Cupar and 20% to Balmerino Primary School. Route: turn off A92 towards Balmerino near village of Rathillet. Partial disabled access, arts and crafts stall, homemade teas.

On **Saturday 16 April** there will be a guided tour of the rhododendron collection at the **St Andrews Botanic Garden** (see also chart). Tickets, priced £10 per head (includes wine and nibbles), must be purchased in advance from the Secy, Friends of the Botanic Garden, Canongate, St Andrews, KY16 8RT. Cheques payable to Friends of the Botanic Garden. Plant sales. No dogs. 40% to the "Friends of" group. **Megginch Castle gardens, Errol** are open on **Sunday 17 April** from 2pm to 5pm. 19th century formal front garden, topiary and ancient yews. Splendid array of daffodils. Walled kitchen garden and orchard. Admission: £4, children free. 40% to All Saints Church, Glencarse. Disabled access, teas available. Route: approach from Dundee only, directly off A90, on south side of carriageway ½ mile on left after Errol flyover between lodge gatehouses.

Newsletter Deadlines

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



• Gardens info on our website •

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

Congratulations



Jim and Catriona **MARSHALL** and Peter and Katherine **NAUGHTON** are delighted to announce that **GILLIAN** and **ANDREW** have become engaged.

Jim and Cindy **MILNE** of Sutherland Drive are pleased to announce the arrival of their second grandchild, **JAMES** on 25 February 2011 at St John's Hospital, Livingston. Congratulations to the proud parents Joanne and Frank of Winchburgh. Cuddles from aunties Wendy and Andrea. Kisses from cousin Claire. He is absolutely wonderful.

THE STUDIO HAIR COMPANY in Kinross has achieved 'Paul Mitchell Signature Salon' status.

At the Primary Schools Cross-Country Championships, held in Perth, the following achieved success:

P6 girls: 3rd, **Fossoway Primary School**

Rural Races: Team Race: 1st, **Cleish Primary School**.

SWRI Spring Show

The following achieved success at the show held on 11 and 12 March in Bridge of Earn:

From Cambo: **C Dawson**.

From Cleish: **D Morris** and **C Pilling**

From Glenfarg: **M Scott**, **M Moran** and **A Messenger**.

From Milnathort: **Erin Paterson** (children's section).

Dorothy Morris of Cleish won the Margaret Nisbet Trophy and the Isabel Robertson salver.

Cleish won the Greta Scott shield (winning institute), with **Glenfarg** being placed third.

Thanks

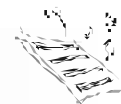


JOHN and **PAT NICOL** would like to thank family and friends for their gifts and donations of money on the occasion of their Ruby Wedding anniversary. £350 was raised for the Marie Curie Cancer Care.

Thank you from CALAMITY JANE: Scotlandwell in Bloom group would like to thank everyone who came along and supported their joint 'in-bloom' Hoe-Down Ceilidh on Saturday 19 March. Portmoak Hall was jumping as everyone 'dosey-doe'd' to the sounds of the Michael Philips Ceilidh Band from Cardenden. Everyone joined in the spirit of the Calamity Jane style hoe-down and came dressed for the part in denims, checked shirts, cowboy hats and pistols. A delicious Cowboy style supper (courtesy of the 'in-bloom cooks') was enjoyed by everyone during the interval. The interval was followed by a raffle, with all the raffle prizes parcelled up in plant-pots and cellophane! Grateful thanks to all those who donated raffle prizes. Scotlandwell 'in-bloomers' would particularly like to thank Stuart McKenzie and Janette Gardiner for their sterling work 'behind the scenes' which helped to make the evening such a success. The coffers of both Scotlandwell and Kinnesswood 'bloomers' have been boosted by the joint fundraising event.

The Scottish National Blood Transfusion Service would like to thank all those who came to the donor sessions in February, when 258 people attended and 216 donations were collected. Once again, this was a great help to patients all over Scotland. The service next visits Kinross on **20 and 21 June**.

Perform in Perth Local success at the 87th Perthshire Music Festival



From Blairingone Primary School

Blythe Johnston – 2nd in Trumpet Solo (Transitional).

From Milnathort Primary School

Audrey Doyle – 1st in Violin Solo (Beginners).

Lorna Doyle – 2nd in Cello Solo (Elementary).

From Kinross Primary School

Alasdair Bennett – 2nd in Trumpet Solo (Elementary).

Christopher Wilcox – 1st in Trombone Solo (Transitional).

Douglas Mair – 1st in Tuba E flat/B flat Bass Solo (Elementary).

Emma Hodgkinson – 2nd eq in Cello Solo (Transitional).

From Kinross High School

Michael Wilson – 2nd in Alto Saxophone Solo (Open).

Christina Hope – 3rd eq in Trumpet Solo (Transitional).

Magnus Pickering – 1st in Trumpet Solo (Open).

Andrew Wilcox – 3rd eq in Trumpet Solo (Open).

Ellis Johnston – 1st in Horn in F Solo (Transitional).

Sarat Roy – 3rd in Horn in F Solo (Open).

Daniel Pickering – 1st in Trombone Solo (Open).

David Wilcox – 1st in Tuba, E flat/B flat Bass Solo (Advanced).

Sarah Melville – 1st in E flat Cornet/Tenor Horn Solo (Advanced).

Adam Bissett – 1st in B flat Euphonium/Baritone Horn Solo (Advanced).

Nathaniel Haas – 2nd in B flat Euphonium/Baritone Horn Solo (Open).

Lillian Swanson – 2nd in Drum Kit Solo (Elementary).

From Strathallan School

Ciara Elwis – 2nd in Flute Solo, Open.

From Kinross

Jill Sweeney – 1st in Flute Solo (Open).

From Kinross, in aged 18 & over classes

Irene McFarlane – 1st in Scots poems; 3rd eq in Soprano class; 2nd in Premier class (former senior vocal winners); 2nd eq in Opera (Aria); together with John MacLean, 2nd eq in any combination of voices.

From Kinross & District Pipe Band

Amy Bryson – 2nd in Solo snare drum, 13–16.

Douglas Mair – 1st in Novice Bagpipes under 13.

School Group Achievements

Kinross Primary School – 2nd eq in Brass Ensemble, Schools (Elementary). 3rd in String Orchestra, Schools (Elementary). 1st in Infants choir (P1 – 3).

Kinross High School – 2nd eq in Brass Ensemble, Schools, (Advanced).

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 (but note Pram Service on Tuesday mornings in termtime).

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

April

Mon 4 8.00am Time to Pray - Silent Meditation
 8.00pm Heaven and Earth Café, the Muirs Inn: 'How to deal with criticism' - an informal get-together for anyone, whether or not connected to a church
Tue 5 2.30pm Whyte Court Service
 7.15pm Guild, Church Centre: AGM
Thu 7 **Events for Lent**
 Lent Studies 10am at St. Paul's, 7.30pm at Kinross Parish Church
 9.00pm - Time to Pray, for Lent: late evening service of Compline
Thu 7 7.30pm Thursday group, Church Centre: 'Mary's Meals'
Sat 9 8.30am - Prayer Breakfast (numbers in advance to church office)

Thu 14 **Events for Lent:** As for Thu 7 above

Tue 26 2.30pm Causeway Court Service
 8.00pm - Time to Pray: Prayer Meeting

Wed 27 7pm Scottish Parliament Election Hustings (see separate notice, p. 3)

Holy Week Services

Mon 18 7pm Stations of the Cross, St. James Church
Thu 21 9.30am Communion, St Paul's Church
 7pm Communion, Kinross Parish Church
Fri 22 Good Friday:
 11.00am Children's activities, Kinross Parish Church
 12 noon Soup Lunch, Church Centre (numbers in advance to church office, if possible)
 1pm Walk of Witness from Church Centre to St Paul's
 7pm Good Friday service, Orwell Church

Sat 23 7pm Easter Vigil, Fossoway Church

Sun 24 Easter Sunday:

7.30am United Service at Kirkgate Park followed by breakfast in Church Centre (numbers for breakfast in advance to church office)
 10.30am All-age Easter Service
 6.30pm United Songs of Praise, Cleish Church

Orwell and Portmoak Parish Church

Church of Scotland

Interim Moderator & 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.

3 April & 1 May - Communion services in both churches.

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

Easter & Holy Week services & events

Everyone welcome.

Thu 21 April 7pm - Maundy Communion in Orwell Church

Fri 22 April 11am - KCT Children's Activities in Kinross Church

Fri 22 April noon - KCT Soup Lunch in Kinross Church Centre

Fri 22 April 1pm - KCT Walk of Witness from Kinross Church Centre to St Paul's Church.

Fri 22 April 7pm - KCT Good Friday Service in Orwell Church

Sat 23 April 7pm - KCT Easter Vigil in Fossoway Church

Sun 24 April - Easter Day services as follows:

7.30am - KCT Kirkgate Park followed by Breakfast in Kinross Church Centre

10am - Portmoak Hall

11.30am - Orwell Church

6.30pm - KCT Easter Songs of Praise service in Cleish Church

(KCT - Kinross-shire Churches Together events)

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

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

**Also see page 91 for a full list of
 Kinross Churches Together Easter Services.**

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

April

Sun 3 11.15am Preacher: Rev. Joanne Finlay.
 7.30pm: "The Shack" - meet in manse.
Sun 10 11.15am Preacher: Rev. Joanne Finlay.
 7.30pm: "The Shack" - meet in manse.
Sun 17 11.15am Palm Sunday worship.
Sun 24 11.15am Easter Sunday worship.
 6.30pm Easter Songs of Praise.

St Paul's Scottish Episcopal Church

Muir, Kinross, KY13 8AY

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

April Services

Sun 3 Mothering Sunday, 8.30am Holy Communion.
 11.00am Sung Eucharist.
Sun 10 Lent 5, 8.30am Holy Communion.
 11.00am Sung Eucharist.
Sun 17 Palm Sunday, 8.30am Holy Communion.
 11.00am Palm procession and Passion Narrative.
Thu 21 Maundy Thursday, 9.30am Holy Communion (with
 traditional washing).
Fri 22 Good Friday, 2pm Good Friday Service with Holy
 Communion.
Sun 24 Easter Day, 8.30am Holy Communion.
 11.00am, Sung Eucharist.
Thu 28 9.15am Service of Prayers for healing.

May Services

Sun 1 1st after Easter, 8.30am Holy Communion.
 11.00am Sung Eucharist.
 6.00pm Easter Carol Service (led by ABI Choir).

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

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)
Women's Group: Every Tuesday, church hall, 2pm.

April

Sun 3 9.45am: Preacher, Rev. Joanne Finlay.
 7.30pm: "The Shack" meet in manse.
Sun 10 9.45am: Preacher, Rev. Joanne Finlay.
 7.30pm: "The Shack" meet in manse.
Sun 17 9.45am: Palm Sunday worship.
Sat 23 7pm: Easter Vigil.
Sun 24 9.45am: Easter Sunday worship.

Friday 29 - Sunday 1 May: Art Exhibition in church hall.
 See local notices for times.

St James's R C Church

5 High Street, Kinross, KY13 8AW

Father Colin Golden Telephone: (01577) 863329

Mass Times	Saturday Vigil	7.00pm
	Sunday	9.30am

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

Kinross 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.

Obituaries

WOOD – Matilda, of Ochil View, Kinross, passed away peacefully at Cornhill Macmillan Centre, Perth on 7 February 2011.

Matilda is survived by her husband John, daughters Angela and Lorraine and her beloved grandchildren Isla and Johnny.

CURTIS - Agnes (Nan) passed away peacefully at Preston House Care Home, Glenrothes on 22 February 2011. She was sister to Jenny and Edna. Born at Lochend Farm near Scotlandwell in 1922, Nan spent her early years in Angus before returning to Scotlandwell. She went to Portmoak School and then to Kinross School. After leaving school she went to work in the office of the bacon factory, Milnathort. During the war years she was in the WAAF and spent much of that time in Feltwell and Blackpool. After the war she worked in the office of Gray & Harrower, Milnathort until she retired. After living at Birks Farm, Scotlandwell she moved to 86 The Muirs, Kinross. A keen member of Bishopshire WRI, she held many posts on committee. Nan was also talented in playing many musical instruments and was a member of the Bishopshire Trio and Lomond Cornkisters.

McKAY – Helen, of Marshall Place, Milnathort, died peacefully in hospital on 19 February 2011 after a long illness.

She was born in Lochore in 1927, one of a family of four. Helen started her working life in Rosyth Dockyard. After moving to Scotlandwell and ultimately Milnathort, she worked for many years in Frank Adamson's chemist shop and was a well-known figure in the village. When she married Bill, they set up home in the flat above the shop, and had a daughter. Sadly, Bill died after a motor accident, but Helen continued to work in the shop and care for her daughter. Helen was very family-oriented, keeping in regular contact with her extended family and friends. Her friends were very important to her and she made many good ones over the years, and would do anything she could to help them. She loved dancing and attended Masonic functions with her husband and brother. Later in life, she was a regular attendee at the 50 Plus Club's line dancing.

Her great love was her daughter, Helen who, with her partner Dougie, was always there for her.

Helen will be much missed by her family and friends.

Acknowledgements

SINCLAIR – Elsa and sons Graeme and Malcolm would like to thank everyone who donated so generously to the Marie Curie Cancer Care charity at Bill's funeral service. The "donation will be used towards nursing local terminally ill people in their own homes." £1,093 was raised for the charity.

WOOD – John, Angela, Lorraine and family would like to thank all friends and neighbours for their cards, phone calls and general support on the loss of Matilda.

Special thanks to the "boys" John and Jeremy, Dr McCracken, Dr Osborne, all nurses on ward 3 PRI and staff at Cornhill Macmillan Centre, Perth (for whom the collection sum raised was £602).

Thanks also to Rev Alan Reid for his visits and service at Kirkcaldy Crematorium, and Mr Stewart from Stewart Funeral Services.

CURTIS – Jenny and Edna, sisters of Nan, would like to thank staff at Preston House Care Home, Glenrothes for the care and attention shown to Nan, her next door neighbours at Kinross, members of Bishopshire WRI, friends from Scotlandwell and Kinnesswood and our families who attended both the Church and graveside.

A special thanks to Rev D Stenhouse for his uplifting service, to the organist, Dream Flowers, Milnathort for the lovely spray of flowers and the Well Inn, Scotlandwell for refreshments. To all who gave to the collection for Preston House £178.30. A special thank you to Gordon and Alison Stewart of Stewart Funeral Directors for their help and attention both at church and graveside. Thank you all.

McKAY – Helen and Dougie would like to thank everyone for their kind cards and support following the loss of Helen's Mum, Helen. Many thanks to the Rev. Duncan Stenhouse for a lovely service that provided fond memories to those who attended the funeral and donated generously to Cancer Research UK.

Thanks to Gordon at Stewart Funeral Directors for his advice and support with the arrangements. Finally, thank you to the District Nurses, Doctors at Loch Leven Health Centre and Carers from Nurse Plus and Homecare who supported Mum at home over the past few years along with her friends who she appreciated and loved so much.

CRAWFORD – Alex, Morag, Rhona and Kim would like to thank all relatives, friends and neighbours for the support received on the loss of Margaret. The support has been in the form of visits, cards, telephone calls and flowers. It is very much appreciated.

We thank those who attended her funeral at Kinross Parish Church and Muckhart Church cemetery; some had travelled a long distance to be there. The service by the Reverend Alan Reid was very uplifting and helped those who attended to accept and understand Margaret's passing. A total of £339 in donations was raised for the British Heart Foundation. Many thanks.

The professional service delivered by Stewart Funeral Directors has been exemplary – thank you very much. We would also like to thank Margaret's GP, Dr Pattison, for his care over the years and the staff of the Medical High Dependency Unit of the Queen Margaret Hospital for their care at the end.

SUTHERLAND – Bill, daughters Sheona and Anne and son Graeme, wish to express their thanks to relatives, neighbours and friends who helped Betty in her years of illness.

Thanks also to Drs McCracken and Osborne for their dedication and understanding in easing Betty's pain, and to the help given by District nurses (past and present) and to the Social Work Services staff for their daily visits. To the staff of the Medical High Dependency Unit at Queen Margaret Hospital, Dunfermline for their unstinting professional care prior to her passing on 26 January 2011. To Reverend Alan Reid for his visits and for the uplifting service in celebration of Betty's life, which was very much appreciated by the family and to all at Kinross Parish Church for their support and prayers. Betty was a loving wife, mother, sister, mother-in-law and grandmother and a talented lady, who always tried to help and understand other people's problems.

The retiring collection raised £501.60 for the Kinross-shire Day Centre and Alzheimer's Scotland.

In Memoriam

Legacy of Love

*A wife, a mother, a gran too,
This is the legacy we have from you.
You taught us love and how to fight,
You gave us strength, you gave us might.
A stronger person would be hard to find,
And in your heart, you were always kind.
You fought for us all in one way or another,
Not just as a wife not just as a mother.
For all of us you gave your best,
Now the time has come for you to rest.
So go in peace, you've earned your sleep,
Your love in our hearts, we'll eternally keep.*

In memory our beautiful Mother **Iris Mckechnie**, truly missed by her husband Vic, children Scott, Pauline, David and Jane and their partners and all of her eight grandchildren.



Over the last 400 years, since the King James Bible made the scriptures widely available to all, the transforming power of God's Word has changed lives and situations for millions.

Psalm 68:19 'Praise be to the Lord, to God our Saviour, who daily bears our burdens.' April 2002; a hospital bed. The peritonitis was being treated but fresh, sinister problems had appeared. Everything was under a dark question mark. I read Psalm 68 in the Gideon bedside Bible. I couldn't take my eyes off it. Every time I read verse 19 it spoke more deeply to me. Just one verse at the right time in the right place brought total peace. *Dominic Smart, Aberdeen*
Just one personal story - but a glimpse of how God speaks today through his Living Word to all who search with open hearts and minds.

In a research study undertaken in 2003-4 among Edinburgh University students, most of whom were on or beyond the fringe of the churches - and some of other faiths - eight out of ten respondents reported that a month-long meditation on three Psalms resulted in a greater openness to exploring the rest of the Bible.

Perhaps you would like to share in the experience of the Edinburgh students and spend some time during the Easter month of April meditating on three Psalms, asking God to speak to your heart and reveal the transforming power of his Living Word. Here are some suggestions. Psalm 46: A psalm of reassurance; Psalm 145: A psalm of praise; Psalm 22: a sombre psalm quoted by Jesus on the cross; Psalm 23: all-time favourite psalm. However, there are 150 to choose from and you can make your own discoveries!

For more stories check out www.biblefresh.com Bible reading notes and guides are available by contacting Kinross Parish Church Office on 01577 862570 or through the Church web-site www.kinrossparishchurch.org

Kinross Churches Together Easter Services

In addition to the regular services,
the following are planned:

Monday 18 April

7pm: Stations of the Cross, St James' Catholic Church

Thursday 21 April

9.30am Communion, St Paul's Episcopal Church

7pm Maundy Service & Communion, Portmoak Parish

7pm Communion, Kinross Parish Church

Friday 22 April

11.00am Children's Activities, Kinross Parish Church

12 noon Soup Lunch, Kinross Church Centre (names in advance to Parish Church Office)

1.00pm Walk of Witness from the Church Centre to St. Paul's Episcopal Church

2.00pm Communion, St. Paul's Episcopal Church

7.00pm Good Friday Service, Orwell Parish Church

Saturday 23 April

7pm Easter Vigil, Fossoway Parish Church

Sunday 24 April

7.30am United service at Kirkgate Park followed by breakfast in Kinross Church Centre

6.30pm Easter Songs of Praise, Cleish Parish Church

Everyone will be most welcome at all services

Saturday Night Worship

Last Saturday of each month, 7.30 – 10pm

Milnathort Town Hall

Heart felt praise and worship

Prayer for healing

Opportunity for testimony

Refreshments

Books and resources

Open to all

For further details contact Sarah Coisar 07795313864

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

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

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. Activities include painting, craft, dressing up, stories, singing as well as a variety of toys. A snack is also provided. Registration is unlimited with a maximum of 20 children per session. Younger siblings also welcome.

Contact Sophie Irvine on 01577 863288
for further details,
or email bunnyirvine@btinternet.com

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



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/carers.

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 Giacobazzi
on 07740 600424

or e-mail charlottegiacobazzi@yahoo.co.uk.

GLENFARG BABY AND TODDLER GROUP

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

Healthy snack for children

Coffee/tea & biscuits for carer

Lots of toys

Friendly support for all carers

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

Contact Lucie on 07810 201935 or just come along!



Notices

Lodge St Serf No 327

April

- Tue 5th Regular Meeting at 7.15pm. Fellow Craft Degree to be conferred by Office Bearers.
- Tue 12th General Committee Meeting at 7.30pm. Arrange work for next Degree. A.O.C.B.
- Tue 19th Regular Meeting at 7.15pm. Fellow Craft Degree to be conferred by Office Bearers.
- Tue 25th General Committee Meeting at 7.30pm. Arrange Work Party for close season. A.O.C.B.



Spring Bring and Buy Sale

Saturday 9 April

2pm - 4pm, The Well Country Inn, Scotlandwell
On behalf of **Scotlandwell in Bloom**, the Well Country Inn is hosting a Spring Bring and Buy Sale. Come along and see the selection of homemade jams, chutneys, and homebaking on sale. There will be lots of other items on sale too, ie books, bric-a-brac, plants etc. You just might find that 'little something' you've always been looking for! Find out more about the group's activities and an update on the Wash House project.
For further information please contact the Well Country Inn 840444.

Orwell Bowling Club

BINGO TEA

Wednesday 6 April at 7.30pm

£1 entry including refreshments. All are welcome.

SOCIAL EVENING

Saturday 16 April at 8.00pm featuring
THE TWO ROBINS

BINGO at 8pm.

Entry for non-members £2.00. All are welcome.

Kinross-shire Civic Trust AGM

at 7.30pm on

WEDNESDAY 13 APRIL

at the Loch Leven Community Campus

Followed by a talk on:

The Cost of Renewable Energy

by Mike Travers, a professional Electrical Engineer.
Come along to our AGM and listen to Mike and join in the discussion afterwards. Non-members and members welcome. The meeting will be followed by tea and coffee.

Cost for the evening £3.00.

See Club News p. 59 for more information

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.

Milnathort Community Council AGM Notification

Thursday 14 April 2011
in Heaven Scent Coffee Shop, Milnathort

6pm: Public Consultation regarding a major development at Pitdownies Farm, Manse Road, Milnathort by The Ferrand Trust and the Church of Scotland General Trustees.

7pm: AGM followed by monthly meeting.

Please come along to hear what we have been doing during the year and give us your views on all things local.

Hustings for Scottish Election

Chaired by Ruary Macleod

WEDNESDAY 27 APRIL at 7pm

Kinross Parish Church

Question the parties and candidates standing for election to the Scottish Parliament on 5 May.

Submit questions in advance to Kinross Parish Church office or email kinrossparishchurch@hotmail.co.uk

See Articles p. 3 for more details.



Kinross-shire Local Events Organisation FILM



'The Princess Diaries' (U) at Community Campus
Friday 29 April, at 7pm (doors open at 6.30pm)

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.
www.kleo.org.uk



Tel: 01592 890583
Mob: 07826 244765

email: grf.morag@ntlworld.com
www.greyhoundrescuefife.com

Volunteers needed - Can you Help?

Greyhound Rescue Fife
Baltree Country Centre
Gairneybank,
Kinross, KY13 0LF

Annual Dog Show 8th May 2011
Caldwell's farm near Collessie Fife
Tickets £3.50 kids (under 16) free

Full Details available on our Website

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.

Kinross Floral Art Club

Coffee Evening

in Upper Hall, Kinross Church Centre

on **Thursday 28 April** at 7.15 prompt

Demonstrator – Maureen Phimister

Title – “It’s a Small World”

Tickets £5.00 inc. supper, payable at the door

Raffle & Bottle Stall

All welcome to come along and enjoy a fun evening.

Bishopshire Horticultural Society

PLANT SALE

Teas and Coffees

Portmoak Hall

Saturday 30 April 10am – 12 noon

Bedding Plants, Leeks, Onions, Tomatoes

COME ALONG AND STOCK UP YOUR GARDEN FOR SUMMER

BLACKHEART

Saturday 30 April

Milnathort Guide Hall at 7.30pm

Tickets £8.00 including refreshments

(half proceeds to Orwell & Portmoak Church)

Blackheart are widely regarded as the fastest rising stars of the new folk generation, having become established for both their live concerts and their albums.

www.blackheartmusic.co.uk

Come along for a night to remember...

in aid of Graeme Paterson and Motor Neurone Disease Scotland

Saturday 30 April

The Windlestrae Hotel, The Muirs, Kinross

7pm – Midnight

Tickets £25 each

including hot buffet, salad, garlic bread, dessert, glass of wine, tea or coffee, charity auction and evening entertainment.

To book please call: Colin Hogg on 07590 436531

or Alison Hogg on 01577 863660,

or Beth & Gordon Paterson on 01577 863140

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

Local Correspondent

for Perthshire Advertiser and Fife Herald newspapers

Linda Freeman

Tel: 01577 865045. Email: 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 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

Are you suffering from Macular Degeneration?

A meeting is held by the Support Group at The Blind Society, New Row, Perth on the last Wednesday of the month. If you are interested or require further details, please contact **Hazel Rennie, telephone 01738 442358**.

Annual Fossoway Art Exhibition and Spring Tea

Saturday 30 April - Monday 2 May

Fossoway Church Hall (Elizabeth Wilkie Hall)

Exhibition: open daily 11am till 4pm
Spring Tea: Saturday 2pm till 4pm

Plants, Teas, Raffle and Cake stall



Annual General Meeting

TUESDAY 3 MAY

10am

at

Barrowmore, Mawcarse, Milnathort

Children 1st Kinross Action Group Charity No: SC016092

CEILIDH DANCE

with the Glenfarg Ceilidh Band

Saturday 7 May

8pm-Midnight in Portmoak Village Hall

in aid of Hall funds

Tickets: £10 adult, £5 child

Supper included Licensed bar

Tickets available from Kinnesswood Village Shop

Elizabeth Porter – tel. 01592 840655

and Joan Smith – tel. 01592 840561

Kinross Boys and Girls Brigade Coffee Morning

in the Church Centre, Kinross

Saturday 7 May

10am to 12pm

All the usual stalls including bottle stall, raffle
and home baking

Kinross-shire Volunteer Group and Rural Outreach Scheme Annual General Meeting



Thursday 19 May at 7.30pm in the Church Centre

Looking for a band for your Procession or Gala Day?

The Forth Bridges Accordion Band (Bo'ness) is the only
community marching accordion band in Scotland.

For more details please visit
www.forthbridgesaccordionband.webs.com

Milnathort FILMHOUSE

MAY 2011

Milnathort Town Hall
Saturday 7th May 8pm

SEX AND THE CITY 15



Get Carried away!

BYOB & TUCK SHOP

Tickets available NOW!

Sex and the City (15) tickets available in advance from
Milnathort Post Office or through our Facebook page

Adult £5 (OAP & Student concession £3),

Screening 8pm, doors open 7.15.

Other Info Kathleen Mitchell 07818 532091 or email
milnathortcinema@btinternet.com JOIN US ON FACEBOOK just
search 'Milnathort Filmhouse'

Milnathort Filmhouse Films for 2011

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*

Enquire

Are you looking for information about your child's
rights to support in School?

If so, contact **Enquire**, the national advice and information
service for additional support for learning.

Enquire offer: a confidential telephone helpline and online
enquiry service, practical guides, fact sheets and
newsletters, helpful materials for children and young people
with additional support needs.

For more information contact: tel 0845 123 2303

Website: www.enquire.org.uk

*Enquire is funded by the Scottish Government and managed
by Children in Scotland*

Scottish National Blood Transfusion Service

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

Monday 20 June 3.30pm to 8.00pm
Tuesday 21 June 5.00pm to 8.00pm

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

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

Perth & Kinross Council www.pkc.gov.uk
Kinross Area Office Tel: 01577 862351
 21 High St, Kinross
Customer Service Centre Tel: 01738 475000
 (Mon to Fri, 8am-6pm)
Out of Hours Emergencies Tel: 01738 625411
 (Roads, flooding, environmental health and dangerous buildings)
Clarence (for non-emergency road and lighting defects) Tel: 0800 232323

Milnathort Community Council

The composition of Milnathort Community Council as of the election of 24 June 2010 is as follows:

Bruce Hamilton (Chairman) Newhill Farm, Glenfarg
David Cottingham (Vice Chair) Middleton House, Milnathort
Joseph Giacomazzi (Secretary) 1 Greenburn Field, Milnathort
Lynne Bennet (Treasurer) 1 Reid Crescent, Milnathort
Patrick Milne-Home Craigow, Milnathort
Sandy Smith 21 Church Street, Milnathort
Robert Halford Nether Tillyrie Cottage, Nether Tillyrie, Milnathort
Dorothy Thomson 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: 7 April, 5 May, 2 June

Images of Kinross-shire

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

Photo Library

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

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.freeserve.co.uk

Sandy Miller, c/o Perth & Kinross Council, 2 High Street, Perth,

PH1 5PH. Tel (business): 01577 840462.

Email: SMiller@pkc.gov.uk

William Robertson, 85 South Street, Milnathort, Kinross,

KY13 9XA. Tel (home): 01577 865178.

Email: wrobertson@pkc.gov.uk

Kinross Recycling Centre, Bridgend

Opening Times: **Mondays to Fridays** 9am to 7pm
Saturdays and Sundays 9am to 5pm

Aluminium & Steel Cans, Car Batteries, Cardboard, Engine Oil, Fluorescent Tubes, Electricals (inc Fridges, Freezers, Televisions & Monitors), Garden Waste, Glass Bottles & Jars, Inert Waste, Metal, Paper, Phone Directories, Plastic Bottles, Textiles, Wood, 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: 6 April)

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.

Members of the Scottish Parliament

The Scottish Parliament was dissolved on 23 March 2011 prior to the Scottish Parliament Election to be held on **Thursday 5 May**.

We will provide information on the Members of the Scottish Parliament for this area in the next available issue of the Newsletter after the election, i.e. the June issue.

Mobile Library – Blairingone and Milnathort

Every Second Wednesday

Next visits: **Wednesday 6 and 20 April**

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 Café is brought to you by Kinross Christian Fellowship working together with Kinross Healing Rooms.)

Dementia Café for Perth & Kinross



A "Drop in" Café is held on the first Wednesday of every month, 10am-12.30pm, at The North Church Hall, High Street, Perth.

This service aims to offer information, support and a chance to have a chat for people with dementia, their carers and families. Volunteers along with professionals from health and social work are available each month.

For further information contact:

Jackie Daly 01796 474818, Andy Bennet 01738 636358, Debbie Howie 01738 562201.

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

Kinross-shire *Day Centre*

**Table Tennis • Videos • Cards • Dominoes
Daily Papers • Chiropody • Trips • Exercises**

Weekly Programme

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

Additional Events for April

**Easter Sales Table
Barge Trip
Tea Dance**

**Tuesday 5th at 10.30 am
Wednesday 6th at 11 am
Wednesday 27th at 1.30 pm**



**Coffee Bar open 9 am - 4 pm, Senior Citizens Lunches Daily
Telephone: 01577 863869**



LOCAL CHEMIST INFORMATION



Rowlands Pharmacy, Kinross

(opposite David Sands)

Mon - Fri: 9.00 am - 6.00 pm
Saturday: 9.00 am - 5.00 pm
Tel: 862422

Davidson's Chemist, Milnathort

Mon to Fri: 9.00 am - 1.00 pm &
2.00 pm - 6.00 pm
Saturday: 9.00 am - 12.30 pm
Tel: 862219



**Sundays: The nearest open pharmacy is Asda,
Dunfermline**

Kinross-shire Volunteer Group and Rural Outreach Scheme

Registered Charity No. SC015642

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

Perth, Dunfermline, Kirkcaldy	£10
Stirling	£12
Dundee, Edinburgh	£18
Stracathro	£25
Loch Leven Health Centre, Kinross/Milnathort	£3
Loch Leven Health Centre, outreach area	£5

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:

12 and 26 April

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.

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

Dyslexia Drop-in Session

Last Tuesday of the month, 6.30pm
Loch Leven Community Library
A local branch of Dyslexia Scotland



Kinross-shire Fund
Grants available for local
community projects

e.g. Events, Information, Transport, Welfare,
Physical Amenities, Recreational Facilities, Support for
Care of the Elderly, Voluntary Organisations

For more information and to download an application form,
see www.kinross-shirefund.org or contact Annabel Bath
on 0131 524 0300
or email Annabel@scottishcf.org



Situations Vacant

In conjunction with www.kinross.cc, the Newsletter is pleased to publish local situations vacant. Please go to the [kinross.cc](http://www.kinross.cc) website before applying to **check whether a position is still available** (Go to www.kinross.cc then click on 'Local Adverts' and choose 'Situations Vacant').

Shop Assistant and Garage Kiosk/Forecourt Attendant (part time), Thomas Buchan, Kinnesswood

Opportunities available for a shop assistant and garage kiosk/forecourt assistant. Experience would be good but not necessary as full training will be provided. Hours negotiable.

Please phone David Buchan on 01592 840255 for further details.

Help with horse (part time), East Brackley Livery Stables

Free stabling/grazing in exchange for daily help with owner's horse and pony.

Tel: 01577 862252 or 07803 134408

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)		

Blythswood Care

(The Newsletter does not always have space to publish the full details regarding items which can and cannot be accepted, so readers may wish to cut out this Notice for future reference)

The Round South Truck accepts small items of furniture, clothing and bric à brac. The uplift of any larger items of furniture (e.g. sofas, beds, wardrobes etc) can be arranged by phoning Hillington on 0141 882 0585. All soft furnishings (e.g. beds, sofas, three-piece suites etc) donated to Blythswood Care must have a fire label with the British Standards code (BS7177) attached to it.

We regret that the Round South Truck cannot accept books. We are also unable to accept bikes, carpets, coat hangers, gas appliances, prams, televisions, small electrical appliances, exercise equipment or wall units.

The next collections will take place on

Tuesday 19 April

between 10.30am and 11am

in Sainsbury's car park

(if car park is full, van will park nearby,
e.g. Park & Ride or Ochil View)

Funding Alert!

P&KC produces a huge list summarising funding opportunities for the voluntary sector. There are dozens of Trusts and Foundations giving away grants.

The list will be posted on www.kinross.cc or go to www.pk.gov.uk and look for the voluntary sector page.

Contacts:

The P&K Grants Direct Team 0845 605 2000

Steve MacDonald, P&KC External

Funding Officer 01738 477963

(Contact Steve MacDonald if you would like to subscribe to P&KC's regular e-funding bulletin.)

Classified Adverts

The Newsletter publishes items for sale listed on the [kinross.cc](http://www.kinross.cc) website. If interested in purchasing an item, we suggest **checking the website for current availability** (www.kinross.cc then 'Local Adverts' then 'Classified Adverts'). If interested in selling an item, please list it on www.kinross.cc and it will automatically be published in the next available Newsletter.

Items for Sale

5 Cocktail glasses £150.00

Hand painted. Probably 1930's. Each glass is painted gold with a black stem and base. Each glass has a different bird painted on.

Seller details: Pauline Watson

01577 862685

pauline@thegreyhouse.co.uk

Ark £90.00

Suitable for chickens, rabbits or guinea pigs. 8ft x 4ft. Nearly new. Very good condition.

Seller details: Morag Wellman

01592 840387

morag.welman@btinternet.com

Indoor Plant Pot £165.00

Large glazed indoor plant pot H 75cm x D 55cm.

Futon Bed £100.00

Double futon bed in excellent condition.

Panasonic 28" TV, DVD & Surround system £150.00

28" Panasonic TV with stand, DVD Home Theatre Sound system and 2 speaker stands, and VCR c/w all leads and user manuals.

For above items contact: Louise Blackwood

01577 864480

blackwoodlogo@hotmail.com

Hotpoint Fridge Freezer FFA60 £35.00

Silver upright fridge freezer. Buyer collects. Cash only.

Seller details: Scott Paterson

01577 864248

scottpaterson12@yahoo.co.uk

Computer desk £25.00

Excellent condition, beechwood, height 51", width 32", depth 19", with appropriate shelves including keyboard shelf.

Seller details: Hugh Dobson

01577 863421

hughdobson@btinternet.com

Female Figure Ice Skates size 5 £30.00

With white guards, snuggies and skate bag.

Seller details: Brenda Bird

01592 840368

bmbird@fsmail.net

Apollo Urchin Boys Bike £15.00 ono

Boys bike suitable for age around 5 to 7 years, 16" wheels.

Seller details: Susan Bathgate

01577 864742

susan@kleo.org.uk

Nishiki Ariel Mountain Bike £100.00

The Nishiki Ariel loves leaving the ground. It's responsive and crisp, riding more like a BMX than a full-sized MTB. The frame is made from 4130 thinwall, butted, oversized Cro-Moly steel tubing. It's tough, durable, and absorbs a lot of chatter.

Seller details: Jess McHardy

07767 316755

jessicahind@hotmail.com

3 seater dark blue leather sofa £60.00

Description: very good condition

Seller Details:

01577 863449

2 Steel 4 drawer metal filing cabinets £10.00 each

Description: 52in high by 18in wide by 24in deep, lockable

Seller Details:

01577 863449

Grants and Funding Websites

www.pkgrantsdirect.com

www.scottishcf.org

Diary

*A more extensive and regularly updated
Diary of Events can be found on www.kinross.cc*

April			Page
Sat	2	Kinross Tennis Club Open Day	60
Tue-Thu	5-14	Harry Potter films shown regularly through school hols	16
Tue	5	Magic from Alex Proctor (school hol activity)	16
Tue	5	Fossoway & District CC meets	36
Tue	5	Lodge St Serf meets regularly	93
Wed	6	Mobile library visits Kinross-shire fortnightly	101
Wed	6	Kinross CC AGM and April meeting	29
Wed	6	Orwell Bowling Club Bingo Tea	93
Thu	7	Fifty Plus Club meets	49
Thu	7	Thursday Group meets	98
Sat	9	Swimathon 2011 for Marie Curie Cancer Care	17
Sat	9	Spring Bring and Buy Sale	93
Sat	9	Portmoak Film Society presents: Made in Dagenham. AGM.	45
Sun	10	Curling Fun Afternoon with olympic gold medallists	60
Sun	10	Cello recital in Cleish Church	3
Mon	11	The Forgotten Diaspora - talk by Billy Kay in Perth	15
Tue	11	Portmoak CC AGM and April meeting	35
Tue	12	Magic Workshop Extravaganza (school hol activity)	16
Tue-Thu	12-14	Art & Craft sessions (school hol activity)	16
Tue	12	Citizens Advice Bureau visits Kinross twice monthly	102
Wed	13	Civic Trust AGM and talk: The Cost of Renewable Energy	59, 93
Thu	14	Kinross Garden Group meets	46
Thu	14	Milnathort CC AGM and April meeting	33, 93
Fri	15	Deadline for nominations - Citizen of the Year award	94
Fri-Sun	15-17	Kinross Rugby Club Grand Reunion	73
Sat-Sun	16-17	Soft furnishings fabric sale, Alison Muir, Milnathort	63
Sat	16	Opening of the green, Kinross Bowling Club	68
Sat	16	Opening of the green, Orwell Bowling Club	60
Sat	16	Orwell Bowling Club Social Evening	93
Mon	18	NEWSLETTER DEADLINE	1
Mon	18	Kinross Croquet Club start of season	67
Mon	18	Holy Week begins	91
Tue	19	Blythwood Care collection	103
Thu	21	Light Up Kinross AGM	94
Fri	22	Easter Egg Hunt at Vane Farm	80
Sat	23	Sportive Kinross Cycle event and ceilidh	16
Sun	24	Beastie Search with SNH	79
Sun	24	Easter Sunday	
Tue	26	Dyslexia Drop-in session	102
Wed	27	Hustings for Scottish Election	3
Thu	28	KHSPC event: 10k Race	50
Thu	28	Kinross Floral Art Club: It's a Small World	94
Fri	29	KLEO Film: the Princess Diaries	54, 93
Sat	30	Bishopshire Horticultural Society Plant Sale	94
Sat	30	Blackheart concert	94
Sat-Mon	30-2	Annual Fossoway Art Exhibition	97
Sat	30	Spring Tea (Fossoway Art Exhibition)	97
Sat	30	A Night to Remember in aid of MND	94
May			Page
Tue	3	Children 1st AGM	97
Wed	4	Kinross in Bloom Quiz Night	42
Sat	7	National Spring Clean: Kinnesswood in Bloom work	45
Sat	7	Ceilidh, Portmoak Hall	97
Sat	7	BBs Coffee Morning, Church Centre	97