



Kinross Newsletter

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DEADLINE for the September Issue

**2.00 pm, Monday
22 August 2011**

for publication on
Saturday 3 September 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)

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Front Cover: Photos of Heritage Trail by G Lawrie.

Commercial Advertising in the Newsletter

Display Adverts

For details on how to place a Display Advert, please go to our website www.kinrossnewsletter.org and click on Advertising for full details, or contact our Advertising Manager. The deadline for new Display ads or changes to Display ads is three days before the normal monthly deadline for copy, so the deadline for display ads is **Friday 19 August**

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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”.

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

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Letters

Editorial

Cricket Application

There are letters in response to content in last month's Newsletter relating to Kinross Cricket Club's withdrawn planning application – see pages 5 and 6.

The Mystery of the Egyptian Papyrus

This month we have had a very unusual mailing. We have received three beautiful colour pictures painted on papyrus. They were addressed to the editor, and were posted along with a note saying "A gift, Please do with these, as you will. Kind regards, S".

With a little detective work we believe that the pictures depict the death mask of Tutankhamun, the bust of Nefertiti, and the funeral procession of Seti I, the son of Rameses as the god Horus guides Seti to the care of Anubis. We have no clue as to who our mystery benefactor is. Any information, comments or suggestions would be welcomed.



Freedom of Information?

7 Jul 2011

As a High Street resident with a reasonable interest in the matter, I recently sent a Freedom of Information request to Perth & Kinross Council to ask about the withdrawn bid to develop the Kinross High School site. I asked for the identity of the developer and his client, and whether the plan was retail, housing or industrial. I also asked for some idea of the scale of the proposal. I did not ask for any financial information.

I received a reply saying that this was covered by confidentiality and I could not be told.

Imagine my surprise today when the Perthshire Advertiser published a story containing all the answers to my questions.

I am now considering paying my council tax to the Perthshire Advertiser; they seem to do a better job at communicating with the public than PKC.

Alan Thomson
Easter Dunochil, High St, Kinross

What is the cost of a coat of paint?

11 Jul 2011

As I walked down to the village on Saturday 9 July, I took note of my surroundings. Long grass and neglected verges were evident everywhere which is now a traffic hazard at the T-junction because of restricted visibility. This should have been attended to long ago. A wide load, possibly a tractor trailer, had severely damaged the surface of the pavement. How long will it be before this is repaired? To my right, was Tillywhally Wood with an improved pathway and trimmed trees. All excellently done but last time I walked there, the off-cuts had still to be cleared away.

At the main road, I turned right, remembered the Magnus Magnusson plaque has yet to be replaced, passed a hole in the road and paused at the 'Gusset.' I studied the layout. As I stood there, I found difficulty in imaging spaces for *six* cars. A *tree* as well, with enclosure? Utterly unreal. A reader in the July issue of the Newsletter cited *three* parked cars as being a hazard but - *six*? Yes, the area could be smartened up. Hence the heading: What is the cost of a coat of paint? The 'Hatch' freshly painted, wouldn't that be good value for money? Those with closed minds, will they be persuaded to change and leave 'improvements' alone?

But there is more. How the 'Gusset' has grown and grown. Now we have the suggestion of traffic calming as well. Why? Those who use the road to and from the village regularly will know that an unofficial one-way system operates already with traffic having to give way, usually at the bottom of the hill but sometimes at the top as well. Furthermore, there are build-outs at the two access driveways up the hill which restricts width. The restricted width imposes its own speed limit. Meeting wide vehicles such as lorries, tankers or farm traffic is a regular occurrence. Lastly, winter conditions need to be considered where the road uphill needs careful judgement, where one can pause if need be at the 'Gusset' before getting a run at the hill. To restrict the width of the road in any way would be misguided.

The promised renewing of road markings has yet to materialise. Indeed, such neglect, seen all around the village, should not have been allowed to happen at all.

So welcome to the 'improved Gusset' with its six shiny parked cars in their freshly painted allotted spaces and single tree with its individual enclosure. As you try to navigate around the obstacles and avoid the traffic close by, you may yearn for a welcoming seat in the open space before puffing your way up the hill. As you look around you and see neglect everywhere, pause and think: there has to be a better way with environmental maintenance being the priority.

Gareth Clemson
Tillywhally Cottage, Milnathort

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

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

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

Kinross-shire Day Centre**15 Jul 2011**

I was delighted to see the article by Campbell Watson, Chairman, Kinross Day Centre, in the July Newsletter and, as a 'customer' of the Centre, I felt that I must write in support of this marvellous facility and especially of the Senior Citizens' lunches. As he made clear, if we don't use it we will sadly lose it, so I would urge everyone to give the Centre a try.

I have been attending the Centre for the past two years and I am so grateful that we have this wonderful facility right in the heart of our community. To be able to get out of the house for a few hours each week and enjoy a superb meal and the companionship of others in a similar position has been a lifeline for me, especially over the winter months.

There are many elderly people living on their own in Kinross-shire, either unable to get out or fiercely guarding their independence. Do not sit alone, whatever your age, your ability or background, the wonderful staff at the Centre will make you feel welcome. During the week, there is a three-course lunch served every day followed by a variety of activities for those who wish to stay. If you need assistance getting there, due to the generosity of the Arthur and Margaret Thompson Trust, two minibuses provide a collection and drop off service.

All who attend cannot speak highly enough of the loving care and attention that we receive from Nan Cook and all her staff, for whom nothing is too much trouble. They will shop for those unable to do so themselves, collect pensions and prescriptions, help you to the hairdressers, dentist or bank and organise a wonderful range of events and activities for us.

In May, a group of us spent five days at the Isles of Glencoe Hotel. It was a wonderful break and we were taken on day trips to Oban, Fort William and the Commando Memorial at Spean Bridge. We even called in at the House of Bruar on the way home so that Jimmy could buy a very posh bonnet. There have been outings to the theatre in Dunfermline to see a panto and *Joseph and the Amazing Technicolor Dreamcoat*, a cinema trip to see *The King's Speech*, and opportunities to join in daytrips to Pitlochry, Tillicoultry, St Andrews, Anstruther, Harry Ramsden's for a fish supper and a lovely afternoon on a barge trip down the Union Canal from Ratho. We have tried line dancing, had several lovely tea dances and concerts and have even started an exercise routine, though we are not yet ready to try Zumba!

Whether you want to come every day or just a couple of times a week if you need a lift, the drivers do a round trip collecting people between 10.15am and 11.30am from all over: Glenfarg, Kinneswood, Blairingone and all the villages between. The minibuses are adapted to take wheelchairs and the drivers are happy to help and deal wonderfully with those who need assistance.

Lunch is served at 12 noon and some people choose to return home after lunch at 1.30pm whilst others stay to enjoy the afternoon activities, returning home at about 3pm. Nan Cook, her staff, the drivers and the people who come in to help voluntarily deserve a huge vote of thanks from all of us who have already discovered this wonderful facility. I apologise for not naming you all individually, but blessings and thanks to you all.

Don't sit at home lonely or perhaps neglecting to eat properly, either drop in or call the Centre and ask to be collected. Currently we range in age from about 65 to over 100, men and women, couples, singles, widows, widowers, from all walks of life and of all abilities from 'sprightly' to wheelchair-bound. Come along and join us, you would be made most welcome.

An open day is planned for Wednesday 10 August.

Jean Marshall, Kinross

Kinross Cricket Club report**18 Jul 2011**

I read the article in the July newsletter and was very concerned with the tone of the report of a meeting called by local residents in Milnathort to consider proposals for a Junior Academy cricket ground alongside Burleigh Castle.

I, as a local councillor, was invited to attend the meeting and whilst there were some unfortunate comments made at the meeting and the officials from the cricket club were given a hard time, the majority of the people present were polite and listened to the proposals.

Whilst not everyone present was opposed to a new cricket ground they were concerned with the details of the proposals, the more extreme comments being made by a very small minority of those present and the report I would suggest was not representative of the majority of the people who attended.

I fully appreciate the importance of sport in our community and applaud the success of Kinross Cricket Club and wish them well in finding a suitable site. Hopefully all concerned will learn from the mistakes made in handling this issue and I would respectfully suggest that any proposals for an alternative site are brought to a public meeting.

Councillor Sandy Miller

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Kinross Cricket Club Planning Application 18 Jul 2011

On behalf of a number of the residents living near Burleigh Castle who attended a meeting on 24 May 2011, I confirm that we are appalled that you have allowed the Newsletter to be used to air comments from the Kinross Cricket Club without first checking whether the pejorative statements made were in any way a true reflection of the discussions that took place and that you should compound matters by pointedly directing the readers to the article thereby demonstrating a prejudicial bias.

In the interests of brevity, a rebuttal of every single comment is not made below but we consider the club's recollections of the meeting to be so inaccurate of the views expressed by residents that it might well be considered defamatory. As there are generally two sides to every story, we trust you will now give these comments on the meeting equal prominence and give identical editorial direction to its location within the Newsletter. Otherwise the Newsletter risks the possibility of being a direct contributory cause of unnecessary animosity within Kinross-shire.

Following the statutory neighbour notifications, the residents held an initial meeting at which two major concerns were voiced, these being the flood risk to The Steadings housing should the field be re-graded and/or drained and the traffic impact of a new junction between Balfour Crescent and the chicane caused by the castle's round tower. Objections to the cricket proposal were minor in comparison but because of queries raised on safety, noise intrusion and activity hours it was decided to request a meeting of CC and PKC Councillors to discuss the major issues and a representative of the club to respond on the minor issues. This second meeting was attended by invited councillors and two representatives of the club accompanied by their agent.

It is obvious that in making no reference to the presence of councillors or that the bulk of the time was taken up in discussing the substantive issues of flood and traffic hazards, the club was not prepared to be deflected from an obsession with a recreational interest even when that runs counter to the potential for misery to be caused by flood damage to homes or the injury or death consequences of traffic accidents. Perhaps these are real examples of mean spiritedness?

The quote "if you build here, I guarantee it will be turned to ash" cannot be left unchallenged. This is a seriously disingenuous remark and when read with the later "threat of arson" directs the reader towards the assumption that the residents will burn the building. In fact this is a referral the point being made that timber buildings are vulnerable to arson attack, a fate that befell the SNH bird hide on Loch Leven between Burleigh sands and the Kinross golf course. If planning permission was granted it would obviously be subject to relocating the building off the castle's archaeology and would inevitably put it close to a house in Balfour Crescent. In the event of a fire, the spread of flame to the adjacent house would represent an unacceptable risk. The reluctance of the club representatives to listen to reason on this matter caused one angered resident to comment that vandals would burn the building.

Much time was spent discussing traffic impact. The club's agent stated that the PKC Highways Dept had confirmed that there were no objections to the location of the access road junction even though the adjacent Balfour Crescent junction onto a concave bend is a major current risk. Local

public pressure has succeeded in getting the speed limit relocated eastward beyond the Stackyard but since then this short stretch of road has still been the site of one fatal and two serious road traffic accidents. The residents have serious and ongoing concerns about the road alignment which would only be exacerbated by the proposed development.

Another point worth noting is that the issue of floodlighting was a reference to a discussion at an earlier Milnathort Community Council monthly meeting.

In turning to the editor's remarks, the suggestion for a name change to Kinross-shire Cricket Club, in itself a fairly inoffensive proposal for a more inclusive name and indeed a cricket convention, was actually made by Milnathort Community Council in its response to the planning application; nothing to do with the residents whatsoever (the minutes of the C.C. meeting confirm this as a matter of public record).

Some objectivity in future would be appreciated.

Mr D.L. Brown
Balfour Crescent, Milnathort

From the Editor:

I pointed readers to the Cricket Club article because I thought it could be of interest to readers who might otherwise skip over a sport club report, thinking its content only relevant to the club's own members, when there was actually a matter of wider interest there. I did something similar recently regarding an Otters report, so as to attract attention to their fund-raising for a cancer charity.

Editors are allowed to express opinions in their editorial columns, and last month I did. I stated that I thought there were sound reasons why the field next to Burleigh Castle was not a suitable location for cricket facilities – the same view as Mr Brown and other local residents who objected to the planning application.

It would be wrong for an editor to withhold an item submitted for publication simply because it did not coincide with a point of view that he or she might have, and I would never do this. It is extremely rare for us not to use a submission (although it is a challenge keeping the Newsletter to a manageable size now). At the Newsletter we strive to present readers with a range of news and information that we hope will be of interest to them. And providing a forum for debate is one of the purposes of the Newsletter, one that keeps it lively.

I am aware of the comment contained in the minute of the Milnathort CC May meeting, as it was duly published in the June Newsletter. I was not referring to Milnathort CC's comment in my editorial. I said that what saddened me was the attitude displayed in *some* of the **letters of objection to PKC** (Milnathort CC did not actually object). The letters can be viewed on the PKC website, under planning application reference 11/00604/FLL.

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News & Articles

Loch Leven Heritage Trail

By Neil Kilpatrick, Project Director

Following some delays caused by the winter weather earlier in the year, it is good to report that TRACKS is now making excellent progress on the extension of the Loch Leven Heritage Trail which will run from Kinross Pier to the south west side of Kinross Mill.



The work of constructing the trail path is now nearly complete and most of the security fencing between the path and the Mill grounds has been finished. The foundations of the new bridge across the South Queich are in place and work has been started on site on the fabrication and installation of the bridge itself. The structure should be in place by the end of July. It has been built to the very high specification demanded by Perth and Kinross Council and will carry pedestrian and cycle traffic with disabled access. A programme of tree planting has been completed along the lochside of the Trail to provide extra screening from the birds on the loch. This was done by a group of hardy SNH volunteers who braved some atrocious spring weather to complete the task. The new bird hide beside the Mill will be installed in August after being delayed by the presence of the young duck broods which are present in the bay over the summer.

At the Mill exit of the Trail, the Mill car park has been modified to allow access through an area that will also be used for extended parking for the Mill shop. The Mill shop now has an attractive cafeteria which will welcome trail users. With the co-operation of Sustrans, a major funder of the project, the National Cycle Route 1 will be diverted from the B996 on to the Heritage Trail at the Mill entrance. Cyclists using this route will then be able to bypass the busy streets of Kinross and Milnathort and emerge from the Heritage Trail at Channel Farm to rejoin the national route. To make the cycle linkage at Kinross Mill, the pavements



Local rabbits take an appreciative look at the new section of the Loch Leven Heritage Trail

on the B996 will be widened from the Old Cleish Road to become shared access for pedestrians and cycles.

As the new route south starts at the Kinross Pier the map at the stone entrance will be modified to show the new route section and a stone marker will be installed pointing south along the side of the Pier. At the Mill exit two new monoliths will be erected, one containing the Trail map and the other containing a panel depicting the work and heritage of the Todd and Duncan cashmere operation.

At this stage it is not possible to set a precise opening date for the new trail section but it is likely to be late August or early September. The Chinese chairman of the Ninkxia Zhongyin Cashmere Company, the owners of Todd and Duncan Ltd, has been invited to come from China to perform the opening ceremony.

Home-Start Perth

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. We also run family groups in Blairgowrie and Coupar Angus, a Perth based group for young mums and group counselling and baby massage for mums with post-natal depression (Mums in Mind).

Home-Start Perth is always looking for new volunteers. If you are interested in becoming a home visiting volunteer or joining our board of trustees, please contact us. If you think your family could benefit from Home-Start support, please also get in contact.

More information on any of the above 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.



COUNTY BUILDINGS, KINROSS

Glasgow School of Art Project Appeal for Local Information

I am currently undertaking my masters at the Glasgow School of Art and being from Kinross I am researching local dis-used/derelict buildings and their effect on local people. The County Buildings, 21-25 High Street, being the latest building to become empty in a list of boarded up buildings in Kinross, is my main subject for a photographic and video work on memory and place.

Do you have any information/stories/photos/memories on the above building? Perhaps you, or someone you know worked there, or it may simply appear in the background of your snapshots!

Any information given will be fully credited and greatly appreciated!

Many thanks, Catherine Markie
catherinemarkie@aol.com 07841017326

181 Years Old!

That's how many years Kinross Show has been running and not my age!

First of all, I would like to welcome you on behalf of the Kinross-shire Agricultural Society to our 2011 Show.

Huge thanks must go to the new owner of Kinross House, Donald Fothergill, for allowing us to use the stunning setting of Kinross House grounds to stage our show. We are indeed privileged to have such an amazing backdrop, with its mature enclosed grounds, which creates a real unique atmosphere like no other small show in Scotland.



KAS President Bob Craig

A full day has been organised with all sorts of things to see including an excellent turn out of sheep, cattle, goats and horses with judging taking place throughout the day in all of these classes.

New this year is an open individual stock judging competition, which is open to everyone – yes, that includes you! For a **small** entry fee, there is the chance to win a **large** cash prize; go on have a go, you might just win!

The main ring programme includes three different amazing bike displays throughout the day, children's games and the traditional parade of animals, vintage tractors and the prize giving.

We again have an excellent turnout of trade stands and exhibitors and their support along with our sponsors is an ever-important part of this show.

Finally, I would like to thank my committee and all the volunteers – without their hard work and dedication this show would not be possible.

Thank you for your attendance and keep smiling – it helps makes the sun shine!

Bob Craig, President
Kinross-shire Agricultural Society

Kinross Show, Saturday 13 August

Get your diaries out and plan a great day out at this year's Kinross Agricultural Show on Saturday 13 August. Set in the grounds of the beautiful Kinross House, the show will host all the traditional attractions and activities as well as special events, including three performances by Scotland's cycle stunt team, The Clan, where these talented riders battle it out in a series of fantastic stunts.

The new Stock Judging Competition takes place between 10am and 12 noon, which involves scoring the livestock. There are generous cash prizes from sponsors Harbro Ltd, East Coast Viners and Scotbeef.

With the grand parade of animals, show jumping, Highland dancing, children's races, craft tent, flower tent, vintage tractors and the increasingly popular dog show there is plenty to see and do, and lots of great local foods to try.

The showground will be open bright and early from 7am, with parking (£5) in the nearby Kirkgate Park. Ticket prices £7 adults, £3 children and concessions, or £18 family ticket. Ringside parking (£15) and disabled parking (£5) available in advance only from show secretary Mary Morgan 01592 840030.

Kinross SWRI Show preview

The ladies of Kinross Group SWRI are once again busy preparing for the annual show on Saturday 13 August.

Prizes in several classes are again being sponsored by local firms this year. In the Handcrafts Section, David Sands Ltd are sponsoring a 'Card – Any Craft', and The Bead Shop are sponsoring an 'Article in Beadwork'. In the Produce Section Loch Leven's Larder are sponsoring the 'Jar of Apple Jelly'. Williamson Design Florists Ltd are again awarding their prize in the Floral Arrangement Section, 'An Exhibit Depicting a Nursery Rhyme'. Jimmy Smith of the Kilted Christmas Tree Company is again sponsoring the now famous 'Ecclefechan Tart' in the Baking Section. In the Gents' Section, the Edrington Group is again donating a special personalised bottle of the Famous Grouse Whisky. Great to see we have some new entrants in the Gents Section this year!

In the SWRI marquee there will be a wonderful display of Crafts, Needlework, Baking, Produce and Floral Arrangements, also entries from husbands and partners in the Gents' Section, and entries from children and grandchildren of members in the Children's Section. Judges this year are from East Lothian.

There will also be demonstrations going on in the tent during the day of the Show on 'Felting', and 'Embellishment of T-shirts' – so do come along and have a go!

There will also be a Sales Table selling Baking and Produce, and SWRI goods.

We also have a wonderful raffle with super prizes, the first prize being £50. Make sure you get your tickets! They will be on sale in the tent during the day to be drawn at the close.

There is no entry charge – just a silver collection, so please come along and view the wonderful work of the SWRI. Open from 10am until 4pm on the day of the Show.

181st Kinross Show

Kinross House
Saturday 13 August

Cattle • Sheep • Goats • Horses • Rare breeds
Dog Show • Flower Show • Art & Craft • SWRI

Highland Dance Competition 11am
Main Ring Entertainment from 2pm

Vintage Tractors • The Clan Bike Display
Parade of Champion Animals • Children's Races

Children's Fancy Dress, 12yrs and under
with or without pony or donkey

Bar & Food outlets Wide variety of stands

Admission: Adults £7, Conc £3, Family £18

Any enquiries: M Morgan 01592 840030, E:belmonte70@aol.com

Kinross & District JAC

Grand Open Stock Judging – New for 2011

Sponsored by Harbro Ltd, East Coast Viners & Scotbeef

Class 1. Dairy Cattle	Class 3. Pedigree Sheep
Class 2. Beef Cattle	Class 4. Cross Sheep

Entry for all £3.00
£300 in Total Prize Money

Open Individuals 1st £100, 2nd £50, 3rd £25
1st Young Farmer (under 26) 1st £50, 2nd £25, 3rd £15
Juniors (16 and under) 1st £20, 2nd £10, 3rd £5

Entries taken on the day at JAC Marquee between 10am until 12.00 noon. Judging commences 1.00pm prompt.

News from the Health Centre



Repeat Prescriptions

For some years we have had a dedicated answerphone for patients to leave requests for their repeat medication. We have been reviewing the messages left and have found that we are frequently given inadequate information. For example, a patient's date of birth may not be given, making it harder to identify the patient. Details about the medication are often incomplete or inaccurate: the name of the medication is incorrect or the dosage is not stated. Such inaccuracies could lead to mistakes being made in the generation of the prescription and for this reason we have decided to remove the answerphone facility as from 1 September 2011.

Each prescription generated has two parts. The left hand side contains information about the medication required and this part is handed to the pharmacy. The right hand side of the prescription is the Reorder Form and has the patient's details plus details of any medication which the doctor has put on repeat. This Reorder Form will now usually be given to all patients when they collect their medication from either Rowlands in Kinross or Davidsons in Milnathort. Patients should retain the Reorder Form and use it when they order their repeat medication. The items required should be ticked and the form delivered to us. This may be done in any of the following ways:

Deliver the Reorder Form to the Health Centre

- Between 8.00am and 6.00pm the prescription request can be put into the red box to the right hand side of the prescription hatch. We would ask patients to put it in the box rather than ring the bell. The box is emptied several times a day by the prescriptions manager.
- After 6.00pm or at weekends prescription requests may be put into the grey letter box to the right hand side of the front door of the Health Centre. This is emptied each morning.

Post the Reorder Form to the Health Centre

Please ensure that you allow sufficient time for Royal Mail to deliver the prescription to us.

Deliver the Reorder Form to the pharmacy

Both Rowlands in Kinross and Davidsons in Milnathort and will accept the right hand side of your prescription and they will deliver it to us. Again please allow a bit of extra time for this.

Order via our Website

Repeat prescriptions can also be ordered on our website. The web address is www.lochlevenhealthcentre.co.uk. On the front page of the website is a link to a secure ordering form. By using this form you will be sending information about yourself across the Internet. Whilst every effort is made to keep this information secure, you should be aware that we cannot offer any guarantees of absolute privacy. If this matter concerns you then you should use another method of requesting a repeat prescription. The Reorder Form can be used to enter the details of the medication required. The system will store this information so that it does not have to be re-typed each time medication is required.

We deal with requests for over 2,000 items of medication per week. Every request has to be generated from the computer and they are then divided amongst the GPs for signature. We require **2 working days** to complete this. However, each day we receive many requests for urgent medication. These generally arise because the patient has forgotten to request their medication in advance of it running out. Such requests have to be individually taken to the GPs, thus disrupting their consultations. We also find that about 30% are not collected that day even though they have been requested urgently. We would therefore ask all patients to ensure that whichever method of ordering they use, the prescription is **received by us at least 2 working days prior to the medication running out**.

If you have any questions on ordering your repeat medication, please contact our prescriptions manager on 01577 866428 or our practice pharmacists on 01577 866416.

Family Week, 1 – 5 August

In Kinross Parish Church at 9.45am until 12 noon

The morning programme in the Church is full of fun, lively music, Zumba, crafts, games and stories from the Bible. There are various events for all ages during the week.

An Odd Man Out Competition for all the family. Spot the odd man out in the local shop windows. Competition forms will be available on Monday morning 1 August and should be handed in on or before 5 August.

Tue 2nd Rounders at 7pm in the grounds of the old High School behind the Church. All family members welcome.

Wed 3rd 2.30pm-3.30pm. Film for Primary School children. Young children should be accompanied by a parent or guardian. Cost 50p. Ice cream and chocolate. Ice skating at Dundee Ice Arena for all senior pupils. Meet at old High School car park at 1.45pm, return 5pm.

Thu 4th 7-9pm. Film night for Senior pupils and P7 in Kinross Parish Church. Entry free.

Fri 5th 7pm. Closing meeting for Family Week in Kinross Parish Church. BBQ afterwards in Church grounds. Hamburger/Roll and juice. Everyone in the family invited. Donations.

Further information from Margaret Michie 01592 840602.

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Library News

The library is busy throughout the summer with the Circus Skills Reading Challenge. It's not too late for children (aged 5-11) to sign up - simply read six books before the end of August to receive a medal at the awards ceremony on **1 September**. Visit the library for further details.

Circo Modo is visiting the library on **Monday 8 August** to teach circus skills to children. This sold out event has been very popular so make sure to enquire about similar themed events throughout Perth and Kinross libraries. Zoolab recently visited the library - a petting zoo consisting of a snake, rat, giant rainforest snail and tree frog delighted children.

Laura Marney will be visiting Kinross to discuss her novels which feature black humour combined with chick-lit to great effect! It will be an uproarious evening so why not come along? Tickets (£5) are available for the event taking place on **Thursday 8 September**, 7.30pm.

Ask in the library or call 01577 867205 for information about autumn events.

Tasty breakfast leads to radio gig for Iain

A chance remark over breakfast by a disc jockey staying in Kinross for T in the Park led to local butcher Iain Hunter singing live on national radio!

Real Radio Breakfast DJ Cat Harvey has a special arrangement with Jim and May Paterson, camping in their garden at Gallowhill Farm. She was tucking into a roll and sausage during the festival weekend and saying how good it was, when Jim and May explained it was from Hunters the Butcher in Kinross. They went on to tell Cat that Iain is also a very good singer and can perform in the style of the 'Rat-Pack' singers such as Frank Sinatra and Dean Martin.

Iain was duly invited to the Real Radio studios in Glasgow to perform on the Breakfast Show and gave a fabulous rendition of the Frank Sinatra classic "That's Life" at 8.45am on Friday 16 July. You can see Iain's performance on the Real Radio website at www.realradio-scotland.co.uk

In addition to his Master Butchery business, Iain has pursued his singing on a part-time basis for a while. Locally he has performed at Backstage at the Green, at various charity events and will be at the Kinross-shire Music Festival in November. He is available for engagements such as corporate events and weddings. For more information, see:

www.iainhuntersings.com

Hunters of Kinross supply the management team of T in the Park with barbecue goodies before and after the festival, and this year were delighted to be asked to supply kebabs, burgers and a hog roast for 'The Residence', the luxury camping area. "They are very supportive of small, local businesses," said Pamela Hunter.

Waste service survey

Perth & Kinross Council is inviting householders to comment on waste and recycling services available in the Perth and Kinross area through a new online survey.

Available at www.pkc.gov.uk/wasteservicesurvey, the survey asks for opinions on the kerbside collection service, Recycling Centres and Recycling Points. The survey closes on Wednesday 24 August.

Eat yourself slim - Yes you can!

"..... and you won't believe how much great food you can eat!"

At that point I was hooked - even before I joined my first class. I hadn't seen my friend Mary for a while and couldn't fail but see how fit and well she looked. It wasn't just that she'd lost weight, although she had, but she looked so healthy. When she told me that she had joined a Slimming World class and explained about the eating plan it was hard to believe it could be that easy - and I couldn't believe how much tasty food she was eating.

That's a year ago and since then I've lost two and a half stones with Slimming World. Initially the biggest hurdle for me was how much I could eat; I thought there was no way I could lose weight eating all this delicious food.

Over the years the problem for me hadn't been so much losing the weight, but keeping it off. Weighing and measuring everything and running out of things to eat by 7 o'clock in the evening was never going to work for me. But Slimming World is different, it's about healthy food, as much as you like, whenever you like. I'd finally found a way of eating that I knew would allow me to enjoy losing weight - and even more importantly keep it off.

Forget calorie counting and forget any previous dieting dos and don'ts - they'll only get in your way. Slimming World is about enjoying healthy satisfying low fat food that can be enjoyed in any amount whenever you're hungry - the only limit is your appetite. The new *Extra Easy Plan* really is just that - no obsessive counting or tedious weighing; no feelings of hunger and deprivation!

There's always plenty of lively chat in the classes and sharing of recipes and information - we love talking about food almost as much as we enjoy eating it! By staying to class every week you get lots of support, particularly if you've had a difficult week. I really liked the fact that I set my own target weight. For most of the time I took it in half stone chunks; that worked for me but the key thing is that you decide what works for you.

And it's not just for the ladies, male members are always made very welcome and always do really well, I think it must be all the steak and Slimming World chips!

My new class starts in the Kinross Church Centre (Upper Hall) on Monday 22 August at 7.30pm and I'm really excited about getting my own Slimming World group up and running. So why not join me, you've nothing to lose but those excess pounds. If you'd like to find out more I'd be happy to have a chat.

Chrystall Rutherford, Mob: 07768 343000



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New group starts
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Flutterby Therapies and Fitness Pilates with Val



Fitness Pilates in Kinross

I have recently taken over Pilates classes from Zoe Tod of 'Body Inspirations'. Zoe's classes have been well established in Kinross for several years and I am delighted that she has asked me to take over the classes in the Masonic Hall. I am trained in Fitness Pilates and I hope the following article will give you an idea of what this particular type of exercise programme is all about.

What is Fitness Pilates?

Fitness Pilates is a **group exercise programme**. It is **functional training** with its roots in the original matwork exercises and teachings of Joseph Pilates. Fitness Pilates is for the 21st century as it utilises the best of the old Pilates ideology combined with modern techniques/modifications based on research and current knowledge of human movement to bring about a more *functional* approach. It is training that focuses on the body as a human kinetic chain with a major focus on the 'deep core' (abdominal) muscles of the body. By applying the fundamental Pilates techniques and exercises, Fitness Pilates aims to offset musculoskeletal imbalances. It is a group exercise programme designed to enhance posture, strength, balance and stability in the healthy adult. It is not a clinical, diagnostic or remedial programme, however it is well documented that it is effective in helping maintain good postural alignment of the spine and is often advised by physiotherapists as an excellent form of exercise for those with some types of back problems. I would advise that those with medical issues of **any kind** first ask their GP/health care professional for permission to participate in Fitness Pilates. Those attending class will be asked to fill in a brief PARQ form (Physical Activity Readiness Questionnaire) to ensure that this type of exercise is suitable for them.

What happens in a class?

In a Fitness Pilates class we are training the body to move 'functionally' through all planes of movement – it is effectively exercise in 3D. We are training the body to move in all planes of movement experienced in everyday life – for example, when we twist around in the car to check the toddlers in the back, when we bend to tie a shoelace, when we tee off in golf – we are moving forwards and backwards, side to side and rotationally with the expectation that the body will automatically cope with all of these postural and muscular movements day in day out.

By training in Fitness Pilates we can give ourselves stronger more functional abdominal/core muscles and this will allow us to coordinate motion between the pelvis and the thorax (the trunk area of the body) much more effectively and functionally. You are less likely to experience the 'tweaked back' if the musculoskeletal system is used to performing movements correctly.

A typical Fitness Pilates class consists of the following components whilst incorporating the basics of the original Pilates exercises which involves finding and maintaining the 'neutral spine position' during standing, prone and supine movements and sequences. Exercises can be adapted or modified to meet client needs.

- Warm up/Mental and Physical preparation
- Standing Fitness Pilates Functional Work
- Mat work Fitness Pilates Exercises
- Cool down and relaxation

Equipment is used as clients progress and to add variation and challenge to the mat exercise programme. We use large core stability balls, small weighted toning balls or handheld weights, small soft 'Bender' balls and Pilates fitness circles.

What are the benefits of Fitness Pilates?

Fitness Pilates will bring about positive changes both physically and mentally.

- Overall it aims to offset musculoskeletal imbalances by re-educating the mind and body to 'recruit' core muscles – enhanced core stability.
- Increase muscular strength and improve balance.
- Improve core and back strength with increased flexibility and strength in the lumbar, thoracic and cervical spine.
- Improves muscle tone and postural alignment.
- Maintain stabilisation of the core muscles whilst being challenged by movements of the limbs.
- Improve the client's ability to function at an optimum level occupationally and recreationally.
- Breathing technique is a crucial part of Pilates training and by encouraging proper breathing techniques there is better oxygenation of the blood.
- Better breathing also helps muscles to relax and avoid tension.
- A relaxed and full breath pattern helps focus the mind and allows concentration on each exercise. Deep exhalation can help activate the deep abdominal muscles.
- Correct movements patterns will become automatic in everyday life creating a general feeling of health and well being and the body feeling less stressed.

For contact details for Fitness Pilates classes and Holistic Therapies, see advert in Newsletter (*below*).

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Ewan Williamson Memorial Awards

Mrs Williamson of Kinross recently donated £2000 to Kinross High School Physical Education department. Following the tragic death of her son, Ewan, in July 2009, thousands of pounds have been raised by his friends through a ball in his memory. Ewan Williamson, a former pupil of Kinross High School and a keen sports player and basketball, tragically died during duty as a fire-fighter at a fire at the Balmoral Bar in Dalry Road in Edinburgh.

The generous donation has been extremely welcome and has been used to buy technology to allow pupils to record, immediately view and edit their performances. It is hoped that this technology will have a significant impact on the quality of pupil's performances in PE and will be really motivational for both staff and pupils. Recently the first ever Kinross High Sports Award Ceremony took place and the technology was used to create a short film of the school sports day. Pupils watched the movie at the ceremony and it was widely enjoyed.

Amongst other awards at the ceremony there were three trophies presented in memory of Ewan and these were also purchased from the donation. Mrs Williamson kindly presented the awards at the ceremony. The winners of these awards are:

Fairplay Award:	Callum Gosse
Most Committed Female Basketball Player:	Katy Brown
Most Committed Male Basketball Player:	Kieran Curruthers



The winners of the Ewan Williamson Memorial Awards. Also pictured, Mrs Williams on presenting a cheque to Gillian Urquhart and Elaine Kinnell, both Principal Teachers of PE at Kinross High School.

Denise Dupont

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Tullibole Castle Open

Completed in 1608, Tullibole is a classic example of a Scottish tower house in a parkland setting. Contents include a collection of 18th and 19th century paintings and portraits of past owners of Tullibole Castle and their relations; including some by Raeburn, a collection of silver, and furniture from the 18th and 19th centuries. The castle has recently undergone a facelift, with restoration work to the external finish or harling. In the castle grounds are a historic graveyard and remnants of a ruined medieval church, a 150 yard 'moat' and doocot. Visit the Witches Maze Memorial for the Crook of Devon Witch Trials, also to be found in the grounds. Tullibole Castle is located on the B9097 one mile east of Crook of Devon.



Tullibole Castle

Open: Last week in August to 30 September
from 1pm to 4pm, Tuesday - Sunday.

Admission every half-hour with guided tours only.
Adults £5, Concession £3.50.

Doors Open Days:

Free entry on 24 and 25 September for Doors Open Days.

Scheduled Churchyard and Witches Maze Memorial

Unrestricted access at all times of the year from Gelvan Road. 1/2 mile to the NW of the Castle.

Also open for

Perthshire Open Studios, 3 - 11 September 2011

Sat 3, Sun 4, Tue 6, Wed 7, Thur 8, Sat 10: Open 1am-4pm
Pauline McGee – Painting, Drawing.

Her art has been greatly influenced over the years by working in the field of trauma and violence against women and children. Living near Tullibole Castle, she heard of the woodland maze within its grounds as memorial to the eleven women persecuted as witches at Crook of Devon in 1662.

Her paintings have been inspired by the emotive context of women's lives at that time.

More information at: www.perthshireopenstudios.com

Sainsbury's charity launch

Sainsbury's are having an official launch day from 11am on **Saturday 6 August** to mark their charity year with The Scottish Cot Death Trust. A Sainsbury's spokesperson said, "We are very excited about the event."

Greenacres – ‘planning in disrepute’

Cllr Barnacle has written a strongly worded letter to PKC's head of development management, Nick Brian, to complain about the department's failure to control the size of the Travelling People's site at Greenacres, Blairadam.

The Councillor was prompted to write on hearing that the planning officer intends to recommend approval of the formation of a hard-standing and installation of four permanent mobile homes and ancillary work at Greenacres (planning application reference 10/00732/FLL).

In the past, a number of retrospective planning applications have been approved at this site, which Cllr Barnacle describes as "expansion by stealth". Both he and Cleish & Blairadam CC have asked PKC for clarification of the site boundaries. No such clarification has been provided.

Cllr Barnacle provided Mr Brian with a summary of the history of the site between 1993 and March 2011 and highlighted the retrospective nature of nearly all the applications. "This saga brings the planning system into disrepute," he claims.

In May 2006 Mr Brian's department stated that the 'potential of the site has been achieved at 7 units'. Cllr Barnacle points out in his letter that there are at least three times that number of units now.

In his submissions on the Main Issues Report for the PKC Development Plan, Cllr Barnacle stated the need for a development brief to ascertain and contain the parameters of this site. Reminding Mr Brian that the site is within the Lochleven catchment management area, Cllr Barnacle says, "I fail to see why this site is allowed to expand within it, given the need for strict drainage controls that are enforced with smaller proposals in the area."

"How much longer do the community and elected members have to wait before planning address this matter?" he asks.

Dunning Glen – groups work together to end wild camping mess

Community groups in the area of Dunning Glen are increasing their efforts to find a solution to the disruption and the mess created by irresponsible wild campers. The area has always attracted people who enjoyed being outdoors, but the last few years have seen an increase of instances of vandalism and littering.

Litter is not the only problem. Trees and bushes are cut down for firewood. Several times fences or gates have been used to burn as well, leaving livestock to escape and creating expensive damage. Local landowners and farmers have joined the initiative to curb this behaviour.

Fossoway CC has successfully applied for a grant from PKC to tidy up the area and to erect signs asking people to behave responsibly.

Other bodies involved in this initiative are: Tayside Police, Central Police, Muckhart CC and Friends of the Ochils.

Stuart Dean, Chair of the Friends of the Ochils and Secretary of Muckhart CC says: 'Finding a permanent solution to this problem proves to be difficult. The Scottish Outdoor Access Code promotes responsible behaviour when enjoying the outdoors, but in reality there are few consequences when people behave in an irresponsible manner. Farmers and landowners have little redress and while most of them welcome walkers and campers in the Ochils, there needs to be effective ways to deal with the minority of people who keep littering and vandalising.'

Forum for Kinross-shire?

Cllr Barnacle has written to all the CCs in the Kinross-shire ward to suggest a Forum to discuss issues of common interest - examples might be planning policy and procedures and the future of the area Roads depot at Turfhill.

The suggestion is that three representatives from the six CCs plus the four elected members for Kinross-shire meet twice a year. This might enable Kinross-shire "to speak with a strong and united voice on issues of common concern," he said.

The six CCs in the Kinross-shire ward are: Glenfarg, Milnathort, Kinross, Portmoak, Fossoway & District and Cleish & Blairadam.

Skiing to success

Charlotte-Louise Yeaman (13) of Kinross has achieved a number of impressive ski competition results in Scotland in recent months, on dry mat and on snow. She trains three times per week at Midlothian Ski Centre, Glasgow Ski Racing at Xscape with her father, who is a ski instructor and race coach. Charlotte also trains up to ten weeks in Italy and France over the winter period. She has received great support from Kinross High School while she continues her training. Charlotte-Louise is very committed to her skiing, and helps to fund herself by getting up at 6 o'clock every morning to do a paper round. She would be very appreciative of any sponsorship or contribution to help towards the purchase of new equipment and training. If you or your company would like to help Charlotte-Louise, please contact 07904 107951 or e-mail cyeaman@live.co.uk with how you would like to help.



Kinross skier Charlotte-Louise Yeaman

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Cleish Gathering

Not even the deluge of rain on 18 June could prevent the people of Cleish coming together for the inaugural Cleish Gathering, held on the Cleish Sports Field. The event, organised by the Cleish Field Committee, was attended by about 160 people – local residents, members of Cleish Church, pupils from Cleish Primary School and their families and friends. The afternoon's entertainment was provided by Tony Brotherton of Fit & Happy, who put the assembled, of all ages, through their paces with a range of games and races. The highlight was surely a relay race in which teams of adults and children dressed a team member as an Olympic Athlete who then competed in the final run in seemingly very tight sporting garb!



Exercising with Tony Brotherton of Fit & Happy

For those children wanting to stay in the dry, Cleish Junior Church provided a tent with arts and craft activities and fantastic face painting.

The heavens opened once again prior to the barbecue but huddled under the gazebos and tents the party spirit was far from being dampened. Indeed, soon the main marquee was jumping and jiving to the music provided by local disco man Lawrence Bec and the fabulous live band Andy and the Strummers (James Ross on guitar and vocals, Gillian Shackleton on bass and vocals and Andrew Megginson on drums).

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People danced into the night and as the last few die-hards squelched their way back through the mud to the cluster of tents at the end of the field, there was a sense that we had created our very own mini Glastonbury or T in the Park in this rural backwater of Kinross-shire.

The organisers would like to acknowledge and thank the Kinross Fund for the grant that enabled the infrastructure of the event to be put in place, all those who helped prior to and on the day and all the people who braved the elements of this year's summer weather and turned up. It was an event embracing true community spirit.



The pouring rain couldn't dampen the party spirit as everyone moved undercover to continue the fun...

Visiting Kinross Parish Church

The experiment of opening Kinross Parish Church to the public during the week has been successful, with the opening hours being maintained by volunteers even during the summer holiday period. The church has decided to make this a permanent feature.

So when Family Week (1 – 5 August) is over, the church will once again be open 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 can have a chat with one of our welcomers 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.

The church is now a member of "Scotland's Churches Scheme" at www.sacredscotland.org.uk.

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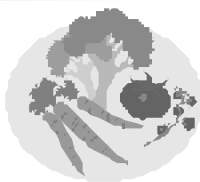
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Feed Your Fertility

Five steps to boosting your chances of successful conception, pregnancy, delivery and baby.

By Alisa V Wilson, nutritional consultant



As infertility rates continue to climb, more and more experts are looking at nutritional deficiencies and environmental toxins as potential primary causes of delayed conception. If couples embark upon a fertility boosting diet and lifestyle plan for three months before trying for a baby, very often their chances of getting pregnant faster increase significantly. A good preconception care plan may also help to determine your child's health in adult life, because research has shown that what happened around the time of a baby's conception and during pregnancy can increase or decrease the risk of heart disease, high blood pressure and diabetes later in life.

Fertility boosting action plan

It takes two – never forget that getting pregnant takes two and both the man and woman must make the changes to their diet and lifestyle. Three months is the recommended period of time for preconception care as it takes that time to improve the quality of eggs and the quality and quantity of sperm.

STEP ONE: EAT WELL

Although it goes without saying that a healthy diet is crucial to a successful pregnancy and health baby, many people are unaware that diet may affect the ability to conceive. The following are recommended:

- Plenty of fruit and vegetables.
- Complex carbohydrates – wholegrains, oats and wholemeal bread.
- Organic foods where possible.
- Oily foods such as fish, nuts, seeds and oils – these have a profound effect on every system of the body, including the reproductive system.
- Reduced intake of saturated fats from red meat and dairy products etc.
- Increased intake of fibre.
- Avoid additives, preservatives and chemicals such as artificial sweeteners and sugar.
- Avoid the three main fertility busters: caffeine, alcohol and smoking.
- Drink plenty water – aim for six to eight glasses of water a day, more if you are exercising.
- Don't forget the supplements: food may not always contain all the nutrients that you need. Of particular importance are vitamins B6, C, E and folic acid. Vitamin A is crucial for male fertility. According to researchers, a good quality, specially formulated fertility multi-vitamin and mineral supplement may double your chances of getting pregnant and help you to produce better quality eggs.

STEP TWO: MANAGE YOUR WEIGHT

Women are most fertile when they are neither too thin nor too heavy. They need at least 18% body fat to ovulate, however, too much fat can disrupt the menstrual cycle. It's important for the man to watch his weight too as there is an increased risk of infertility or poor sperm quality and quantity in men who are overweight or obese.

STEP THREE: BE FIT AND WELL

Becoming as fit and well as possible involves both partners exercising regularly, for at least thirty minutes per day, because regular exercise encourages hormonal balance, which in turn boosts your fertility.

STEP FOUR: DE-STRESS

Stress can cause irregular ovulation and lower sperm count. To minimise stress, balance blood sugar levels, exercise regularly and get at least eight hours sleep a night. Yoga or meditation can also be helpful.

STEP FIVE: DETOX YOUR LIFESTYLE

In today's society we are constantly exposed to all sorts of petrochemicals, heavy metals and other toxins that can act as hormone mimics or disrupters and affect the quality and quantity of sperm. Detox through:

- Quitting smoking
- Drinking less alcohol
- Avoiding environmental toxins. (Choose organic when possible, avoid aluminium pans, store foods in glass or china rather than using cling-film, use a water filter, look for 'natural' household cleaners and keep plants in your home because they help to absorb toxins from the environment).

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

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What's Wrong?

By Caroline Winn, Master NLP Practitioner & Master Coach, Ascent NLP Ltd.

We all know someone with a hypochondriac personality.... they sneeze once, and must have flu, or they stand up, feel a twinge in their back, and believe they're crippled, when in reality they've just sat down for too long! Their focus is "what's wrong", always searching for more things to go wrong. To me, the curse of our society is our focus on "what's wrong". How much happier would we all feel if we changed our focus to "what's right"?

Although I'm not a Doctor, I give my clients a "prescription" to alleviate their fears and "wrongs": every night, before going to sleep, find 5 GOOD things that have happened today. That's it - just 5 GOOD things! It doesn't sound hard, yet clients often struggle to find just one good thing. It doesn't have to be a big thing: perhaps, the sun shone for a while today, or, my child smiled at me today, or, my friend called me, or, I enjoyed watching the birds in the garden ... anything can be a good thing!

Take this prescription at bedtime every night, and it'll soon become automatic. You'll find yourself relaxing more easily and sleeping better. Soon you'll notice good things happening throughout the day. Then you're ready to move to the next "prescription", which is to START each day by setting an expectation of 3 good things that you're going to do today... I'm going to bake a cake today, or meet my friends for coffee, or make a presentation at work, or go for a run.... The more you expect good things to happen, the more they DO happen. You actually get what you're looking for!

You might be in a really bad situation - yet there's still good to be found in bad situations. Having your child ill in hospital is terrible - but you also get to spend time with your child, looking after them, caring for them and showing them how much you love them, when normally you'd be too busy at work. Having your house on the market for 11 months without selling can be extremely frustrating - yet you get to spend time really researching where you'd like to live, and get all of your plans in place so you're ready when it does sell. Think about YOUR bad situation - what do you "get to do" because of it? What good can you find? REALLY look - there will be at least one good thing.

The bad thing about focusing on what's wrong in our lives is we automatically look for more bad things. When we want to make a change or do something new, we think about all the reasons why we can't do that, or how we might fail. Many of us are afraid of failure, often so afraid that we won't try anything new. Yet, if we do what we've always done, we get what we've always got. Think about that for a moment!

Did you know, there's no such thing as failure, just feedback? When we do something that doesn't work, we haven't failed, we've just got feedback on how to "not do" that thing, feedback which helps us to learn how "to do" it! When Thomas Edison was creating the light bulb, he went through 1,000 iterations to find the right design. When asked, "how did it feel to fail 1,000 times?" Edison replied, "I didn't fail 1,000 times. The light bulb was an invention with 1,000 steps."

Picture a farmer driving a tractor along the same narrow track every day to get to his field, until he forms such deep ruts that the tractor steers itself. Then one day the farmer

wants to go into a different field. Breaking out of the ruts to get to the new field is hard, he has to drive with one wheel high up on the edge and the other wheel in the middle of the track, and it feels very uncomfortable and bumpy. Often the tractor will get pulled down into the old ruts, and the farmer has to work really hard to pull the tractor out of the ruts, back onto the new track. Over the days and weeks, the tractor flattens out the route until the old ruts disappear and a new track forms.

This is what happens when we change a habit. Your habit is the same as the farmer's ruts. It's difficult to break out of, because you've used the same habit for a long time. Sometimes you slip back into the old habit - this isn't failure, it's feedback, and the good thing is you noticed the slip! Instead of focusing on what "went wrong", berating yourself for slipping into the old habit, praise yourself for noticing the slip and then make the necessary corrections to re-establish the new behaviour. Pretty soon, you'll have a new habit. And what's wrong with that? Absolutely nothing!!



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

New geographical heart of Scotland

A new geographical visitor centre opened on 20 July in the historic Fair Maid's House in Perth.

The building, made famous by Sir Walter Scott's novel *The Fair Maid of Perth*, has been sympathetically restored and converted by the Royal Scottish Geographical Society and links to Lord John Murray House next door, where the RSGS now has its headquarters.

The centre will host a number of displays on geographical issues, the history of the society, the geography and history of Perth and the house itself. The centre has many impressive state of the art features and will also house the society's vast historical collections, which have not been properly accessible by the public until now.

The centre is open from 1pm to 4pm on Thursdays, Fridays and Saturdays until October.



The reception area at RSGS Fair Maid's House



Police Box

Street Sports 4 All

Tayside Police Community Officers in Kinross have arranged to set up 'Street Sports 4 All' during August in a bid to keep young people occupied, active, and divert them away from engaging in antisocial behaviour.

Street Sports has its own set of rules which centre on minimal contact, respect and fair play. During breaks in play, our local Community Police officers, Special Constables as well as youth workers, sports professionals from St Johnstone FC and other partner agencies will use the opportunity to introduce themselves to the young people in an informal setting and continue to build strong community relationships amongst each other.

The sessions are free and open to all school age children in the area. Places do not need to be booked.

Saturday 6 August

Donaldson Park, Milnathort, 7pm to 9pm

Friday 19 August

Wallace Park, Glenfarg, 7pm to 9pm

Friday 26 August

Old Kinross High School playground (front of school), Kinross, 7pm to 9pm

T in the Park 2011

There were a total of 53 arrests between mid-afternoon on Thursday 7 July and 10am on Monday 11 July for offences including theft, breach of the peace, minor assault and misuse of drugs.

Tayside Police reported 64 arrests at the same time last year for T in the Park 2010 and 59 over the 2009 event.

Proactive policing resulted in an increase in drug seizures from individuals this year and the Force is pleased to report that incidents of petty assault were down on 2010 and crimes of dishonesty reduced by about half.

Chief Superintendent Suttie, the event commander, said:

"The first class crowds have been the stars of the show. They make the difference and we have all enjoyed an outstanding T in the Park this year. From our perspective, the success of the weekend can be attributed to the excellent planning that went into delivering this festival by the event organisers, ourselves and other agencies. From a policing point of view we, as ever, undertook a great deal of planning for the event and this work was enhanced by the work of our intelligence cell. These also married up perfectly with the community style of policing carried out by all our officers and the stewards, who were all superb. Thanks to everyone who played a part in T in the Park 2011. We now look ahead to T in the Park 2012, with planning due to begin shortly."

With regards to outside of the event, thankfully there were few incidents of note for us to deal with during the weekend. For any local residents who may have experienced problems, have questions or queries about this year, or suggestions for improvements for the Policing of Kinross-shire for next

years event, you should contact Community Sergeant Sandra Williams at Kinross Police on 01577 867770. If it caused you concern, we want to hear about it.

Community Officer Restructuring

A recent staff reorganisation within our Community Officers department in Kinross has led to a few minor changes in the areas that they will now be covering. There will now be one officer covering the towns of Kinross and Milnathort, one covering rural Kinross-shire and another covering the Abernethy, Bridge of Earn and Glenfarg areas.

New Community Officers

As of 18 July 2011, Constable Victoria Riches is the new Community Officer with responsibility for the Cleish and Blairadam, Fossoway and Portmoak areas. Victoria takes over some of the areas previously covered by Constables Brian Easton and Nicky Ward, who have both moved to take up new roles in Perth.

Also as of 10 August, Constable Sadie Allan will be the new Community Officer with responsibility for the towns of Kinross and Milnathort.

Sadie has seven years Police service, whilst Victoria has been with us for two years. Both are new to the Kinross area, having previously worked in other stations. Both are taking on their first Community Officer posting and are looking forward to getting to know their new areas and dealing with those issues causing concern locally.

Sadie and Victoria are available to be contacted at Kinross Police Station, by telephone on 0300 111 2222 or by email at sadie.allan@tayside.pnn.police.uk or victoria.riches@tayside.pnn.police.uk

Crime Stoppers - Telephone No 0800 555 111

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

Community Officers

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

Constable Sadie Allan	Kinross and Milnathort (as of 10 August)
-----------------------	--

Constable Victoria Riches	Cleish & Blairadam, Fossoway and Portmoak areas
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Constable Euan Mitchell	Abernethy, Bridge of Earn and Glenfarg areas
-------------------------	--

Drop-in at community campus

Thursdays, 3.30-4.30pm

On-line feedback

www.tayside.mypolice.org

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Community Website

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

Community Council News



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

Kinross Community Council

News from the July Meeting

CCllrs D Colliar, D Cuthbert, C Watson (Chair), W Freeman, L MacKay, M Blyth and M Scott were present at the meeting held on 6 July 2011. Also in attendance were P&K Cllrs K Baird and W Robertson and three members of the public. Apologies for absence were received from CCllrs B Davies, I Jack, D Mackay, D West and P&K Cllrs S Miller and M Barnacle.

June minutes: Following on the meeting last month, Wallace Land informed the CC that the actual number in relation to the housing numbers is 150, not 125. The additional 25 relates to another option on ground to the north. They apologise for this error. With the inclusion of this reference, the minutes were approved by CCllr Colliar and seconded by CCllr Freeman.

Police Report: No police present.

Tracey Ramsay is the Senior Community Capacity Building Worker for Kinross-shire, Bridge of Earn, Glenfarg, Abernethy & surrounding areas, based in the Loch Leven Community Campus. One of the groups established following the opening of the Campus is the "Campus Partnership". Queries/complaints are raised at every CC meeting in relation to the campus and we invited Tracey to provide information on the remit of the Partnership and advice on who we should contact to answer the questions raised. Tracey explained that the "Campus Partnership" includes campus users and community members. Ramsay Cooper from Fossoway CC represents all CCs in the Kinross-shire area. The group is not fully established as yet, however a Memorandum of Agreement is in place. They meet every three months. From the outset minutes of meetings have been forwarded to the CC. The group has six members representing Sport, Youth, Parent Council, Arts & Culture and Community Council and their remit is to promote the campus and to provide information through the networks. They are looking to increase their membership to 12. Dealing with complaints is not within their remit, but they would be happy to pass these on to the relevant bodies. She added that a supervisor is always on call at the campus and any problems should be directed to him/her through reception.

It was noted that Dick Keatings is the Campus Leader and Elizabeth Cargill, Manager and contact for the Community Campus Management Group. The latter is made up of managers from various bodies responsible for the management of the campus.

In relation to pricing, Live Action Leisure are responsible for this. It was suggested that we write to them in relation to the pricing levels.

MITIE - It was commented that the unfortunate incident involving the ambulance was addressed and resolved fairly quickly. This should not occur again as emergency vehicles will be allowed entry.

Tracey was thanked for attending and providing this information. She advised of the following meetings: Partnership Meeting, 6 September; Lottery Funding, 16 September.

Future of Kinross Buildings

County Buildings: CCllr Watson advised that we await the "Heads of Terms" and that he has sent a reminder to Jim Lowe in relation to this. Cllr Robertson advised that he understood that Jim Cairney was to meet with the Partnership/CC next week to discuss the "Heads of Terms". The Chairman responded that a minute of the meeting held with the Council representatives was forwarded to them and that this covered all the information required. Cllr Robertson will follow this up. We have received queries from various bodies: (i) a query was raised in relation to a children's nursery; (ii) a resident suggested that a Visitor Centre be housed here; (iii) a gentleman is looking for a space to run a youth project - either a small office space or ideally (if possible) space for an art studio to teach young people art and exhibition skills. *If anyone can offer this accommodation, please advise.*

Former High School site: This property is back on the market for sale.

Town Hall: Contracts have been exchanged subject to planning.

Mill Street: The CC have asked that this area be utilised for car parking. Cllr Baird will check this out.

TAYplan

Representations are invited with the deadline on 1 August. There were no comments from the CC in relation to this matter. However, CCllr Watson stated that there was a pressure on this area for development and housing going forward and CCllr Colliar added that due to various factors/circumstances the direction can change over the years. It was noted that previously the Councillors have resisted the housing numbers.

Planning Applications submitted to PKC

11/01050/LBC, 11/01048/FLL The Stables, Kinross: Alterations, partial demolition and change of use of stables to form four guest accommodation units.

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

11/00892/FLL Middle Balado House: Erection of a dwelling house and garage.

11/01014/FLL Scottish Motor Auction: Erection of a covered canopy and partial re-cladding of building.

11/00888/FLL 12 Tallapark: Erection of a boundary wall.

11/00925/FLL Land 90 metres southwest of Scottish Natural Heritage: Extension to Kinross South Stormwater Pumping Station.

There were no objections to any of the above.

Application Refused by PKC

11/0125/FLL Land 270 metres northwest of Baltree Farm, Hatchbank: Erection of a manager's house/garage.

Applications Approved by PKC

07/02097/FLL Classloch Farm: Change of use of farm steading to provide four dwellings, erection of seven dwelling houses, erection of garages, formation of internal road and parking area and upgrading of existing access and associated works.

07/02098/FLL Classloch Farm: Erection of a replacement farmhouse, erection of agricultural building, formation of access road, formation of SUDS system and associated site landscaping.

11/00133/FLL Todd & Duncan: Formation of a cycle route.

09/01289/FLM Balado Activity Centre: Change of use of land to Class 11 (assembly and leisure) plus motor vehicle and sports and fun fairs. PKC notified the CC of this approval.

11/00631/FLL 13 Gallowhill Road: Extension to dwelling house and erection of a garage.

11/00797/FLL 13 Whinfield Drive: Alterations and extension to dwelling house.

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

11/00197/FLM Moto: Demolition of existing motorway services and petrol filling station and erection of new motorway services etc.

Balado query: CCllr Colliar questioned whether there was an application for a runway at Balado Airfield. He added that this was included in the newspaper on Friday. We have no information on this as yet.

Scottish Government Appeal Decision

Land 60 metres north of Green Hotel, **Retirement Flats:** Notification from The Scottish Government in relation to this Appeal. The Reporter has decided that conditional planning permission will be granted provided an agreement under Section 75 of the Act is negotiated between the planning authority and the owners of the land comprised in the planning application. The planning permission will not be issued until that agreement is made and registered.

Report from P&K Councillors

CCllr Baird advised that the bollard in **Gordon Place** should be installed this month.

The play equipment in Myre Park and behind the Leisure Pool is to be removed and placed at other sites in Perth & Kinross. This is due to Council cutbacks. CCllr Colliar responded that the apparatus at the Myre was paid for by the CC. Following discussion, it was agreed that we should ask the Council when removing this equipment to carry out remedial work to the soakaway. CCllr Baird is to follow this up. It was noted that the damaged equipment at Davis Park has been replaced.

Roads: CCllr Baird advised that the potholes have been reported.

Heritage Trail: CCllr Robertson advised that the path at the Mill should be open mid August. Negotiations with landowners are still ongoing in relation to the track around the loch.

Grounds maintenance: The Council are leaving some areas uncut due to budget cuts.

CCllr Barnacle: The Chairman received an email from CCllr Barnacle in relation to his proposed reconvening of the “**Forum**”. The Kinross-shire Community Council Forum would be a group with membership taken solely from the six CCs in the Ward. It was suggested that representation from each CC be limited to 3 members and that meetings be held twice a year, September and March (unless a specific topic requires attention). This was discussed. It was agreed that should the need arise, as previously, we can invite other CCs to a meeting to discuss any issue which affects a wider area. The Chairman is to advise CCllr Barnacle that Kinross CC have agreed not to be included in the Forum.

Correspondence

The Scottish Association of CCs is now being wound up.

Convention of P&K CCs: Meeting to be held on 20 July. They also request that we complete an online survey. In response to this, a number of CCs have replied to the Convention in the negative, withdrawing support.

Review of CCs: Election and Finance: A cheque has been received in relation to the Council grant. The Treasurer advised that a common election date has been agreed. The financial year for all CCs has also been harmonised. Our financial year is the same as what is proposed, however the Council specify that the AGM should be held in May. The Secretary received various papers yesterday from PKC and advised that the date for this year's election is 3 November and that there is a postal vote facility. The Scheme of Establishment of Community Councils, Standing Orders, Code of Conduct and Constitution have been received and should be adopted at the first meeting following the election.

Better Business Partnership Scheme: Public consultation exercise on the potential development of the Better Business Partnership Scheme. The BBP was introduced in 2003 by the Trading Standards Practice, in partnership with Tayside Police, as a way of providing consumers with a list of traders that have agreed to abide by a code of practice in regard to their trading activities. Currently the scheme has 225 members with each member being included in sector specific listings within the PKC website. Members pay a £10 joining fee with no ongoing subscription charges and consequently there is no additional revenue for marketing or promotion purposes. A questionnaire can be completed online.

Other Business

Myre Park: A complaint was received from a resident in Montgomery Street in relation to football matches held at weekends. Volumes of litter (e.g. plastic bottles) are left along the sides of the pitch. It was agreed that we should write to KGV in relation to this matter. CCllr Robertson is also to follow this up. It was suggested that a visit from the Litter Rangers might help in this situation.

Microlight: Mr Alexander raised an issue in relation to a complaint received from CCllr West. He asked if the complaint was from the CC or from Mr West as an individual. If the latter was the case he stated that Mr West should not have included (Community Council) after his name on the complaint as he did not have the authority to speak for the CC.

The Next Meeting of Kinross CC will take place on Wednesday 3 August 2011 at 7.30pm at the Masonic Hall, Muirs, Kinross.

Agenda for the Meeting on 3 August

1. Apologies for absence
2. Minutes of the meeting held on 6 July
3. Police report
4. Matters arising from the minutes of 6 July
5. Future of Kinross buildings
6. Planning matters
7. Reports from P&K Councillors
8. Miscellaneous correspondence
9. Other competent business
10. Date of next meeting (7 September)

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.

Portmoak Community Council

News from the July Meeting

In attendance at the meeting held on 12 July 2011 were: CCllrs M Parkin (Chair), D Williamson, R Cairncross, T Smith and M Strang Steel. Also in attendance were P&K CCllrs W Robertson, S Miller, M Barnacle and six residents. Apologies for absence were received from CCllrs J Bird, S Forde and P&K Cllr K Baird.

Police Report: In the absence of a representative, a written report was provided.

The police are running "Operation Homesafe" until the end of July, aimed at reducing violent crime, antisocial behaviour, alcohol related crime and disorder, weapon carrying, and knife and hate crime. They are concentrating on the time between 10pm and 2am each Thursday, Friday and Saturday. T in the Park caused few traffic or crime issues. There were complaints about excessive noise from the main stage, which will be examined by the promoters.

There was an attempted housebreaking in the Kinnesswood area on 28 June.

Action is being taken to address a spate of thefts of satellite navigation systems from unattended vehicles. The public is asked to remove or hide these items when leaving their vehicles.

Treasurer's report: The annual PKC CC grant had been received. There was no expenditure on the CC account. Donations of £670 in response to a fundraising effort for the Michael Bruce Way had been received, and maintenance costs of £170 had been paid out. Total funds in hand within the two CC bank accounts at 12 July 2011 were £1,549.17.

Matters Arising From Previous Meetings

Stephens Field, Kinnesswood: The CC's solicitors had written to solicitors acting for A & J Stephen Ltd on 2 June 2011, to start proceedings for the acquisition of the field by the CC. As there had been no response, apart from an acknowledgement, a reminder has been sent.

Road signage: As suggested by a resident at the June meeting, a survey of road signs throughout Portmoak was completed, and this showed that signage is inconsistent, sometimes inappropriate, sometimes missing, sometimes damaged, and on three occasions redundant. Rather than consume the time of the meeting with details, the Chairman undertook to work with Cllr Baird to consider any appropriate action, and this was agreed. The errors with the sign to Kilmagadwood have been corrected.

Kinnesswood bus shelter area: As previously reported, CC action to replace the roof, and possibly make other improvements in conjunction with local groups and with PKC, will be considered in September 2011.

Build-outs: No progress to report.

Water level in loch: The Chairman had received no response to his letter to the River Leven Trustees in May, and had therefore written again on 5 July.

Convention of P&K CCs: The Chairman would be attending a meeting of the Convention on 20 July.

Wall opposite Portmoak Hall: See Ward Councillor reports.

Sub-committee Reports

Paths, pavements and roads: As previously reported, fund-raising by the CC for maintenance of the Michael Bruce Way had so far realised £670 from local organisations, residents, and businesses.

The Chairman had received a letter from a Glenrothes walker with various suggestions for improvements to the Michael

Bruce Way which were being considered. As there are now funds in hand, CCllr T Smith agreed to investigate the cost of repairing of the path above the golf course, where drainage pipes have become exposed.

The Chairman reported that the Michael Bruce Way would eventually become a Core Path, but that PKC had indicated to him that they would probably not be taking responsibility for its maintenance due to budget constraints. This would leave the CC to raise funds for that purpose.

Planning: CCllr Cairncross reported on a meeting with Mr Nick Brian of PKC planning. A number of procedural deficiencies in dealing with planning applications within Portmoak were pointed out to Mr Brian, who undertook to investigate them. CCllr Cairncross, together with CCllr Strang Steel, had also met with Mr Ian Innes of PKC Legal Services to discuss issues arising from the Wellside development, and Mr Innes promised to consider these issues with the appropriate PKC officials. Both meetings were held in a constructive and co-operative atmosphere, and there would be further discussions on all the issues raised.

The CC considered the following planning applications:

11/00817/FLL Installation of roof lights at Stewart Place, Kinnesswood. No objection.

11/00878/FLL Erection of a garden studio at Townhead Cottage, Kinnesswood. No objection.

11/00738/FLL Installation of solar panels at Kingsbank, Scotlandwell. No objection.

11/01032/LBC Installation of replacement windows and doors at Dunhoy Kinnesswood. No objection. It was noted that Dunhoy was within a Conservation Area and was a Listed Building.

The CC had objected to an application for a dwelling house and garage at Sandy Lane, Scotlandwell (11/00685/FLL).

Ward Councillor Reports

Cllr Barnacle had previously written to the CC to propose a Kinross-shire CC **Forum** whose membership would consist of representatives from the six Community Councils in the Kinross-shire (Ward 8) area of Perth and Kinross (Cleish; Fossoway; Glenfarg; Kinross; Milnathort; and Portmoak) plus the four elected Councillors for Kinross-shire, and he was invited to make a presentation on this proposal to the meeting. He suggested that each CC would send no more than three of its members to meetings proposed to take place twice yearly, in September and May. With this combination, the maximum number of attendees at each meeting would be twenty-two. The purpose would be to discuss mutual issues and present a united voice. Kinross CC had already decided not to support a formal arrangement, but was open to an informal liaison with other Kinross-shire CCs.

The CC replied that Cllr Barnacle's proposal had been considered, and it was felt that any forum would have limited impact unless recognised by PKC, and that it would be inappropriate to create such a forum without PKC agreement and recognition, and that the Convention of Perth & Kinross CCs was presently the recognised means of communicating matters of mutual CC interest to PKC, and that CCs and the Convention were both funded by PKC.

The CC did not therefore think it appropriate for another body to be placed in the line of communication between it, the Convention, and PKC. However, Portmoak CC was very willing to collaborate with other Kinross-shire CCs on an informal but organised basis, provided that this was CC led and managed, probably with a rotating CC Chairmanship, with Ward Councillors in attendance, and provided that the

existence of such a body was conveyed to PKC as a matter of courtesy.

Cllr Barnacle also reported that he had referred the **Kilmagadwood planning decision** to Cllr Baird's scrutiny committee, and was due to have a meeting with her.

Cllr Barnacle drew attention to the consultation on **Tayplan**. The CC was already aware of this and might make a submission. Cllr Barnacle also drew attention to the possibility of an appeal to the Local Review Body against a refusal of a planning application using delegated powers.

He had had a meeting with Mr Nick Brian, who had confirmed that no consent had been granted which might compromise the possibility of the Levenmouth road being recognised as a **core path**.

He also considered that the PKC **developer contribution** required for a single two-bedroom house, built for use by an agricultural worker, was inappropriate, and he was working to have the developer contribution abolished in such a case.

Cllr Baird submitted a written report in her absence, as follows:

Spraying of Herbicide: A PKC officer had met with some Portmoak residents the day after the June CC meeting. PKC has now written to all who made a complaint about this spraying. A landowner had also received a letter regarding spraying on the part of his land that is a SSSI. The PKC spraying contractor confirmed that his operatives applied the chemical throughout the village, and accepted that some of the overspray was carried out by one of his employees. The chemical used will not inhibit new growth and is not a residual herbicide. PKC has asked the contractor that this operative be removed from future spraying duties. It has been agreed with residents that soft landscape areas will be removed from future work schedules and site plans, and only hard surfaces / pathways will be sprayed in future. The PKC Environment web page gives information regarding ground maintenance and a list of FAQs.

Verge cutting: There will only be one cut this year by PKC, and this had started at the beginning of July.

The wall at Portmoak Hall: The contractor remains responsible for the wall for a year after completion. The inadequate short bolts will be replaced by long bolts. At the moment, the short bolts are tightened as required. With regard to the finishing of the brick work it was stated by PKC that harling would last much longer than paint. P&KC would only paint once, and the community would have to re-paint thereafter. This was considered unreasonable as maintenance of PKC property should not be passed on to residents. The CC made the point that if the harling were to require

maintenance, would this also be passed to the residents. A decision on either paint or harling is required in any event.

Condition of B920 (The Causeway): A PKC engineer had inspected the road in response to the concern of some residents about its condition, and a number of recent accidents caused by vehicles running off the road. The engineer had reported that no remedial work was required.

The camber on the road was correct, and is needed for water to run off. In his opinion, accidents have been due to driver error, and the carriageway is wide enough for two vehicles to safely pass. Cllr Baird had considered the option of Soft Verge signs, but was aware of the CC's view on excessive signage.



The Causeway, looking north towards Scotlandwell

Revised speed limits on A911: These were approved by Committee in May 2010. Traffic Regulations Orders are being processed and should be in place early next year.

Cllr Robertson reported that he had asked George Lawrie of TRACKS to consider making a **safe pedestrian route** between Easter and Wester Balgedie as part of the circular route including the Lochside track and Loch Leven Larder. Land would have to be acquired to do this. Funding for this is a difficulty.

Cllr Robertson had also asked for Police **speed checks** at the entry to Scotlandwell from the South, in response to complaints about speeding.

Other business

The Chairman reported that Scottish Government funding had been partially withdrawn from the Association of CCs, and the Association was going to be wound up as a result.

PKC Environmental Services had been in touch with the CC to advise that their regular tests on water from the Well, at Scotlandwell, had revealed the presence of bacteria. Accordingly they were going to erect the following notice at the Well: "Cautionary Notice - As this water is not treated, the quality cannot be assured for human consumption purposes."

Communications

A list of communications since the last meeting can be found in the full draft minutes.

Next Meeting: Due to the absence of several Community Councillors there will be no meeting in August. **The September Meeting will be held at 7pm on Tuesday 13 September in Portmoak Primary School.**

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susan@purityoftheartyoga.co.uk

Portmoak CC minutes are posted on the website

www.portmoak.org

Cleish & Blairadam CC

News from the June Meeting

The CC met in the Tabernacle Hall, Blairadam on 20 June. The meeting was attended by four CCllrs, P&K Cllr M Barnacle, PC Euan Mitchell and one member of the public. The Cleish & Blairadam Newsletter Editor was also in attendance. Apologies for absence were received from Sandy Morton and Fiona Macgregor.

Crime Prevention: PC Mitchell said there was little to report locally; however the editor had received an email from the Wildlife and Rural Crime officer in Central Scotland reporting the theft of two Ifor Williams trailers from the Clackmannan Area and the marking of a horse in the Arnprior area. He asks that this information should be circulated to our members with a request to be aware of our security.

Concern was also expressed as to the activity on the Nivingston Hill road. There had been two calls to the Police and a complaint that girl riders were being harassed by the "parkers". The car park at the road to Loch Glow has been closed and verges and passing places were now being used.

PC Mitchell said that they were trying to liaise with Fife Police – the long summer evenings were an encouragement to people to stop and park even though it is not legal to stop in passing places. This is an ongoing situation and we are grateful to the Police and our neighbours who do their best to keep an eye on the problem.

Engagement of Community with CC: It is proposed to circulate a flyer in early September with emphasis on the election of CCllrs in November. It cannot be said often enough that this is your Community Council and your input is really valuable. For further information do not hesitate to ask any of the present CCllrs. (In no particular order they are: Catriona Culley, Richard Jeffrey, Patty Fraser, Sandy Morton, Fiona Macgregor and Hugh Somerville.)

Dissolution of P&K Convention of CCs: The proposal to carry this out could not be passed as not enough people were present at the relevant meeting.

Rural Forum: There has been favourable reaction to resurrect the Kinross Forum. This would hopefully include all the Kinross-shire CCs but would exclude the Civic Trust. Cllr Barnacle said there could possibly be a meeting at the end of October. The voice of Kinross-shire is badly needed. Cllr Barnacle will chair the initial meeting.

The Tayplan is the strategic development plan for Angus, Dundee City, Perth & Kinross and North Fife and sets out policies on where development should be over the next 20

years. It focuses predominantly on the principal settlements. We are currently in an 8 week period in which representations can be made. The CC agreed that there were no areas that we felt we needed to comment on. Individuals though can comment by visiting www.tayplan-sdpa.gov.uk

Planning

Equine Veterinary Practice/two dwelling houses at Beauford Cottage: The application could not be discussed at the last CC meeting as the plans had not been validated in time. However the application has since been discussed and there have been no objections made known to the CC.

Cleish Primary School: upgrading of windows – no objection.

Pending: The Bungalow, Blairadam: approved; Gairneybridge Caravan Site: pending; Extension to Cleish Church: pending.

Greenacres: the situation continues to give concern. Cllr Barnacle has drafted a letter to Nick Brian in which he raises the lack of clarity on boundaries for the site, the ongoing expansion within the Loch Leven catchment area and the retrospective nature of recent applications. The CC expressed support for Cllr Barnacle in raising these issues.

Roads: The road from the B9097 junction to Coldrain is a little better as the potholes have been filled in.

The Cemetery road in Cleish presents a different problem as it is not designated; Patty will contact the cemetery authorities.

Cleish Telephone Box: This is now operational as a Book Exchange – so come on, turn out your unwanted volumes and choose another or others.

The next meeting of Cleish & Blairadam CC will take place on Monday 22 August in Cleish.

Other News from Cleish & Blairadam Newsletter

Cleish School: Mrs Carpenter Jacobs is leaving to take up a post at St Madoes.

Cleish Church Sale and Fete: Thanks to all who worked so hard, before, on and after the day itself. A satisfactory sum of money was raised despite the rain and the cold and teas in the village hall were eagerly patronised.

Cleish Gathering: This was held on 18 June – and did it rain. But what a huge success it was.

Cleish & Blairadam CC minutes are posted on the website

www.cleish.org

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Club & Community Group News

Kinross & District Rotary Club



In the middle of June Alan Clark spoke to the club about his work with Babcock at Rosyth, in the construction of the two new aircraft carriers that will replace the current three carriers which will eventually be scrapped or sold. Alan told how he had started work a good number of years ago as an apprentice and has moved steadily up the ranks to his present senior position. He explained the involvement of the four partners, the Ministry of Defence, British Aerospace, Thales and Babcock, leading to the eventual construction and assembly of the various parts at Rosyth by Babcock. Politics seem to play a strong hand between all the companies and the change of government policies have also had a strong influence.

The last meeting in June took the form of the handover dinner where Kelvin Reay was installed as the club President for the year 2011/2012, taking over from John Matthew, who was congratulated and thanked for his successful term in office. District Officer, Rotarian Bob Thomson attended to present the club with a Presidential Citation from the President of Rotary International, marking the successful achievement of several projects undertaken by the club in the past 12 months. A certificate was also handed over for our newly formed local Interact Club to mark their successes in the past year. John's final act as President was to present Rotarian Simon Byford with a Paul Harris award in recognition of Simon's hard work in the club over the past years, particularly with regard to the hot food catering facility at the Lethangie 'T in the Park' camp site. Following the formal part of the evening, entertainment was provided by three highly professional musicians from USA who played classical pieces on the piano and sang to the assembled throng of Rotarians, partners and friends.



New Rotary Club President Kelvin Reay presents Professor David Munro with the Citizen of the Year Award

As is normal at the first weekly meeting of the new Rotary year on 4 July, the new President, Kelvin, had the pleasant duty to present the Club's Citizen of the Year Award to Professor David Munro. In addition to his 12 years service as a Director of the Royal Scottish Geographical Society, David is President of the Kinross-shire Civic Trust, a

member of the Kinross-shire Historical Society, a committee member of TRACKS and heavily involved with the Michael Bruce Museum and the Kinross Museum. He set up Friends of the Kinross Museum and worked hard to pack up all the artefacts when the town hall was closed. He was then deeply involved with the successful plan to have the museum re-opened in the new Community Campus in 2009.

David was awarded an MBE for services to the local community in 2008 and the Rotary award is only a small addition to that.

The club's annual involvement at T in the Park, with help from partners and friends, found us once again providing bacon rolls and other refreshments at the campsite at Lethangie and looking after revellers bags, rucksacks and other packages at the Left Luggage facility on the T in the Park site. As a result, several thousand pounds were raised once again for a number of charities. Despite the frequent torrential rain, a great time was enjoyed by all who took part and we express our heartfelt thanks to everyone who contributed to the success of the weekend. The proceeds are still being assessed and the final figure will be posted in due course, once all the costs have been submitted.

On 11 July, our guest speaker was Ian Archibald who gave a most interesting, well illustrated talk on the history of mapping entitled A Revolution in Mapping. Ian had spent most of his working life in Ordnance Survey and, latterly, with the Crown Estates Office in Edinburgh. His talk ranged from the technology of producing the first maps right up to the use of satellites. Most interestingly, he covered the wide range of organisations which depend on accurate mapping, including, of course farmers and property companies.

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.

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for publication on Saturday 3 September**

Potager Garden

Margaret and I would like to thank Mrs Hynd, and all the pupils in her class for the lovely individual **thank you letters** which they sent us at the end of term. They included comments on the workbooks, and their favourite activities at the garden; the most popular seem to have been planting, watering, and bug hunting. They also were able to taste some fruit, radishes and salads which they enjoyed. For example: "Thank you for letting us plant yummy fruit and vegetables", and "the bug hotel was so, so cool!"

The children also remembered some of the things they learned about plants: "In science today we were learning about the male and female parts of a flower, and Mrs Kirk was *so* surprised that we knew everything!" Perhaps the best comment to sum up what we are trying to achieve at the Potager was that "**I thought that you were only good at gardening if you were a gardener. You proved me wrong, anyone can be a gardener.**" It is very encouraging for us to receive such positive feedback, and we look forward to seeing you all again for a harvesting visit in August.

There are some exciting times ahead at the garden, firstly that we hope to be featured on **The Beechgrove Garden**, towards the end of August, if possible to include the children's visit at that time; do watch out for us!

We are also delighted to announce that we have been given a significant grant by the **Scottish Community Foundation's Kinross-shire Fund** to install an automatic watering system in the vegetable beds, cold frames, and greenhouse. This will save volunteer time, conserve water, and help to grow healthier plants with more consistent watering. The work will start with an irrigation contractor in the autumn, with manpower being given by the **Community Service Team**, based in Perth. **Kinross in Bloom** have also kindly offered £100 towards the cost of this work, and reinstatement of paths etc, for which we are very grateful.

We will also be holding a coffee morning, with plant and produce sales, at the garden on Saturday 3 September from 10.30 am to 12, in aid of Macmillan Cancer Support. There will also be a raffle with a hamper of produce from the garden. We hope to see you then, and any donations of home baking would be much appreciated.

For any enquiries about the garden, contact Amanda James on 01577 840809 or amanda@tyafon.plus.com.



Boys Brigade

The Boys Brigade and Girls Association starts back on **Friday 2 September**.



Milnathort Girl Guides (For Girls aged 10-14)

We take part in a wide range of exciting activities at the Guide Hall every Tuesday evening. For further information please contact Tracy Reid on 01577 864415 or Lesley McCormick on 01577 862060.

Kinross & Ochil Walking Group

Summer days are here, we hope! Come walking with us and enjoy the scenery at its best. Whether you're new to walking or a regular walker, try out a walk or two to see if you'd like to join us. Walks are led by volunteers from the group and new members are made very welcome. This month we have two fantastic weekend walks.

Sunday 14 August: Little Glenshee / Loch Tullybelton: 5/9 miles. Beautiful circular walk on easy hill and moorland tracks after initial ascent of 150m. Longer extension takes in the obelisk. Excellent views in fine weather. Children welcome if fit. No dogs please.

Saturday 27 August: East Lomond via Maspie Den: 4½ miles. A circular walk through the lovely Falkland Estate and Maspie Den. There is a very steep ascent to the top of East Lomond and an equally steep path coming down! Magnificent views from the summit. Children welcome if fit. No dogs please.

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

For further details and where to meet us, please call our group Secretary Edna Burnett on 01577 862977.

The Thursday Group

The opening meeting of the Thursday Group is **1 September** when the speaker is Jenny Forrest who will share her love of Antiques and show us some of her 'treasures'. Members and guests can bring along their own treasures which Jenny will be happy to look at.

This is a women's group which meets on the first Thursday of the month in the Lower Hall of the Church Centre at 7.30pm. New members welcome. Contact 01577863421 for details.

Fairtrade

Children from around Kinross-shire have painted and decorated bunting which went towards the world record for the longest cotton bunting. These will be on display at the Church Centre, High Street, Kinross at a **Coffee Morning on Saturday 27 August**, 10am till 12 noon. Come and see this wonderful art work and enjoy coffee and home-made baking. Donations are welcome.



Milnathort Primary School Parent Council

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

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Forth and Tay Disabled Ramblers

Outing to Loch Leven on 29 June

Loch Leven, Scotland's biggest lowland loch, was the most recent venue for the Forth and Tay Disabled Ramblers. While gathering at Findatie Car Park on the south side of Loch Leven, some 'early birds' had an exciting start to the outing as they viewed a glider from the nearby Scottish Gliding Union at Portmoak doing the aerobatic loop the loop, not once, but twice! The elevated position adjacent to the holiday chalets provides a panoramic view of the loch looking in a westerly direction.



Members of the Forth and Tay Disabled Ramblers on their recent ramble along the Heritage Trail

The group of 32, including 18 members using battery operated scooters, set off on an anti-clockwise direction along the 8½ mile stretch of the Loch Leven Heritage Trail toward the fishermen's pier at Kinross. The surface of the route is ideal for walkers and joggers, although for cyclists and wheelchair users the first part of the journey involves a descent which should be handled with care. There is an

access problem for larger scooters in negotiating a barrier gate. Contact can be made with the keeper at the adjacent sluice house who will have a key to open the padlocked gate. Each of the five sluice gates is manually controlled by the keeper, the spillway having been built to reduce the risk of flooding on the farmland around the loch.

The sighting of two parent swans and their cygnets on the bank of the spillway was quickly followed by trying to avoid countless minuscule frogs along the pathway through the birch wood. Along the various stages of the route attractive wooden seats are engraved with words encouraging travellers to sit and take in beauty and wonder of the scenery, including views of the Lomond Hills, Benarty Hill, and the more distant Cleish Hills and Ochil Hills.

Burleigh Sands was the stopping place for a welcome lunch break. The overcast sky along with the still calm of the loch gave a rather ethereal effect of several fishing boats on the water and castle island with the background of hills. The next part of the route led through the Kinross Estate toward the rear view of Kinross House, which was once described as 'the most beautiful piece of architecture in Scotland'. Nearby, a raised seating area provides a relaxed view of Loch Leven Castle. Its historic association with the imprisonment of Mary Queen of Scots is another reminder of how interesting the Heritage Trail is from beginning to end.

As the ramblers made their way along the loch side at the Kirkgate Park with its extensive grass area and well designed play area for children, they were within view of their destination – the fishermen's pier. It is from this location that boat trips are made to Castle Island.

In distance this was one of the longer rambles for F&TDR this year and for this reason the bistro and facilities at the pier were most welcome. This was another pleasant outing in pleasant company. Further information about the rambling group can be found on

www.ftdr.com and www.forthandtaydisabledramblers.org.uk

For news on an extension to the Heritage Trail, see p. 9

Common Grounds

As summer progresses, such as it is, July fair time will have come and gone when you read this and T in the Park will have been for another year. I have a tale to tell but not about the one that got away, it's about the two trees that shortly after being felled disappeared. Some weeks ago I had an offer of the bulk of two poplar trees (the kind you see along the roadside in Northern France and Belgium). They had been sawn into large pieces, a size that was just moveable by strong men. I thought, 'Wow! this should keep Common Grounds in fire wood for a fair time'. Imagine how I felt on going back to check before arranging its removal only to find that it had all disappeared. All that was left were bits of bark. On checking with the lady who had kindly offered us the wood I was told that the bulk of it had been stolen and all that was left (only a very small amount) was now safely in her garage. I am sure you are asking where the wood was stolen from. Answer: from behind the Police Station here in Kinross!

Project: Our current project is "Sight Savers". Besides working to prevent the spread of river blindness, they also work to rehabilitate and educate blind children, running a summer camp where the children learn useful skills. Our



donation will help them to continue these services which are currently under threat.

Book Club: 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 to find out if there are any vacancies.

Website: Our new website address is:

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

Thanks: Our thanks to Alex Cant who came in one Saturday morning in June and played lovely music on his new piano keyboard, a most enjoyable time was had by all who heard him play. Thank you to those who have donated wood and their time in order that we may stock up before winter. Our sincere thanks to all who support Common Grounds in our Cafe, by buying our Fairtrade goods or books. Finally we are pleased to announce that we have received a new supply of East African goods from the Balcraig Foundation (founded by Ann Gloag), so please come along and see giraffes, bags, bangles, necklaces and pashminas.

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 ar: James Henry (Convener) 01577 864452 and Linda Freeman on 01577 865045.

Kinross Ladies Circle

The main event of the month for the Ladies Circle was manning the arena Refresh area at T in the Park. Refresh is the luxury way of getting through the weekend, offering posh flushing toilets, and a pamper parlour that's equipped with lots of mirrors, hair dryers, and straighteners! Once again the Ladies Circle helped to make this area a huge success.

Kinross Ladies Circle is a fantastic club for women aged 18 to 45 who want to make new friends, have lots of fun and do some fund raising along the way! We get involved in all manner of social and fund raising activities. Each year we nominate a charity to benefit from our fundraising efforts. Future planned events include a Theatre night, evening walk around Lochore Meadows, Kinross Beer Festival and pottery painting. For further details about us, to join or to see upcoming events please go to our website www.kinrossladiescircle.co.uk



Kinross in Bloom

Over the last few weeks the Bloom committee have been busy as usual by installing the hanging baskets, and planting out the barrels in and around the town, and with the help of the local Army Cadets, planting out the tiered planters at Sands corner at the old County buildings. They are all coming along nicely, thanks to all concerned. Thanks also to Amanda and the Potager Garden, who can now heave a sigh of relief at having their own space back again.

Despite the heavy rain, we still need to feed and water the baskets, barrels and planters, and we are looking for volunteers to join our watering team, so please, if you think you can give us a couple of hours of an evening, we would be extremely grateful; please contact Aileen Sorbie on 01577 861477.

On the subject of barrel, we noticed that one or two of the central plants, Cordylines, have been subject to some light fingered individual, and have gone missing. Isn't it a shame that in this day and age, despite the hard work carried out by the Bloom members, other members of the community take great delight in stealing and destroying that good work, and T in the Park cannot be blamed, as this happened after all the revellers had gone.

Gateway Project

Already a month has passed since the erection of the geese at the Gateway Project. We have received many favourable comments from as far afield as Vancouver, Northumberland and Milnathort, and with some essential gardening and the planting of some grasses around it, it will soon be finally complete.

200 Club July Draw

£20 F Galloway £10 S Bathgate
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Lomond Antiques and Collectors Club



The AGM was held on 8 June when the treasurer's report was received and the chairman reviewed the year's activities.

Despite the severity of the winter weather, no meetings were cancelled and a varied programme was enjoyed. Talks ranged from Grandfather clocks to Wemyss pottery, from early 20th century Milnathort and travails of an immigrant family to the carved heads which help to restore a mediaeval castle. Our speakers were excellent and generous in imparting their knowledge. One member offered us the chance to experiment in glass painting and a group spent a wonderful exciting Sunday morning creating new treasures. The talk on the carved painted heads at Stirling Castle so inspired us that the annual outing is to see them in all their glory in September.

On conclusion of business there was a Bring and Brag session where some fascinating objects were displayed and we ended with delicious strawberry confections and wine.

The new programme begins on **14 September** and the visit to Stirling is **Sunday 18 September**; those interested should contact either 01592 840368 or 01592 840437.

Kinross and District Art Club



The next big event in our calendar is the annual **Exhibition and Sale of Work**, from **Wednesday 7 to Saturday 10 September**, to be held again in the Parish Church on Station Road. Once again we will be part of Perthshire Open Studios, with our brochure listing as Venue 55.

Our Opening Evening, on Wednesday 7th from 7pm-9pm, promises to be a special occasion, with our guest Willie Shand, Photo Journalist with The People's Friend and contributor to Scots Magazine. Willie is a most knowledgeable and entertaining presenter, drawing on a wealth of experience of travelling around Scotland, with an eye for its stunning beauty and an ear for its fascinating tales. This event will be open to all, in addition to our invited guests.

The exhibition will also be open to the public from 3.30pm - 8pm on Thursday 8th and Friday 9th and from 10.30am-4pm on Saturday 10th. The exhibition includes a display and sale of paintings of the members of the club, which now has 40 members, with a wide range of styles and subjects. Work of the Sixth Year Kinross High School pupils will also be on display. There will be a craft section and the ever-popular produce table.

We are looking forward to a record attendance at this year's exhibition, which is FREE and which will give an insight into the impressive level of talent in our community across a wide age range. You can be assured of a warm welcome from the club members who will appreciate your having taken the time to drop in and see their work.

In the meantime, if you happen to be visiting The Boathouse at Loch Leven, you will find a new display of our paintings in the shop area.

For more information on the Exhibition or the club, visit our web site at: www.kadac.co.uk or call Sybil, the Club Secretary, on 01577 830347.

Kinross-shire Round Table



Well we survived another great T in the Park. Every year it just seems to get bigger and better. From the Thursday through to Monday morning there were over 250 volunteers working with Round Table and Ladies Circle. They were there to lend a hand in what becomes Scotland's fifth largest town for the weekend. Bringing a positive attitude and broad minds, we staffed the campsite and arena Refresh zones, adding a touch of luxury and pampering for those happy campers missing the home comforts of flushing loos, hot showers, power hoses and hair straighteners. We also ran the traditional bottle exchange at the campsite entrance where some interesting, and challenging, cocktails were mixed as well as providing Age Screeners and Special Needs registration to support the organiser's policy on inclusion and child protection. The national President of Round Table also turned up to be suitably gobsmacked at the size and scale of all things T. He was massively impressed at the work and effort all the Tablers, Circlers, volunteers and entourage put in to making sure everyone has a good time.

We will be taking a stand at Kinross Show this year, so please come along to talk to us, whether you are interested in joining Table or just want to know what we get up to and which charities and local groups we support. You might also want to talk to us about tickets for our 6th Annual **Charity Beer Festival Weekend**, which will be available at the show.

Yes, curious as it may seem, we are now approaching our sixth year of running the Best Beer Festival in Kinross-shire. A slight change of format this year, in that the festival will run over three nights. **Thursday 22 September** will see the return of the **Charity Quiz Challenge** where teams from Kinross' multitude of clubs pit their wits against each other to see who has retained the most useless nuggets of knowledge. The main menu of merriment will be served over the evenings of Friday 23 and Saturday 24 September with live music, food and the finest selection of real ales and ciders this side of Benarty Hill.

As usual our aim is to raise funds for local charities and good causes and in this we are always most grateful to our generous sponsors. If you have a local business and are interested in supporting the Festival we have a range of sponsorship opportunities available, please speak to Colin Low on 07795 518066 or email colin@colinlow.co.uk. Colin is also interested in hearing from any local bands interested in playing at the Festival. We are looking for quality musicians (over 21!) for the Friday and Saturday nights.

Our programme, with details of events, is available on <http://kinross-shire.roundtable.co.uk>. If you are 18-45 and want to get involved in having fun while putting something back into our community contact us via the website. Don't wait to be asked, just do it!

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Kinross High School Parent Council



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Vice-Ch: Rory Stewart, 8630504, vicechair@khspc.org
Treasurer: Allan Miller, 07779700088, treasurer@khspc.org
Uniform: Dora Smith, 863565, blazersales@khspc.org
EFT: Lisa Megginson, eftchair@khspc.org
Clerk: Sheila Herron, 864015, clerk@khspc.org
Website: www.khspc.org

We need **YOUR** help.

In recent years, the Kinross High School Parent Council has been very lucky to have a member of the community come along to Council meetings and present a voice of the community. This helped to provide input to the school from the community and sometimes just a slightly different "take" on what was happening within the school.

Regrettably our community member has now retired and we are looking for someone who can fill this slot.

The task is not an onerous one. There are seven meetings during the year – dates given below, normal starting time of 7.15pm and finishing round about 9.15pm.

We know you'll be rushing to join, however, unfortunately we only have space for one community member. Please apply to Sheila Herron, Clerk, Kinross High School Parent Council, Kinross High School, LLCC, Muirs, Kinross, KY13 8FQ, or to: sheila_herron@tiscali.co.uk.

The KHSPC meetings for the next year are:

2011: **6 September, 1 November.**

2012: **10 Jan, 28 Feb, 17 Apr, 29 May, 12 June** [AGM].

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

1st Kinross Scouts and Cubs

Summer Barbecue and Annual General Meeting

This will be held on **Thursday 1 September** at 7.30pm at the Millbridge Hall.

THE SHOP AT THE GREEN

BIG

SUMMER SALE

Thursday 18 August 2011

9.30 am - 6.00 pm

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Kinnesswood in Bloom

Kinnesswood in Bloom rely on various fundraising efforts over the year to support their gardening efforts, buying plants, hanging basket displays and maintenance of the public gardens in the village. Recently letters have been sent out to all households to ask people once again to become friends of Kinnesswood in Bloom. Last year the total was £452. Please help us match or surpass this amount this year. The Civic Trust visited all the small villages on 14 July. Kinnesswood came third in the local competition behind Scotlandwell and Crook of Devon.

Take a Pride in Perthshire judging will be on Friday 5 August. Beautiful Scotland will be judging Kinnesswood on Monday 8 August. We hope everyone will give just a little bit more attention to their own patch, especially for this very important weekend. Here's hoping summer will finally arrive and all our flowers will be blooming well by then. Due to the recent rain, weeding more regularly has been a feature this summer.

Once again Carol has submitted an amazing portfolio to Beautiful Scotland and Take a Pride in Perthshire, recording the work of the group over the year. This is a colourful piece of work, showing the progress from spring bulb planting through summer maintenance, autumn tidying and finishing with the Christmas lights in the village centre.

Norma organised "A Blooming Great Tea Party" on Saturday 9 July in aid of Marie Curie Nurses. Thanks to help from KIB ladies in making scones, cakes, marmalade and other goodies, a successful morning raised £200. It was supported by SWRI ladies and Badminton Club members as well as KIB gardeners once they had completed their Saturday gardening tasks.

Everyone who is not on holiday has been working hard to make the final touches in the village. As well as planting and weeding duties, 24 bags of pink gravel have been laid at the bus stop at the Kinross end of the village. The bus shelter, benches in the school grounds and some of the tubs have been repainted.

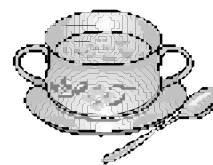
We are pleased to hear that there have been communications from PKC regarding the recent weed-killing in the village and that it is hoped this matter has been resolved.

Finally we wish our neighbours in Scotlandwell good luck in Britain in Bloom.



Recipe

supplied by Kinnesswood in Bloom



Shelagh's Summer Soup

This is a good way to use up a glut of lettuce or salad thinnings from the garden. It can be made in 10 minutes if the potatoes and onions are cut up small.

Ingredients

2 medium onions
1 large potato
2 stock cubes (vegetable or chicken)
1½ pints of water
Lettuce (any amount)
1 ounce butter

Method

Sweat all ingredients in the butter then add stock made with water and stock cubes. Boil till soft and liquidize. Garnish with mint or chives.

In the winter substitute other greens such as the trimmings from brussel sprouts to make a delicious dark green winter soup.

Portmoak Hall 100 Club

June Draw

1st No. 88	Keith Milne, Wester Balgedie
2nd No. 31	David Steven, Kinnesswood
3rd No. 39	Pamela Yeaman, Glenlomond

Bishopshire Horticultural Society

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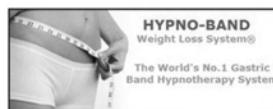
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Kinross 50 Plus Club



The August meeting will be held on **Thursday 4 August** at 2pm in the Millbridge Hall. Murray McEwen will give a talk entitled "Early Responders".

At the July meeting the members enjoyed the talk "A day in the life of a Pot of Honey" with Claire Paton's enthusiastic presentation making it doubly enjoyable.

Away Days, August

Thu 11 August: Aviemore Railway.

Thu 25 August: Dobbies Garden Centre, Arbroath.

Annual Outing: The annual outing to Largs was enjoyed by all as the weather turned out very well indeed, with some of our members venturing out to Millport by ferry.

Tattoo Excursion: Edith advises that the coach will leave from the Green Hotel on Wednesday 24 August at 6.15pm prompt, to allow the coach to park as near to the Castle Esplanade as possible. Tickets will be handed out on the coach and it will be up to the persons attending to make their own way to the Esplanade in time for the performance which commences at 9pm. There will therefore be time for refreshment beforehand. Coach money of £8.00 will be collected at the **August Club meeting. Contact Edith Oswald 1577 865731.**

Theatre Outing: Edith advises that there are four seats left for the performance of "Top Hat". This is for the matinee performance on Wednesday 23 November 2011. **Contact Edith Oswald 01577 865731.**

Holiday February 2012: Pat advises that the Beau fort Park Hotel in Mold, Flintshire has been booked for six days from Sunday 12 to Friday 17 February 2012. Please note that this holiday will be one day longer than previous years, with departure on Sunday 12 February. Further details are available from Pat. As the holiday is a popular event in our social calendar, early booking is advised to avoid disappointment. The initial deposit of £25.00 will be collected at the **September Club meeting.**

Friday Hill Walkers

12 Aug: Fife Coastal Path Elie to Anstruther led by Flora. Don't forget to bring bus passes for return leg.

26 Aug: Ben Cleuch from Alva led by Richard and Anne.

9 Sep: Abernethie to Newburgh via Pittmenden led by Alan.

Autumn walks will be announced soon.

Would members please go to hillfolk.pbworks.com for any changes and let us know if you are planning to come.

Friday Walkers

5 August: The Glen Tilt Trail from Old Blair to Gilbert's Bridge and back. This is an old favourite along well-known paths and estate roads, and although only 6 miles, **we will be leaving at 9am** because of the distance to Blair Atholl.

19 August: The Roman look-out towers on the Gask Ridge, near Auchterarder. We visit three of these towers walking there and back to two of them, and then go to see the third one in the afternoon. The distance is about 6 miles and the roads straight and flat.

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

Activities: Would group leaders please ensure that they keep the Club's Secretary advised of changes to their group's activities, especially when they stop for the summer and re-commence for the winter. They can do this by email fubisterscot@aol.com or 01383 728398.

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

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

L.U.S.T: The slimmers meet each Thursday, 9.30am to 10.30am.

The remainder of the groups have stopped their activities until September.

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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

Kinross-shire Local Events Organisation

Local blues bands at music festival (17-20 November)

We are busy working on the programme for the Kinross-shire Music Festival, a long weekend packed with live music of all styles and genres which will take place in Kinross and Milnathort on 17-20 November 2011.

As part of this, we are now delighted to announce the participation of the following Blues Bands:

Local band, **Hollowbody** – low power boogie and blues – will perform during our festival. Hollowbody love a mellower, more rhythmic, feel to the blues. If you would like to hear some of their music, all gigs and songs can be found at www.reverbnation.com/hollowbody

The Black Cat Jook Band brings the American blues style of the 30's/40's back to life with guitars, ukuleles, mandolin, harmonica, tea-chest bass, jug, kazoo, tuba, washboard and two tone shoes. You can hear their music on www.myspace.com/blackcatjookband

If you, as a local band or musician, would like to be involved please let us know: info@kleo.org.uk or for more information visit www.kleo.org.uk

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



Dance Dudes

KLEO presents Dance Dudes Kinross-shire (DDK) starting weekly from 22 August. DDK invite you to banish the Monday blues and come for a day of dance and music activity.

There will be two sessions, one from 11am until 12 noon, a break for lunch then a second from 1pm until 2pm. The session will be led by Adele Reynolds of 'Dance a Story' who has a rich experience in teaching music and dance in imaginative and accessible ways. The sessions are inclusive of anyone interested in attending but those with learning and mobility challenges will be specially catered for. The main idea is to have lots of fun!

People may attend one (£5) or both sessions (£10). For the first six weeks there is the offer to pay for four sessions and attend a further two free of charge.

The sessions will be held in Orwell Church Hall, Milnathort. We are looking for volunteer soup makers who might help with lunch and anyone else who might like to support the group as necessary.

Any queries or for more information please email lindsaycant@aol.com or phone Susan 07772186268.



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The Kinross-shire Civic Trust



Annual Best Kept Village Competition

Thursday 14 July – Bastille Day – was the day for the judging of the Annual Best Kept Village Competition. The weather could not have been better, with clear blue skies, no rain and very little wind. All the villages were looking at their very best. The judges this year were Mike Brown, who came back to lead the judges, having led last year and two new judges, Mrs Judy Nicol and Mr Jimmy Proven. It's a long hard day for the judges going around all the sites, but they thoroughly enjoyed themselves and were very impressed by the standards set by all the entrants.

The results were as follows:

Best Kept Large Village	1st	Scotlandwell
	2nd	Crook of Devon
	3rd	Kinnesswood
Best Kept Hamlet	1st	Cleish
	2nd	Keltybridge and Maryburgh
	3rd	Easter Balgedie

Most Improved Village Cleish

Congratulations to all who took part.

Buildings of Interest in Kinross-shire Orwell Parish Kirk

When the Rev Thomas Mair was ordained minister of Orwell Parish in 1725, he began to hear complaints from members of the congregation who were tired of walking every Sunday all the way down to the church which then stood at Bell's Brae, close to the shore of Loch Leven. Being a shrewd man, he began to carry subscription papers in his pocket so that when someone approached him to complain about the location of the church, he would hand them a form and ask them how much they would give to get the church moved nearer to the centre of the parish. This strategy worked and by 1729 he had collected almost £2,225 from 223 subscribers. In that year the church was moved stone by stone to its present location on the Ba' Hill overlooking Milnathort. High on the south facing wall, above a sundial, the date 1729 is a reminder of the building of this church by Thomas Mair, whose gravestone bears a verse in the form of an acrostic, each line beginning with letters that spell out the name 'MASTER THOMAS MAIR'.

A popular man in the parish, the Rev Thomas Mair decided in 1737 to follow the Secession movement initiated by the Rev Ebenezer Erskine four years earlier, taking most of the parishioners with him. Over half a century later in the 1790s, the parish minister noted in his survey of Orwell for Sir John Sinclair's *Old Statistical Account of Scotland* that Mair "preached up the erroneous doctrine of universal redemption, and was in consequence of this dismissed from his charge." Despite this, Thomas Mair and his followers continued to worship in the church for another three years until they were forcibly removed under a Sheriff's warrant in 1740.

Built of random rubble, with a slated roof, the parish church of Orwell was referred to by the author of the statistical account of the parish who commented that "it has, outwardly, a pretty decent appearance for a country kirk, and is tolerably well finished inwardly." More recently, the architectural historian Nick Haynes, in his illustrated

architectural guide to Perth and Kinross, described the design of the building as "very Presbyterian in symmetry" with respect to its long south facing elevation and T-plan but noted a "residue of Episcopalian form" in the 17th-century bellcote or belfry with its baluster columns which had been brought from the old kirk by the lochside.



Orwell Parish Kirk, Milnathort

The original building was a rectangular structure with a low thatched roof, an earthen floor and six small windows, but over the years, a number of improvements and alterations have been made. A telltale building line can be seen running below the level of the roundels on the south facing wall indicating that the roof of the church has been raised in height. Windows have been enlarged, a floor laid and the interior completely recast to include galleries and a pulpit. In addition to this, a north wing was added. Known as the Forfar Wing, this was the gift of the Forfars of Netherhall and Seggie Bank.

The end result has been the creation of a church building looking over the rooftops of Milnathort that, in a simple but pleasing way, is attractive both inside and out.

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



Sports News

Milnathort Golf Club

The photographs show Milnathort Golf Club Ladies' and Gents' finalists before they play for the Club Championships. Gents' line up is Jamie Arthur, Thomas White, Bob Tolson (Club Captain), Peter Graham and Charles Cooke. The Club Championship was won by Jamie Arthur and the Committee Shield by Charles Cooke. The Ladies' line up is Alison Houston, Mandy Jones, Alexis Crawford (Ladies' Captain), Myrian Reid and Isabel Murphy. The Ladies' Championship was won by Alison Houston and the Francis Millennium Trophy by Mandy Jones.

Milnathort Golf Club would like to congratulate all finalists for the hard work put in to reach their respective finals.



Milnathort Golf Club Gents' Finalists...



...and Milnathort Golf Club Ladies' Finalists

Milnathort Golf Club

Senior Section

On 23 June, the fourth round of the Charlie Macari Trophy was played with a good attendance of Seniors participating. The winner of this round was Bill Michie, with Roy Stevens chasing him home and Phil Leiper coming third.

What a difference to play in sunshine and little wind! Such it was on 30 June when we played the third round of the Senior Quaich and also the qualifier for the Matchplay trophies. First home on the day was Willie Campbell, pursued by Charlie Macari in second place and Phil Leiper coming in third.

The first round of the Senior Cup was played on Thursday 7 July and was won by Dave Mitchell with a great score of 63. He was followed home by Donald Brown with John Donaldson coming in third. The second round of this 'two-round' competition will be played on **Thursday 4 August**, when a good turn out would be appropriate.

We had a fun game on 14 July which was a three-man, Texas Scramble played in none too favourable weather. However the outcome could not be disputed and the team of Bob Christie, Roy Stevens and Phil Leiper were the winners.

A date for your diaries, Gentlemen, is the Match against the Ladies on **Thursday 18 August**, when the Ladies will be hosting us this year. We are looking for a minimum of 16 per team, so when the Entry Sheet is posted, get your names down early. We won last year – let's make it a 'double'!

Junior Section

The summer holiday activities are well underway. The weekly junior competitions have seen victories for Russell Malcolm, Chris Ness and Lewis Hunter in the U18 Category and Scott Calder, Blair Addison, Aaron Tate and Gareth Hutchison in the U14 Category.

Milnathort Juniors have taken part in Open competitions at Murrayshall, Craigie Hill and Muckhart Golf Clubs. Russell Malcolm and Sam Craigon have played for the Gents' scratch league team and Chris Ness and Charles Cooke have also played well in Gents' competitions.

Clubgolf coaching restarts on 24 August, 6.30pm-7.30pm, running till the end of September.

PGA Coaching continues to run through the Summer holidays on a Tuesday afternoon. The **Milnathort Junior Open** takes place on **Friday 5 August** and all local junior golfers can take part: for registration please call 01577 864069.

Membership

Membership is available for adults (for under £300 for this season which includes the joining fee). Junior membership is also available at reduced rates. We also have a payment scheme in place should you require this service.

Contact the Secretary Ken Dziennik on 01577 864069 or e/mail milnathort.gc@btconnect.com

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Newsletter Deadlines

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

Kinross Otters

**Alloa Open Meet, The Peak, Stirling,
25 & 26 June**



The final competitive event of the swimming year for the Otters took place at the lovely Peak Leisure Centre in Stirling over the last weekend in June. The Otters sent a small team of swimmers, some seeking that elusive time and some just looking to improve what they had already achieved. As an Open event, this was particularly competitive.

Top Otter on this occasion was **Iona Crawford** who managed three bronze medals in the Girls 10 and under 200m Breaststroke (3.27.77), 50m Breaststroke (45.69) and 200m Individual Medley (3.21.83). Her breaststroke times in particular were very impressive for a 10 year old. She also came fourth in the 200m Freestyle.

Cameron Nelson continued his excellent season and bagged another medal, this time in the 200m Backstroke in 2.33.85 where he came third in the Boys 13-14 yr old race, despite just turning 13 in May. He also came fourth in the 200m and 400m Individual Medleys and 200m Breaststroke.



The Scottish Schools National Relay Swimming Champions from Kinross High School who achieved a very convincing double gold medal win at the finals in Glasgow in June. From left to right are Cameron McCloskey, David Elder, Aaron Gillon and Cameron Nelson (for full article, see July issue)

Kinross Otters Family Quiz Night

The Otters assembled in force at the Windlestrae Hotel, Kinross on Friday 1 July to exercise their grey matter for a change and to raise money for a warm weather training camp in Cyprus, which 16 of their best swimmers are to undertake in October this year. Around 175 people took part in what turned out to be a very enjoyable evening expertly hosted by quiz master extraordinaire Mike Spain, who produced yet another very professional quiz. As it turned out, the oddly named Village Idiots "B" Team were victorious!

Thereafter followed a generous raffle and auction of some of the better prizes. Events on this scale do not just happen so many thanks must go to: The Green/Windlestrae Hotel and Anne Steadman in particular for the venue, food and superb curling raffle prize; Mike Spain for his time and effort in producing and delivering his quiz; quiz markers Elaine and Fiona Spain and Debbie Kennedy for a very efficient job; Dave Gillon and Angela Nelson for making

the raffle/auction all that it was; all the Cyprus families for shifting so many of those tickets; and all the local businesses and individuals who supplied the raffle/auction prizes (listed below).

Kirklands Hotel (two-course lunch for two); Complete Look (Pick me up facial x 2); Ferrier and MacKinnon (pair of sunglasses); Sporting Chance (pair of trunks); Carrs Billington (£20 voucher); Thistle Hotel (£40 Gift card for 25 Bar and Restaurant); Le Jardin (Lunch voucher); Robertson's (Puffa cap); Loch Leven's Larder (£10 gift card); Loch Leven Leisure (free Junior Membership for summer); Heaven Scent (£10 voucher); Williamsons Florist (plant); Sainsbury's (bottle of wine); Beauty at the Green (Garra Ru'á Fish Therapy); Hunters Butchers (steak pie); Bower Hair Design (Wella Hair products); Nelson Car Transport (Champagne + £20 M&S voucher); Colin Renton Transport Maintenance Ltd (two bottles of whisky); Milnathort Golf Club (ball worth £80); Tulliallan Golf Club (ball worth £130); Muckhart Golf Club (ball worth £130); Kinross Golf Club (ball worth £130).

Kinross Cycling Club

www.kinrosscyclingclub.co.uk



July saw the club's first ever 'Hilly time trial' competition. The event was held on a perfect summers evening and saw 22 members participate. The route took the riders along a 12.81 mile course with over 1,300 ft of climbing: leaving just north of Milnathort heading straight up to Middleton before turning left for Path of Condie where they faced a fast 1:8 descent which was immediately followed by the 1:6 climb to Path of Condie. From here they headed up to Stronachie and the descent to the finish. The winner was Howie Pether in a very impressive 41m 46s. Gillian Corsie tops the leaderboard with 230 points, Roddy Paterson is second on 219 points.

Later this month the club's very own 'near naked men', led by Angus McCulloch and Paul Murray, will ride from Glasgow to Inverness to raise money for cancer charities. Visit the Kinross Cycling Club website to pledge them some money.

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Club Correspondents

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

Kinross Bowling Club

The bowling season is already half way through, and amid rain, wind, thunderstorms and the odd day of sunshine, we have played friendlies against Dollar, Orwell, Menstrie and Glenfarg; with mixed fortunes but with good fun and humour.

Club competitions have also been ongoing. The Cowie Shield was won by Janet Mitchell with runner-up Jim Cousar. The Jim Wallace Trophy was won by G M Rennie with runner-up B Brian. The E Ford Trophy was scheduled for 18 June but had to be cancelled due to the weather but was played on 17 July and won by Jean Cousar with runner up Janet Mitchell.

A few more friendlies have been played against Falkland and Cambo, but the friendly against Darnhall had to be cancelled because Darnhall couldn't drum up a team.

On 10 July the George Waddell Ford Club competition was started and stopped (yes, you've guessed) torrential rain – the green looking more like a swimming pool than a bowling green! This is still to be re-scheduled.

The ladies' section have had a decent run of play in Scottish, County and East of Scotland competitions this year, only just failing in finals – hard luck, girls, but very well done on reaching all three finals as below:

Scottish District Final Pairs – Anne Bell, runner-up Sheila Rennie; East of Scotland Ladies Pairs District Finals – runners up Jean Cousar, Sheila Rennie; Clack and Kinross Ladies Triples – Finalists, runners-up Chris Bennet, Jean Cousar, Anne Bell.

We played the Golden Age County competition on our green on Thursday 14 July – three mixed rinks against Alloa and won! We look forward to the next round on Tuesday 27 July. We expect to get an Indian Summer for the rest of season!

Kinross Curling Club

Although there is no curling in Kinross over the summer months, the Green Hotel has already started to make and prepare the ice for the new curling season.

The end of August is also the time when Kinross Curling Club picks the rinks for 2011-12. The opening bonspiel will take place on Thursday 22 September with a pre-season club training session on Monday 19 September.

Now is the best time for new members to express an interest in joining the club. Kinross Men play most of their games on weekday evenings between the end of September and March. There are different membership options, depending on the level of commitment a new player is able to give. Please contact Paul Baughan on 01577 863085 before Monday 15 August if you wish to discuss joining the club.



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Orwell Bowling Club

The Monsoon season still prevailed when our friendly team headed off to Cambo for an evening game on 15 June – some in full knowledge of what lay ahead – others in blissful ignorance. The heavens had opened just prior to our arrival, so maximum muscle power was required in addition to supernatural powers to predict exactly where one's bowl would stop. Friendly banter accompanied Orwell's vain efforts at affected bravado, as Cambo played on with alacrity, achieving a final win with 44 shots to our 26. The Cambo Ladies, as always, had prepared tables groaning with home baking, and the raffle provided splendid consolation prizes.

The Roy Dougray Memorial Trophy on 19 June was presented by Roy's daughter Kirsten to Gordon Morton, fifth time winner, his worthy opponent being John H Taylor, with Tony Venn and Michael Hamilton narrowly missing out in the semis.

Our Seniors "occupied" the green on 20 June with five rinks against Dalgety Bay who went down 57 shots to Orwell's 89. A delicious post-match meal and grand raffle were followed by an invitation by their President for a return game, proving that the inter-club friendship remained intact.

Having valiantly fought through the first round of the Balfour Trophy, our men lost out to Cambus by 7 shots in the second, our Mixed Pairs in the second round of the Scottish suffering a similar fate against the same club. Our mixed triples friendly against Menstrie (not even a token lady here!) on Saturday 25 June fared no better, and with only one rink up, Orwell were defeated by a dozen shots. A brighter star shone at Alloa when Sandra Fullerton and Rosemary Howie won the Ladies County Pairs, bringing home an elegant trophy for the cabinet. The Men's Senior County Pairs Brian Cook and Vic McKechnie however, suffered ill luck indeed, going down by one shot on the last end of the final to Tulliallan.

On a glorious Sunday 3 July, Freuchie arrived for our home mixed triples with four rinks of people. Spectating Orwell members were hastily sent home to re-appear in regulation clothes and we ended the day winning 81 shots to 41 – the temperature and high bar takings on the day playing no small part.

Thanks to a generous grant from the now disbanded Ross 2000 for junior equipment, and the time given by our two coaches Sandra Fullerton and Jean Menzies, the primary school training sessions and the After-School Club (Mondays 3.30pm – 4.30pm) have been a tremendous success; long may sports in general, and bowls in particular, reap the rewards of youth training.

Kinross Curling School

Come along to the Curling Rink at the Green Hotel on **Monday 19**

September at 7.30pm and TRY CURLING! This two-hour on ice session is completely free of charge and gives you the opportunity to try out this great Scottish sport in the company of qualified coaches. Just bring yourself, a warm fleece, a clean pair of indoor shoes and lots of enthusiasm! To book, please contact David Jones, the Area Curling Development Officer, by email kinrossdev@royalcaledoniancurlingclub.org or call 07878 821005. All welcome over 8 years old.



Kinross Road Runners

There doesn't seem to be a week goes by that doesn't have at least one race taking place.



Of course, races aren't all about chasing personal best times or coming first; most of us take part for the sense of achievement, to enjoy the atmosphere and for the feeling of well-being and self-esteem that running brings (not to mention the cakes/goody bags/medals).

Here is a snapshot of some recent races:

On 26 June, our club members were torn between the Glenrothes 10k and the Dunfermline Half Marathon. At **Glenrothes**, the first male Kinross Road Runner home was Graham Kemp in a time of 41 mins 47. Maureen Hill was on her local turf and was the first KRR female in a time of 43.19. At the **Dunfermline Half**, the first male and female KRRs were Alistair Black in 1hr 28 and Jillian Gordon in 1hr 32.

The **'Black Rock 5'** is a really fun, quirky race which takes place in Kinghorn. Proof of its popularity is the number of competitors – nearly 700 took part on 1 July. The event involves running along the beach and wading knee-high in the sea around the Black Rocks! On a pleasant summer's evening, the sound of the bagpipes and the cheering of crowds lining the streets added to the fantastic atmosphere. With the finish line at the top of a steep hill, the free bottle of beer was also very welcome! Those taking part, and still shaking the sand out of their shoes were: Andy Laycock (1st KRR, 25th overall), Alistair Black, Michael Cooper, Ronnie Ritchie, Maureen Hill (1st KRR lady, 18th overall), Judith Dobson, Pippa Coutts, Steve Hopton, Julie Rose, Isabella Carmichael, Gillian Agnew and Sarah Eaton.

Our club organises the **Milnathort Dash**, which this year was on 23 June. Over 120 competitors took part this hilly, 5½ mile race. First male KRR and third overall was the seemingly unstoppable Andy Laycock in time of 31.25.

First female KRR was the equally unstoppable Jillian Gordon, who completed the course in 36.35. Fourteen other club members competed, as well as being involved in the behind-the-scenes work that it takes to host this kind of event.

Heavy showers cleared just in time for the start of the **Brig Bash** on 6 July. This is a flat 5-mile race in Bridge of Earn, organised by Perth Road Runners. The thunder and lightening didn't frighten off our members - 26 of us took part. First male KRR, and 11th overall out of over 200 runners was Andy Laycock in 28.47. First female KRR was Jillian Gordon, 57th overall, in 32.35.

The Famous Grouse Crieff 10k was on 10 July. This is a scenic, multi-terrain race with a total climb of 350m. Out of nearly 300 competitors, Peter Edgerton was 36th overall and first male KRR in 43 mins 39 secs. Judith Dobson was first female KRR and came first in her age category in a time of 46 mins 32. No prizes for guessing that the goody bags contained a miniature bottle of a certain tippie!

If you would like to see photographs from these races, please visit www.roadrunpics.com. Look out for KRR runners in their uniform of highviz yellow vest with a royal blue band!

In between all these races, we are still following our summer training schedule. For speed work on Tuesdays, we meet at 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. We meet on Wednesday evenings at the former health centre (Lathro) at **6.45pm** ready to set off on a hill or trail run.

On Sunday mornings we meet at Lathro at 9am for long, informal on- or off-road runs.

Visit our website for more details:

www.kinrossroadrunners.co.uk

Please do come along – you will be made most welcome.

Kinross Kobras Junior Hockey Club

The last competition of the season saw an U12 team take part in a Dundee Wanderers tournament. The team registered some of the highest scores, including 6-0 and 8-0 victories against Dundee and Brechin teams. They narrowly lost to the eventual winners from Dundee Wanderers.

Training restarts for the new season on 25 August 6.30pm - 7.30pm at KGV.



The Kinross Kobras Team which took part in the Dundee Wanderers Junior Hockey Tournament

Kinross Men's Hockey Club

Summer Mixed Hockey continues on Tuesday evenings 7.30 to 9pm at KGV astro pitch and all are welcome, no matter what ability. Cost is £1.50 to cover pitch hire.

Men's training starts on Tuesday 16 August, 7.30 to 9pm and is free. There will be friendly games arranged before the Leagues start, probably 24 September. Kinross has two teams in the East District leagues. The 1sts play in Division 2 where they finished third last year and the 2nds play in Division 4 where they finished fourth last year.

Our club is always looking for new members, no matter what age or ability, as we always lose a few of our younger players each year as they head off to University. Come down and you will be made most welcome, even if you are a complete beginner, or why not try a mixed hockey evening?

For further information either contact Ross Turbet on email: captain@kinrosshockey.co.uk or Gordon Balfour:

secretary@kinrosshockey.co.uk or visit our website at www.kinrosshockey.co.uk.

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

Kinross Golf Club

We might be in midsummer and mid season, but April was by far the best month to play golf, unless of course you enjoy playing in pouring rain, which seems to have been the norm during May, June and July. The freakish weather played havoc with the Scottish Open, being played for the first time at the stunning Castle Stuart course near Inverness. Local Opens, too, have been affected, with some having to be rearranged or cancelled completely. Let's hope August and September will see drier conditions.

Congratulations to Andrew Jackson, the new Club Champion who beat last year's winner David Mitchell Jnr in the final. In the Beveridge Cup, Steven Nelson beat D Little.

Jim McKay and Ronnie Sievwright were beaten in the fourth round of the Daily Mail Foursomes by Dunfermline.

In the Perth & Kinross Scratch League, Kinross drew against Muckhart and Pitlochry and now meet Milnathort in the quarter final.

In the Bell Trophy Kinross lost to Strathmore.

The Ladies' Away Day saw 14 ladies taking part in Callander Ladies' Open, Catriona Marshall won the 'Away Day Trophy' scoring 71 in very wet and windy conditions.

Rena Duncan won the overall net prize in the Ladies' Captain Day and Ann Smith best scratch.

Congratulations to Perth & Kinross County Ladies, Captain by our own Lenore Kyle, on winning the Northern Division Jamboree at Inchmarlo, beating Angus, Aberdeenshire and Northern Counties and will now go forward to the Final to be played in September at Dumfries & County.

Kinross seniors lost their Inter Club match away to Pitreavie.

Entries are now being accepted for the Senior Open which will be played over the Bruce on Wednesday 7 September.

With the school holidays in full swing, one-hour practice sessions are being introduced for younger juniors on a Tuesday evening at the Practice Ground. For more information, please contact the Junior Convenor, Ian McLeod.

In the Junior Bell Trophy, Jennifer Saxton and Ryan Beveridge won their matches in the away leg at Alyth to ensure Kinross went through to the quarter final and will now meet Blairgowrie.

In the Scratch League, Kinross beat Craigie Hill at Home 5/0 and now meet Crieff in the next round.

Stephen Harrower is the Under 18 Champion and the Under 15 Championship will be between Scott McLeod and Jennifer Saxton.

Two juniors, Scott McLeod and Stephen Harrower, qualified in the top 16 of the Club Championship but were beaten in the first round of the match play section.

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Kinross Tennis Club



The ladies, gents and junior Tennis Tayside leagues are completed. The ladies doing well to stay in division 2 but the gents doing exceptionally well and finishing top of division 5 so promotion for next season, and the juniors have enjoyed their first league season finished mid table division 3. The TT mixed leagues are now underway, Kinross 1s losing their first match to a strong Broughty Ferry side and discovering that we were also unexpectedly promoted to division 2. Kinross 2s winning their opening 2 games v against Tayport and St Andrews and doing well in division 4 after promotion last season.

Junior Summer Camp: This year our junior tennis camp takes place from **8 to 12 August**. Places are still available and further details are available by contacting Laura on kinrosstenniscoaching@gmail.com. This camp has been opened to non-members to ensure that it runs.

Junior Coaching: The next block of junior coaching commences on Tuesday 16 August. Coaching runs from pre-school right up and takes place at various times on Tuesdays, Wednesday, Fridays and Saturday mornings. Further details by contacting Laura on kinrosstenniscoaching@gmail.com. **Junior Club Night will resume on Tuesday 16 August at 5.30pm.**

Adult Coaching: A new block of adult coaching will commence on Tuesday 16 August – it is hoped to have sufficient beginners to run a beginners class first at 7pm followed by improvers at 8pm, however if the interest shown is from a different grade then we can amend this plan. Enquiries for adult coaching should be made to Susan at kinrosstennis@gmail.com

Upcoming home matches:

Mixed v Kinnoull Monday 15 August

Mixed v Arbroath Monday 22 August

Mixed v Craigmuir Monday 29 August

Ladies P&D v Dunning Thursday 11 August (2 courts only)

Club Championships: The senior club championships are now underway with finals day Saturday 3 September. The junior club championship will start in August for finals on 17 September.

Further information can be found on our website www.kinrosstennisclub.org or by contacting our secretary Susan Malcolm on 01577 863774 or by emailing kinrosstennis@gmail.com.

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Kinross Rugby Club

(The Home of Rugby in Kinross-shire)
New Season 2011/2012



Pre-season training is already underway at Kinross this year and after a gruelling first two sessions at the KGV Playing Fields, the enthusiasm and commitment shown so far is brilliant. There will definitely be a few extra groans, moans, aches and pains as the guys rise from their beds in the morning, but everyone involved knows that Kinross have a fantastic chance to become a real force again in the forthcoming season. The return of half a dozen or so familiar faces coupled with several new recruits and the new breed of KRFC youngsters coming through has seen fantastic numbers at training so far. Pre-season continues through until the first league game which is on 3 September.

If you would like to get involved, whatever your age, experience and ability, we want to see you down. This year we are looking to run two senior teams as well as an occasional veterans' side alongside the under 18s team and as always there are teams for all ages in our mini/midi sections. Training is at the KGV (behind the Muirs Inn) every Tuesday and Thursday starting at 7pm.

If you would like to get in touch beforehand you can contact us on 07534 761 572.

Pre-Season Fixtures and Events

August

Sat 13th Kinross Show: KRFC will be at the Kinross Show again this year with the usual pitch with something for all the family. So please stop by and see us for a chat and to see what we are all about – we would love to see you there.

Sat 20th Friendly – Kinross v Aberdeen Wanderers RFC
1st XV and 2nd XV games, both 2pm kick off.

Sat 27th Friendly – Kinross v Linlithgow RFC, 2pm k.o.

League Fixtures - First XV

September

Sat 3rd Harris Academy FP v Kinross RFC, 3pm kick off

Sat 10th Kinross RFC v St Andrews Uni RFC, 3pm kick off

Sat 17th Stirling Uni RFC v Kinross, 3pm kick off

Need a Venue?

The Kinross RFC Clubhouse can accommodate you! We have pretty much held them all over the years – everything from birthday parties and conferences to weddings and christenings. If you are interested in holding your next function at Kinross Rugby Club, or just want to check out the venue, please come down and see us. We are open Tuesday to Friday from 7pm and Saturday from 1pm. (Bookings must be submitted via a booking form for prior approval, functions outwith normal opening hours can also be accommodated.)

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

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Kinross Badminton Club

www.kinrossbadmintonclub.co.uk



Senior Club

The annual BBQ and presentation of trophies was held on 12 June at Bill McDonald's house, however for the first time in a long time the event was held inside due to poor weather. We would still like to thank all the members who turned up and had an enjoyable afternoon. The club would also like to thank Laura Wood-Goulbourn for presenting the trophies to the winners of the annual end of season tournament:

	<i>Winners</i>	<i>Runners-up</i>
<i>Gents Singles</i>	Chris Bode	Ian Coulter
<i>Ladies Singles</i>	Gwen Tate	Alison Scott
<i>Gents Doubles</i>	Charles Nurick & Rory Cooper	Matt Brown & Lewis Hunter
<i>Ladies Doubles</i>	Alison Scott & Christine Sorbie	Gwen Tate & Laura Wood-Goulbourn
<i>Mixed Doubles</i>	Gwen Tate & Lewis Hunter	M Macpherson & Charles Mackinnon

After the presentation Bill thanked all of our members for supporting the club strongly throughout the season.

The Kinross Badminton Club golf outing was held at the beginning of July at Milnathort Golf Course. The group played a stable ford over 18 holes, with added in competitions such as 'best beginner', 'longest drive' and 'closest to the pin'. The overall winner for the day was Gwen Tate followed by John-Angus Mackinnon.

The club reopens for the start of the new season on 18 August. Once again we will be playing at the Loch Leven Community Campus. This season we have six courts on a Tuesday night and four courts on a Thursday night. Both the Tuesday and Thursday sessions will be held from 8pm-9.45pm. As always we will welcome any new members where all standards of play are welcome, however we always like to encourage strong players to come along for some competitive games.

The committee will meet before the season begins to discuss the previous season and ideas for the upcoming season. The date for the AGM will also be decided at the meeting.

As always for more information contact our President Bill Macdonald on 01577 862592 or our Vice President Rory Cooper on: rtc00001@students.stir.ac.uk or log onto the club's website (see top).

Junior Club

The first junior session will be held on 6 September, 6pm to 8pm. The juniors will receive the same high standard of coaching as last season, and will once again be coached by the same professional coaches – Kirsty Flockhart and Gordon Hoggan. The club were delighted to see so many young players showing an interest in the sport last season, and we cannot wait to welcome back all of our keen juniors, and as always we will welcome new faces. For more details about the junior club, log onto the club's website or contact the Junior Secretary Alison Walker: 01592 840392.

Classified Advertisements

Check the Classified Ads section on **www.kinross.cc**
Buy or Sell Goods up to the value of £500
Items are advertised free of charge for up to six weeks

Health and Fitness

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

Cross Training: Boxercise yourself fit!

Cross training, defined as undertaking several different forms of exercise in one session, is a great way to condition different muscle groups, develop a new set of skills and reduce the boredom that may have crept into your exercise regime. It allows you to vary the stress placed on specific muscles or the cardiovascular system, with the added benefit of reducing the risk of injury due to repetitive strain or overuse. Rather than going for your usual treadmill run or bike ride, why not vary the pattern?

Boxercise meets the definition of cross training as there are several different forms of exercise in the one session, combining:

- Cardiovascular Exercise
- Strength training
- Flexibility
- Speed Agility and balance drills
- Circuit training.

I often point out to my class that boxers are some of the fittest people and they train hard to achieve their levels. They burn significant calories whilst boosting their metabolism, so it's a great way to lose weight and get into shape!

Boxers generally want to improve their:

- Strength and stamina
- Muscle tone and definition
- Cardiovascular health
- Reflexes and reaction times.

Regular weekly Boxercise classes can give you results in all of these areas, with muscle toning of the upper body and arms a specific gain.

Boxercise is one of the best stress busters around and is one of the most effective forms of cross training. It combines the use of aerobic and anaerobic energy systems with the systematic recruitment of both fast and slow twitch muscle fibres. This not only ensures a diverse workout but also enhances sports specific senses such as hand-eye co-ordination, balance, stamina and timing.

There are over 1.2 million people in the UK taking Boxercise classes or working with their personal trainer in this area on a weekly basis.

It employs the skills of boxing in a fun environment where you can enjoy the benefits of boxing style training without the fear of getting hit or hurt!



Classes are fun, energetic and addictive, allowing you to let off steam and come away not only feeling better physically and mentally, but almost stress free!

Classes are based around core punching routines and skills, with the emphasis on continuous movement. The exercises are either partner or group based and often involve games, making the sessions fun and enjoyable, but the actual level of workout intensity is decided by the individual.

If you've not tried it, why not give it a go? Find a friend and go together! You need no previous experience as the class should be run by a fully qualified Boxercise Instructor who will ensure that you get the basics under your belt, work safely and that you have fun.

Whatever your sport, consider cross training as a means of improving your all round fitness and conditioning. Strike a balance between strength and aerobic work, include specific exercises for the core and don't forget stretching to improve flexibility.

One of the most important components of exercise fitness in any environment is to ensure that you challenge your body at every workout. The body adapts to regular routine exercise fairly quickly and you need to keep it guessing what's coming next. A cross training regime will help you do this and will not only sharpen up your fitness but will also banish any risk of boredom!

Next month: Training Goals

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

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5.45pm - 6.45pm Teen Fitness (Ages 13-18)
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Email: Fitandhappy2010@aol.com

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Summer Classes & Workshops

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Out & About

Vane Farm



Michty me, August awready. It's been a quick year again or is it jist me gettin auld? Aye likely it is.

The breedin oan the reserve is ended noo and it's moult time fur a lotta birds post breedin. Skulkin around hidin, or if seen, an identification nightmare, even fur the so-called experts at times. Whit colour wiz it? "Well, it wiz sorta broon." The joys o bird watchin at this time o year ne'er they will be back tae normal; finery come the autumn then yer ID chances increase. Still a load o youngsters gawn aboot tho, so watch oot fur the gallous antics at yer feeders, especially the raucous young steckies (starlings).

The new wetland work will hiv startit when ye read this so it will be digger city fur a wee while but shid be worth it in the end. If yiv been in at Vane since the work began ye'll hae nae doot fund oot that we hiv closed the access path tae the second n third hides. It's awe tae dae wi "Health n Safety" stuff. Please bear wi us and as shin as we kin gie ye safe access again, we will. In the meantime we hiv reduced oor entry charges if yer no RSPB or WEX members tae yin new poond per person as a compensatory gesture. So if ye hinny been in before why nae come along n see whit yiv been missin: cannae be bad fur that money, or as the tanned antiequey chappie oan the box says, "Cheap as chips"bargain! We will of coorse quadruple the charges efter the work tae help pey fur it awe! Na kiddin, jist ma wee joke but they will go back tae normal yince the works finished and hide access resumes.

Bein a bit mair serious tho, kin a say thank you to readers who give us support by being RSPB members. It's your donations and membership money which helps us to fund these projects throughout Scotland; 91p in every pound you give us goes directly to our conservation work, so we dinnae waste it cos we cannae afford tae! We really do appreciate yer support and a big ta fae awe the birds nither beasties fur the nice new hoose!

Noo maist o ye micht no ken him ither thin the time a telt ye aboot him drappin in the pond thon time, the loon in the cartoon – mind o him noo? Well he's kinda behind the scenes a bit, that's Shaw-speak fur stuck at a computer maist o the time, tho we did let him escape ootside tae dae a bit o hands oan teachin at times. No enough tho, accordin tae him! Onywey, Sandy Howe, Vane's Educational Development Officer fur the last couple o years, hiz deciddit tae further his career by ...eh .. retirin! He hiz done a lot o good stuff developin different educational programmes fur local kids in the area as well as makin his mark at Vane, so we wish him well. He will noo be makin his mark oan the gairden at the hoose and getting up tae ither things nae doot so "Cheerio Headmaster", it's the best joab yiv ever hid! No shair aboot the pay tho but man, ye cannae hiv everythin, kin ye?

The new Autumn catalogue stuff will be appearin in the shop ony day noo so, aye folks, "It's Christmas" as a famous pop group wance sung. Aye, the festive stock, cairds, calendars wrappin paper n ither assortit yuletide stuuf is noo in the shop fur yer perusal. Some nice stuff in the new catalogue, so worth a wee keek tae see whit's available; drap in if yer passin.

Ta ta till next time

Colin

Loch Leven NNR



With duck nesting activity winding down for another year, there are habitat management tasks taking place at various corners of the reserve during the course of the next month. Some areas of long grass and bracken are to be mowed and bailed, so you may see us out and about with our machinery as we work away at Burleigh, Orwell and Findatie. An archaeological dig is due to take place on St Serf's Island this month in partnership with Historic Scotland to learn more about the lives of monks that occupied the Priory there from 843 A.D. We await their findings with eager anticipation.

The first of two SNH events this month is called International Travellers and takes place on **Tuesday 2 August** between 6 and 8pm at Kirkgate Point. Loch Leven is a hotbed for migratory birds all year round, and as autumn approaches, large numbers of ducks and swans gather here as they moult their plumage in preparation for their long flights back to their wintering grounds. As well as an assortment of wildfowl, some smaller migrants are also prevalent over the water, with thousands of Swift, Swallow and Martins swooping over the water as they feast on the abundant invertebrate population before their flights south to Africa.



Ospreys can be seen in the skies above Loch Leven

The second guided walk is in search of the Osprey and will take place on **Tuesday 9 August** between 6.30 and 7.30pm at Burleigh Sands. Another species famed for its long migration and well celebrated throughout the country, the Ospreys patrol the skies over Loch Leven in search of a fish supper. Females are the first to fly south, leaving the male with juveniles to remain here for another month as they practise fishing and flying. With a little luck we'll see them as they dive to the surface to scoop out their evening meal. Please call the reserve office on 01577 864439 if you'd like to book a place on either of this month's two guided walks. We are also looking forward to participating in this year's Kinross Show on **Saturday 13 August** in Kinross House Gardens. Many organisations will be in attendance, and there will be plenty to see and do while there. Be sure to pop in for a chat if you are planning to go, and check out some of the management activities we've been involved in over the last year or so.

That's all for now folks. Cheerio until next month.

Craig

Farming



Dinosaurs and negotiation

Previously referred to in this column as our beloved two green dinosaurs, both Claas combine harvesters have recently been replaced by younger models for harvest 2011. Last season's fire left one the subject of a lengthy insurance claim, but it was eventually winched on a lorry to make its way to the breaker's yard. With a few thousand acres of life left, the other member of the family wasn't ready for a place in the Natural History Museum so we needed to find it a new home. Fortunately the classified section of The Courier is a reliable way to sell agricultural machinery, and last Saturday we inserted an advert in the agricultural column. By lunchtime my husband was a bit disappointed that no-one had phoned to enquire about his Claas Dominator 96 (1984) that was ready for work. Turns out that the telesales lady must have known about their reputation and we eventually found the advert in the antiques rather than the agricultural section! So fingers crossed the ad makes its way to the right place next week and we can wave off dino soon!

Buying and selling is a large part of the business of farming; it's vital to secure inputs such as seed, feed and fertiliser at competitive rates and be confident that you are achieving the best possible price for finished products such as lambs, beef cattle and arable crops. However, most farmers produce commodities and are price takers, forced to accept the price offered by the processors. Of course some entrepreneurial producers have chosen to add value and turn their milk into ice cream or cheese, beef into burgers or rape seed into cooking oil and they are then able to set the price for these products – it takes a lot of investment and skill but it must be a good feeling to sell your produce at a farmers' market and I have to say I admire these enterprising individuals. Maybe one day I can tell you I am doing the same.

In the meantime, negotiation is a key skill that can help increase the margins. I'm working on mine; most days I get a lesson from our youngest son who has a natural ability to get his own way or at least win a concession of some kind in each negotiation we enter. There's likely to be some wrangling over the price of that combine too – let's hope there are lots of phone calls next weekend!

Fiona

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Weather



June Weather Report From Carnbo

The weather in June contained the unsettled rather wet conditions experienced during May.

Rainfall for month	110mm (144% of average)
Heaviest fall	33.9 mm (21st)
Rain days	16 (1mm+)
Dry days	9 (- Trace)
Highest temperature	23°C (3rd)
Lowest temperature	3°C (8th)
Average temperature	10.9°C
Ground frost not recorded	
Total cloud cover	75%
Sunless days	11
Thunder not recorded	

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 café, 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.

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	Opening Arrangements			Admission	Disabled	Contact	
				Adult	Child Access		
Falkland Palace & garden (NTS)	to 31 Oct	Mon-Sat Sun	1100-1700 1300-1700	£11.00	£8.00 gdn only	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)	23 May-28 Aug	daily	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 Jun-30 Aug	daily	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
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

Special Days Open in August

On **Sunday 7 August** 40% of admission at **Drummond Castle Gardens, Crieff** (see also chart above) goes to the British Limbless Ex-Servicemen's Association. The formal garden is said to be one of the finest in Europe and is the largest of its type in Scotland. Partial disabled access, raffle, stalls, entertainments, pipe band, refreshments. Opening hours that day: 1pm-5pm. Admission: £4, OAP £3, children £2. www.drummondcastlegardens.co.uk

New to SGS, three totally different gardens – the **Amcroach and Carnbee Gardens** near **Pittenweem** – will be open on **Sunday 7 August**, 2pm-5pm. Ovenstone House at KY10 2RR is an interesting large garden with five 'rooms'. Lundie Cottage, Amcroach is a Lorimer designed cottage set in a charming garden with fruit, shrubs and pond. Tigh na Gaoithe at Carnbee is a cottage garden with formal terrace, vegetable area and trained fruit trees. Tickets and maps from Ovenstone House, signposted off the A917, inland from Pittenweem. Admission: £4 for entrance to all gardens. 40% goes to Amcroach Church Hall Fund. Plant sales, partial disabled access, no dogs, cream teas at Ovenstone House.

Also new to SGS this year, **Strathmiglo Village Gardens** are open on **Sunday 14 August**, 1pm-5pm. A selection of lovely village and walled gardens nestling beneath the

stunning Lomond Hills. Beautiful walks in and around the village. Route: off the A91, two miles west of Auchtermuchty. Follow the signs in the High Street for directions to the ticket sales point and parking. Admission: £4. 40% to Guide Dogs for the Blind. Plant sales and homemade teas.

Thorn tree at Arnprior near Stirling is open on **Sunday 14 August**, 2pm-5pm. It is a charming cottage garden with flower beds around a courtyard. Apple walk, fern garden and Saltire garden. Lovely views. A local bee-keeper will be present to answer questions and there will be an inspection hive on display. There will also be an exhibition and sale of paintings by Lesley Ann Derks. Garden entry £4. Route: A811. In Arnprior take Fintry Road, Thorn tree is second on right. 40% of admission to Riding for the Disabled. Plant sales, disabled access, no dogs, cream teas. For Art workshop information, see website www.thorn treebam.co.uk

The famous garden at **Cambo House, Kingsbarns** is open on **Sunday 28 August**, 10am-5pm. This garden has been featured in *Gardens Illustrated* and *The Beechgrove Garden*. Outside the main garden, a recently planted North America prairie, spectacular in August, is developing. Admission: £5, children free. 40% to The Unicorn Preservation Society. Plant sales, full disabled access, cream teas and homemade soup and rolls. Route: A917 between Crail and St Andrews. www.camboestate.com

• Gardens info on our website •



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

Congratulations



JAMIE McLAREN, Kinross, was awarded his Duke of Edinburgh Gold Award at Holyrood Palace on 4 July 2011 in the presence of HRH The Duke of Edinburgh.

CATRIONA McSHANE, formerly Kinnesswood and KHS, has graduated from Edinburgh University with a 2.1 BSc in Medical Sciences and is now fast-tracking into 2nd year of Medicine at Edinburgh.

LEON GADZIEJEWSKI FOTHERINGHAM graduated from Stirling University with a Bachelor of Science with Honours in Information Systems. Well done, Leon - Mum, Dad and Maria.

At the Royal Highland Show, the following achieved success:

ARTHUR LAWRIE of Cuthill Towers, Milnathort - Reserve Champion in the new British Red and White class of dairy cattle.

ANDREW BOWIE of Easter Balado House, Kinross - Champion in the Hunter class with ridden champion 9-year old gelding, Jenny's Prince.

MRS ALICIA HAY of Blairview, Milnathort - Reserve Champion in the Show Hunter Ponies class with 18-year old gelding, Farchynys Pererin.

Thanks



MRS MARGARET BOYER, 30 Greenpark, Kinross, would like to say a big thank you for all the lovely cards she received from neighbours and friends during her recent stay at Queen Margaret Hospital, Dunfermline.

The Scottish National Blood Transfusion Service would like to thank all those who came to the donor sessions in June, when 269 people attended and 237 donations were collected. Once again, this was a great help to patients all over Scotland. The service next visits Kinross on 17 and 18 October.

KINROSS KILTIES have raised a magnificent £3403.87 with their fund-raising efforts for the Martin Currie Rob Roy Challenge. The team of five took part in the event on 18 June and made their way through the spectacular Rob Roy Way, walking 16 miles from Drymen, near Loch Lomond through the Trossachs to Callandar, before switching to their bikes for a 39 mile cycle to Kenmore. The fund-raising events included many bake sales, a girly Mexican night, cheese and wine evening, daffodil lunch, stall at the Feel Good Fair and bag-packing at Sainsbury's. Kath Davis says, "We'd like to thank all the local companies and individuals who supported our fund-raising efforts, we beat our target because of your generosity. Jackie Wood added, "My family, friends and work colleagues were very supportive and helped us raise this fantastic amount. Thank You."

In 2011 the main beneficiaries of the Martin Currie Rob Roy Challenge are Sightsavers, Alzheimer Scotland and the NSPCC. It's anticipated nearly £300,000 will be split between these good causes.



Gill Baughan, Fiona Turnbull, Jackie Wood, Kath Davis and Anne Ferguson at the start line

Photo: rebeccaephoto.com

Kinross-shire Visitor Information Points

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

**PUT THE FUN
BACK INTO
CYCLING....
WITH A FREEGO
ELECTRIC BIKE**

- UP TO 70KM RANGE**
- NO CO₂ EMISSIONS**
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**CALL FOR YOUR FREE TEST RIDE TODAY
TEL: 01577 330 526
SHOWROOM: 62 THE MUIRS KINROSS KY13 8AU**



**FAST FORWARD
ELECTRIC BIKES**






KINROSS HIGH SCHOOL AWARDS

SPECIAL AWARDS- WHOLE SCHOOL

Dux of the School	Joanne Dunne
RNLI Award Head Boy	Sandy Raeburn
RNLI Award Head Girl	Lucy McNab

SPORTS & ACHIEVEMENT AWARDS

Athletics

Peth & Kinross Group B Overall Sports Champions

Sports Day Champions

Group C boys	Bradley Morgan	Group C girls	Megan Ely
Group B boys	Fraser Gosse	Group B girls	Vhairi McAtear
Group A boys	Calum Hutchison	Group A girls	Claire Jackson
House Championship Winners	Benarty		

Duke of Edinburgh Awards

Bronze: **Bryony Allcoat, Kirsty Baillie, Zoie Ballantyne, Bethany Black, David Black, Robert Blaikie, Emily Bradley-Parrish, Abbie Clark, Ashleigh Cox, Liam Duffy, Andrew Greener, Jemma McGregor, Duncan McDiarmid, Rebecca McLeod, Laura Muncey, Saffron Nicholson, Charlotte Pattison, Douglas Peter, Beki Ramsay, Sarat Roy, Ruaridh Stevenson, Mhairi Thomson, Corran Tinline, Rachel Vaughn, David Wilcox, Amy Young.**

Silver: **Jennifer Robertson, Amy Young, Sarah Skea, Fiona Spain, Ross Mathieson, Conal Walster, Douglas Weir, Thomas Broome, Abigail Corsie, Gregor Dow, Stewart Fairbairn, Jack Finnie, Emma Godson, Andrew Hynds, David Johnstone, Aaron Lockhart, Lisa McGregor, [REDACTED] Joanne Myerscough, Kayleigh Reid, Christopher Salmean, Jill Sweeney, Emily Wood, Sandy Raeburn.**

Gold: **Jane Somervail, Nicola Beveridge, Jack Fraser, Blair Brown, Calum Sneddon, Justine Dickie, Alice McKay, Ellen Mainprize, Ruth Miller, Kirsty Ogilvie, Andrew Wilcox.**

JUNIOR AWARDS

S1 Merit: **Rachel Walker, Cameron McCloskey, Sarah Thislie, Amelia Mah**

S1 Effort and Commitment: **Andrew Beveridge, Abigail Coghill, Fiona McKenzie, Lauren Miller, Andrew Sorbie**

S1 Merit and Effort and Commitment: **Molly McKenzie**

S2 Merit: **Ellis Johnston, Heather Sturgeon, Pamela Shah, Davina Timmins, Ana Mayne, Jennifer Weir, Matthew McHale, Mhairi Boyle**

S2 Effort and Commitment: **Erika Machan, Clare McInnes, Alexander Cox, Billie McGregor, Chloe Miller, Davina Timmins**

Special Awards S1 and S2

Thomas McCormick	Scots Verse Speaking	Gordon George Memorial Prize
Ana Mayne and Heather Sturgeon	S2 Debating	
Pamela Shah	S2 Overall Excellence	Bertie Anderson Award

S3 Merit Awards

Jenny Creigh and Bethany Grant Biology; **Campbell Roberts** French; **Robert Kinnaid, Annie Nelson, Mhairi Ogilvie and Aimee Rush** Hospitality; **Rachel Eadie** Mathematics; **Kate Wylie** Spanish; **Mhairi Mulhearn** Physical Education; **Ellie Cunningham** Religious, Moral, Philosophical Studies; **Zoe Conway and Jennifer Saxton** Craft and Design; **Russell Malcolm** History; **Lillian Swanson** Drama; **Callum Purves** Business Management; **Gemma Matthews** Art and Design and English; **Kirstie Miller** Computing and Chemistry; **Jack Howley** Music, Physics and Chemistry; **Georgina Beavan** Art and Design, Geography and Graphic Communication; **Jenny Dunne** Mathematics, German and English.

S3 Effort and Commitment: **Lillian Swanson, Gemma Matthews, Georgina Beavan, Lucy Jones**

SENIOR AWARDS

Special Subject Awards

Bryony Allcoat	Art & Design (S4)	Rosamund Beveridge Trophy
Victoria Bennett	Art & Design	Kevin Kenny Award
Drake Irvine	Business Education	Jean Lamont Award for Overall Excellence
Conal Walster	Business Acumen	The University of Dundee Prize
Duncan Jarvie	Music	Hilary Hawksford Memorial Trophy (for outstanding contribution to the musical life of the school)
		For young people who inspire the lives of others
Andrew Clarke	The Diana Award	
Hannah Clarke	Triumph over Adversity	
Laura Muir and Nicholas Glebocki	RYLA	Rotary Youth Leadership Award
Ian Sullivan and Michael Stoton	Laing O'Rourke Skills for Work Trophy for Excellence in Construction	
Megan Raine	Laing O'Rourke Trophy for Excellence in Design Technology	

Continued over page...

KINROSS HIGH SCHOOL AWARDS continued...

S4 Merit Awards

Drake Irvine Accounting and Finance; **Jenna Aitken** Administration; **Nicola Beveridge** Art & Design; **Rachel Vaughan** Biology and Mathematics; **David Black** Computing; **Bethany Black** Craft & Design and Hospitality; **Adam Bisset** Drama; **Mhairi Thomson** English; **Charlotte Pattison** French; **Natalie Fuller** Graphic Communication; **Sarah Melville** History; **Ian Dunnett** Music; **Rory Muir** Physical Education; **Abbie Clark** Religious, Moral, Philosophical Studies; **Keiran Carruthers** Drama and Business Management; **Harriet Lloyd** German and Geography; **Douglas Peter** Chemistry, Spanish and Physics.

S5 Merit Awards

Alexandra McGregor Art and Design (The John and Marjory Moffat Quaich); **Jennifer Probert** Business Management; **Stewart Fairbairn** Computing (The Sam Mitchell-Henry Trophy); **Hannah McLaughlin** and **Fiona Gillespie** Drama (Excellence in Drama, Theatre Arts and Performance); **David Creigh** Graphic Communication; **Kelly Carruthers** Product Design (The Bella Anderson Trophy); **Jennifer Mackessack** RMPS (Trefoil Guild); **Joanne Dunne** Chemistry (The John S Lowe Trophy); **Abigail Lloyd** Human Biology (The DL Chapman Senior Trophy); **Ben Watt** and **Fiona Gillespie** Music (The Marjory Fyfe Award); **David Johnstone** Accounts and History (The Arthur Donaldson Trophy); **Ellen Bird** German and Spanish; **Emily Wood** French (The Lady Alice Smith Award) and Information Studies; **Francesca Prescott** Biology (The Cloan Trophy) and Graphic Communication; **Katy Brown** Physical Education and Geography (The Bums Begg Trophy); **Janek Dyer** Writing (The Nan Walker Award) and English (The PTA Trophy); **Conal Walster** Physics (The Probus Club Trophy) and Mathematics (The Coldon Trophy).

S6 Merit Awards

Nicola Hutchison Accounts; **Rebekah Stewart** Business Management; **Nicola McLean** Biology; **Michael Donoghue** Computing; **Molly Gillanders** Drama; **Alice McKay** and **Duncan Brown** English; **Ashleigh Donachie** Fashion and Textile Technology; **Caitlin Rush** French; **Adam White** Geography; **Kimberley Timmins** German; **Daniel Beveridge** Graphic Communication; **Scott Andrew** Hospitality; **Liam Swanson** Information Systems; **Ruth Miller** Mathematics; **Daniel Pickering** Music; **Isla Reid** Physics; **Catriona Blair** Spanish; **Hannah Henderson** Chemistry and Psychology; **Duncan Jarvie** History and RMPS; **Megan Raine** Product Design and Art and Design; **Laura Muir** Psychology, Biology and Physical Education.

Kinross-shire Churches Together



Kinross Parish Church of Scotland

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

Church open for visiting or quiet contemplation Mon-Fri 10am-12 noon (except during Family Week 1-5 August and on Tuesdays from 23 August, when there is PramService).

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

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

Events listed below are in the church unless indicated otherwise.

Regular Services and events

- Sun** 10.30am Morning Service, includes a crèche, Junior Church and, for secondary age, Jam Pact. The church has disabled parking, ramp access, disabled toilet.
 7.30pm Church Centre: Crossfire, for S1 age upwards (restarting 21 August).
Mon 8pm Housegroup (contact Brenda Fraser 862000).
Tues 10am PramService (restarts 23 August).
Wed 10.45 am Midweek Worship: Reading Room, Church Centre.
 12 noon Mid-week and Mid-day: Time to Pray
 7.30pm Various Housegroups (contact Margaret Michie).
Sat 10am-12 noon Church Centre: 2nd hand book stall and café.

Special Services and events

July

Sun 31 10.30am Family Week Service. No evening service.

August

Mon 1 - Fri 5 Family Week Morning sessions 10am-12 noon at church. Other events as announced. Contact Margaret Michie 01592 840602 or church office.

Mon 1 No 'Silent meditation' meeting this month.

Tue 2 2.30pm Whyte Court Service.

Sun 7 10.30am Morning Service will be followed by informal Communion.

Wed 10 1.30 Craft group reconvenes after summer break.

Sat 13 8.30am - Prayer Breakfast (numbers in advance to church office).

Thu 18 9.00pm - Time to Pray: late evening service of Compline.

Tue 23 8.00pm - Prayer Meeting.

Sun 28 6.30pm Informal service: 'Biblefresh: Act Scripture'. The Bible through drama including Junior Church in 'Jonah Man Jazz'.

Tue 30 2.30pm Causeway Court Service.

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.

Prayer Meeting held 30mins before each service

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

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

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

Morning Prayers at 9am

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

Church office & shop open Mon - Sat. 10am until 2pm.
 Christian cards, gifts, bibles & books for sale. 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

Kinross Christian Fellowship

Further information: (01577) 863509

Jesus said, "I come among you as one who serves."

Church and Children's Sunday Club: Every Sunday at 10.30am in the Millbridge Hall, Old Causeway, Kinross. During each service there will be a time for ministry and prayer for healing.

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

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

FAMILY WEEK

1-5 August in Kinross Parish Church.

Children who will be starting school August 2012 up to S4 at High School will be warmly welcomed.

Registration forms can be obtained by email from kinrossparishchurch@hotmail.co.uk, or from the Church office which is open 10-12 each day. Completed forms can be handed to the Church office. We would encourage parents to pre-register their children as soon as possible.

For full programme, see page 13.

This is the 25th year of Family Week. Our aim has always been 'To show the love of Jesus in a fun filled week'.

Enquiries to Margaret Michie tel 01592 840602.

Come and join the ZUMBA party every Tuesday night @ Millbridge Hall

7pm - 7.45pm
 £3 per class

Suitable for all abilities and fitness levels.....we are a very friendly bunch and we love welcoming new people to the Zumba party! Just move your body to the music and burn loads of calories!

**For more information, contact Suzanne on 07834035340
 or at zumba.central@yahoo.co.uk**

Add 'Zumba Central' on Facebook!

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

August

Sun 7 11.15am Preacher: Reader, Brian Ogilvie.
 Refreshments served in manse garden at close of worship.
Sun 14 11.15am Preacher, Rev. Joanne Finlay.
Sun 21 10-10.30am Early Birds All Age worship.
 11.15am Preacher, Rev. Joanne Finlay.
Sun 28 11.15am Preacher, Rev. Joanne Finlay.

Fossway 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 8pm

Teenage Group first Sunday of month 9.45am

(Sunday evenings - details from Margaret Hamblin 850252)

Joint Choir: Wednesday evenings, 7.30pm.

August

Sun 7 9.45am: All Age Worship.
Sun 14 9.45am: Sacrament of Baptism.
Sun 21 9.45am: Preacher: Rev. Joanne Finlay.
Sun 28 9.45am: Preacher: Rev. Joanne Finlay.

Summer Junior DVD club during morning worship.

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)

St Paul's Scottish Episcopal Church

Muir, Kinross, KY13 8AY

Mrs Sarah Oxnard Telephone: (01577) 864213
 Mr Sandy Smith Telephone: (01577) 862536
 Website: www.stpauls-kinross.co.uk

August Services

Sun 7 8.30am Holy Communion, 11.00am Sung Eucharist.
Tue 9 7.30pm Informal worship in meeting room.
Sun 14 8.30am morning prayer, 11.00am Sung Eucharist.
Sun 21 8.30am morning prayer, 11.00am, Sung Eucharist.
Sun 28 8.30am morning prayer, 11.00am, Sung Eucharist.

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

Everyone welcome at all services

Sunday School and Crèche during the 11.00am Services.

Thursday Morning 10am, group Bible Study. Everyone welcome.

For further information, please contact Jan Campbell, telephone (01577) 862391.



Summertime - what images does the word bring to our minds? Maybe it's sunny picnics on the beach or long lazy days in the garden with the barbecue sizzling. However in this summer of uncertain weather, planning is tricky and most of our dreams of outdoor living depend on following the adage 'carpe diem' – seize the day. If we don't do this it's so easy to miss out on opportunities we are presented with.

This Biblefresh year is rich in opportunities to explore the Christian faith, to grow and develop our knowledge of God and to re-examine beliefs we may have discarded long ago. The best starting point for action is the Bible. By the time that this edition of the Newsletter is printed, many of you will have taken the opportunity to 'make your mark in history' by hand-writing two verses of scripture as part of The People's Bible project.

Two more opportunities for readers of all ages take place in August. From 1st – 5th Family Week will be held in and around Kinross Parish Church. All young people are welcome. Come and join in the fun from 9.45am until 12 noon from Monday to Friday. As always, activities centre round the Bible and this year the theme is Mission: Rescue, the story of Moses, dramatically rescued as a baby and going on to lead the rescue plan for God's people. Codes, spies, agents and secret messages added to games, songs and crafts all work together to tell the story. On **Friday 5 August** there will be a family celebration of the week followed by a barbecue.

One of the bi-monthly Biblefresh evenings takes place on **Sunday 28 August** at 6.30pm. The title is 'ACTscripture' when the Junior Church will present 'Jonah Man Jazz', and there will be a performance prepared at an afternoon drama workshop led by a professional actor.

Carpe diem – take the opportunities – there's something for you whatever your age!

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

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 (term time only)

Tuesdays 9.30 - 11.15, Fridays 9.30 - 11.15
Contact - Aileen 07866 670745

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

LOCHLEVEN TWOS CLUB

Masonic Hall, The Muirs, Kinross

Thursdays 10.00 to 11.30 (term time only)

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

Contact Victoria Jackson on 01577 865617
for further details,
or email victoriajackson1@hotmail.co.uk

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

Kim 07504 445949 or Playgroup 01577 862071

Baby and Toddler Group – Thurs 1-3pm

Ante-natal to pre-school.

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

For more information, please contact Caron 01577 861607.

The premises are available to hire for Private Functions.

For more information, contact Michelle 07894 305272.



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 Giacomazzi
on 07740 600424

or e-mail charlottegiacomazzi@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

Perth Samaritans Volunteer Information Evening

If you would like to know more about Perth Samaritans, the volunteer experience or information about our external talks, please come along to our information evening on:

FRIDAY 5 AUGUST at 7.30pm

at our Perth branch at 3 King's Place, Perth, PH2 8AA

You can contact us on 01738 626666 or by email at perthsamaritans@hotmail.co.uk. for more information.

Kinross-shire Day Centre

64 High Street, Kinross

OPEN DAY

Wednesday 10 August

10am – Noon & 1pm – 3pm

Kinross-shire Day Centre is holding an Open Day to promote the services of the Day Centre.

Everyone is welcome to come along and have a look at the facilities and activities provided.

If you or someone you know would benefit from spending the day with a great bunch of lively over 65 year olds please come along and see for yourself what we do. We guarantee not to disappoint.

If you require transport please phone Nan Cook, Manager at the Day Centre in advance on 01577 863869.

Tea and coffee will be provided.

Coffee Morning

in aid of the Hearing Dogs for Deaf People

Monday 15 August

10am – 12 noon

Guide Hall, Church Street, Milnathort

A working Hearing Dog will be there to show us how the job is done.



Bishopshire Horticultural Society Flower Show

Portmoak Hall, Scotlandwell

Saturday 20 August

Included in the Show this year is a Photography Section with a new trophy- the Portmoak Quaich - for the Best Exhibit

Show schedules can be obtained from

Lorna Ainsworth 840571

Sylvia Herrington 840519

Janette Gardiner 840352

Shelagh Goudie 840200

David Martin 840216

Eleanor White 840681

Opening Ceremony and Presentation of Prizes at

2.15pm

Admission Adults £1 Children free



youth services

We offer a range of youth groups and activities for all young people in the Kinross-shire area. Our groups are for young people aged between 11 and 25 years old. If you would like to come along, just turn up on the night or contact the Youth Workers Rhona Thom or Clare McCance on 01577 867177 or email RThom@pkc.gov.uk or cmccance@pkc.gov.uk

Our new programme of activities will start on **Monday 29 August** in Loch Leven Community Campus (come to reception and you will be informed where in the campus the groups are being held).

Mondays

Youth Information Session: 1pm till 2pm, information on a range of different topics.

Tuesdays

DJ Project: 7pm-9pm. Come along and learn the skill of a good DJ, have the opportunity to showcase your skills at a local outdoor disco. **Starting date TBC.** If you would like more information, please contact Rhona Thom.

Street Sports: This is a sport-based activity that will be supported by football coaches from St Johnstone FC. These will run in a range of areas on a Tuesday evening 6.30pm-8.30pm.

6 Sept	Donaldson Park, Milnathort
13 Sept	Venue TBC, Abernethy
20 Sept	Victory Park, Bridge of Earn
27 Sept	Venue TBC, Glenfarg
4 Oct	Venue TBC, Kinross

Wednesdays

Media Group: 4pm till 5pm. Learn new media skills, podcasting, video skills.

S1 Night: 6.30pm till 8pm. Come and meet other new young people in S1 and enjoy some fun activities, Wii, PlayStation 3, cooking skills, arts and crafts and more.

S2 Night: 7pm till 9pm. Meet and relax with your friends or join in our programme of activities, circus skills, sports, cookery and more.

Fossoway & District Horticultural Society Annual Flower Show

Saturday 20 August

Crook of Devon Institute

Doors open 2pm

Schedules available from: The Shop, Crook of Devon;
Fossoway Garage or tel: 01577 840285

Pot Plants	Flowers	Vegetables	Baking
Industrial	Preserves	Children's Sections	

Engaging with Communities Training

Are you part of a voluntary group, organisation or a local agency who would like to know more about the National Standards for Community Engagement?

Would you like to increase your knowledge of community engagement and how it can make your work in the community more effective and inclusive?

Then come along to a free training session on
Wednesday 31 August
at Loch Leven Community Campus, Kinross

1.30pm – 4.30pm
Free Refreshments

To book a place please contact:
Tracey Ramsay tramsay@pkc.gov.uk 01577 867124
Senior Community Capacity Building Worker
Or
Jayne Ramsay jsramsay@pkc.gov.uk 01577 867177
Clerical Assistant

Orwell Book Club

New members are welcome to come along on
Tuesday 6 September
in Milnathort Town Hall at 7.30pm

For further information contact Chris Scholes on
01577 864053

Jumble Sale and Coffee Morning

in aid of Light Up Kinross

Saturday 10 September
10am – 12noon
Church Centre, Kinross

Home baking Kids' games
Cake & Candy Tea & Coffee

*Please come along and help us raise money to expand our
Christmas light display*

Dyslexia Drop-in Session

There will be **NO** sessions in June, July or August.

Volunteers needed at our Kennels

16 years and over please



Baltree Country Centre,
Gairneybank,
Kinross, KY13 0LF
Please call or email for details

Tel: 01592 890583
Mob: 07826 244765
email: ferniejimmyf@aol.com
www.greyhoundrescuefire.com

Can you give A Greyhound A Home

Milnathort FILMHOUSE

forthcoming films

Sunday 4 September WALL-E (U) 3pm
Sunday 30 October Nanny McPhee (U) 3pm
Saturday 24 December The Snowman (U) 5pm

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

Newsletter Deadlines 2011

In rare circumstances it may be necessary to change a deadline at short notice. Check Newsletter website for latest information: www.kinrossnewsletter.org

Issue	Display Ads Deadline	Copy Deadline	Publication Date
September	19 Aug	Mon 22 Aug	Sat 3 Sep
October	16 Sep	Mon 19 Sep	Sat 1 Oct
November	14 Oct	Mon 17 Oct	Sat 29 Oct
December	18 Nov	Mon 21 Nov	Sat 3 Dec

Perthshire Open Studios 2011

3 – 11 September

Artists, Designers, Makers, Galleries, Studios, Exhibitions

Kinross-shire is covered by the Turquoise route,
with thirteen venues showing exhibits
More details from: perthshireopenstudios.com

Portmoak Church Sale

in Portmoak Hall

Saturday 10 September
10am – 12 noon

Baking Produce Plants Gifts Bric-a-Brac
Books Toys Tombola
Refreshments with Home Baking

MTKY

Musical Theatre for Kinross-shire Youth
presents

Guys and Dolls

The dates for your diary are:

Wed 21, Thu 22, Fri 23 September

Loch Leven Community Campus Assembly Hall at 7.15pm

Tickets: £6 Adult, £4 Schoolchildren/Concessions
available from MTKY members:

Lynn 863271, Isobel 864551

We are now on Facebook: MTKY Kinross

Email: mtky@live.com

Mobility Scooters

Available to hire, free of charge, seven days a week
from the Kinross pier
1st July – end October, 10am – 4pm
Telephone Simon Lennox on (01577) 862670
to make a booking.

*This facility is available due to the generous co-operation of
Historic Scotland and Montgomery Hotels Group/Kinross Estate*

Big Lottery Fund Workshop

All voluntary organisation and community group members are invited to come along to a free workshop:

Guidance about who the Big Lottery Fund is for

An opportunity to explore the different funding options available and the criteria required

A chance to discuss the completion of funding forms and the application process

An opportunity to ask questions and to talk about your project and the funding options available

Loch Leven Community Campus

Tuesday 6 September

1.30pm – 4pm

Free refreshments

To book a place please contact:

Tracey Ramsay tramsay@pkc.gov.uk 01577 867124

Senior Community Capacity Building Worker

Or

Jayne Ramsay jsramsay@pkc.gov.uk 01577 867177

Clerical Assistant

Perth Samaritans

Need to talk? We'll listen.

Contact us by

phone on 01738 626666 or 08457 909090

Email us jo@samaritans.org

or **visit** us at 3 King's Place, Perth, PH2 8AA

Mondays 1630 – 2130 Thursdays 1630 – 1900

Wednesdays 0830 – 1100 Fridays 1000 – 1630

and 1930 – 2130 Sundays 0800 – 2130

No pressure, no names, no judgment.

We're here for you, anytime.

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"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



Central Registered Body in Scotland

All voluntary and community group members are invited to come along to a free training event about the new PVG Scheme:

Protection of Vulnerable Groups (Scotland) Act 2007

- To ensure voluntary groups and organisations are prepared and understand their requirements and obligations under the new PVG Scheme
- To determine who within organisations should be asked to join the Scheme
- How to access disclosure applications under the new Scheme
- Understanding the new types of disclosures that will be available under the new Scheme
- Defining regulated work with children and protected adults

Loch Leven Community Campus

Thursday 15 September 9.30am – 1.30pm

Free Refreshments

To book a place please contact:

Tracey Ramsay tramsay@pkc.gov.uk 01577 867124

Senior Community Capacity Building Worker

Or

Jayne Ramsay jsramsay@pkc.gov.uk 01577 867177

Clerical Assistant

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
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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



Community Councils

Kinross: Secy: Mrs M Scott (01577) 862945

KinrossCommunityCouncil@pkc.gov.uk

Cleish & Blairadam: Secy: Mrs M Traylor (01383) 830059,

CleishCommunityCouncil@pkc.gov.uk

Milnathort: Secy: Mr J Giacopazzi (01577) 864025

MilnathortCommunityCouncil@pkc.gov.uk

Fossoway & District: Secy: Trudy Duffy-Wigman (01577) 840669,

FossowayCommunityCouncil@pkc.gov.uk

Portmoak: Secy: Mr J Bird (01592) 840368,

PortmoakCommunityCouncil@pkc.gov.uk

Kinross Community Councillors

Margaret Blyth	6 Muir Grove	
David Colliar	10 Rannoch Place	864037
Dave Cuthbert	Highfield Circle	861001
Barry M Davies (Vice Chair)	60 Lathro Park	865004
Bill Freeman	64 Muirs	865045
Ian Jack (Treasurer)	Burnbrae Grange	863980
Laura Mackay	Brunthill Farm	07872 499145
Dot Mackay	29 Green Park	864635
Margaret Scott (Secy)	21 Ross Street	862945
Campbell Watson (Chair)	7 Gallowhill Gardens	861544
David West	9 Leven Place	07824 313974

Perth and Kinross Councillors

Kathleen Baird, Easter Clunie, Newburgh, Fife, KY14 6EJ

Tel (home): 01337 840218.

Email: kbaird@pkc.gov.uk

Michael Barnacle, 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: wbrobertson@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: fcco@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 Wednesday 2.00 – 2.30 pm

Bookbug Library Challenge: For children aged 0 to 4: On each visit to the library, children are given a sticker. After collecting four stickers, they are awarded a certificate.

Member of Parliament for Ochil & South Perthshire Constituency Gordon Banks MP

www.gordonbanksmp.co.uk

Email: banksgr@parliament.uk

For dates and locations of regular advice surgeries, or to raise any concerns you may have, please contact the constituency office: telephone 01259 721536, fax 01259 216761 or write to 49-51 High Street, Alloa, FK10 1JF.

Members of the Scottish Parliament

All MSPs can be contacted at the following address:

The Scottish Parliament, Edinburgh, EH99 1SP

MSP for Perthshire South and Kinross-shire Constituency

Roseanna Cunningham MSP (SNP) Tel: 0131 348 5697

Email: Roseanna.Cunningham.msp@scottish.parliament.uk

MSPs for Mid Scotland and Fife Region

Claire Baker MSP (Labour) Tel: 0131 348 6759

Email: Claire.Baker.msp@scottish.parliament.uk

Annabelle Ewing MSP (SNP) Tel: 0131 348 5066

Email: Annabelle.Ewing.msp@scottish.parliament.uk

Murdo Fraser MSP (Cons) Tel: 0131 348 5293

Email: Murdo.Fraser.msp@scottish.parliament.uk

John Park MSP (Lab) Tel: 0131 348 6753

Email: John.Park.msp@scottish.parliament.uk

Willie Rennie MSP (Lib Dem) Tel: 0131 348 5803

Email: Willie.Rennie.msp@scottish.parliament.uk

Dr Richard Simpson MSP (Lab) Tel: 0131 348 6756

Email: Richard.Simpson.msp@scottish.parliament.uk

Elizabeth Smith MSP (Cons) Tel: 0131 348 6762

Email: Elizabeth.Smith.msp@scottish.parliament.uk

Mobile Library – Blairingone and Milnathort Every Second Wednesday

Next visits: Wednesday 10 and 24 August

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, Muis, Kinross, KY13 8FQ

Telephone: 01577 867205

Email: lochlevenlibrary@pkc.gov.uk

Opening Times

Monday	10am – 6pm
Tuesday, Wednesday, Thursday	10am – 8pm
Friday	10am – 6pm
Saturday	10am – 3pm

The Café

We invite you to join us at the Millbridge Hall between the hours of 11am and 1pm every Thursday. Tea, coffee, snacks or even lunch available (and you won't believe the prices!) Please drop in for a warm welcome in a very friendly atmosphere. All you have to do is simply turn up!

(The Cafe is brought to you by Kinross Christian Fellowship working together with Kinross Healing Rooms.)

Local Correspondent

for Perthshire Advertiser and Fife Herald newspapers

Linda Freeman

Tel: 01577 865045. Email: linda.freeman64@tesco.net

Kinross-shire *Day Centre*

**Table Tennis • Videos • Cards • Dominoes
Daily Papers • Chiropody • Trips • Exercises**

Weekly Programme

Monday	Exercise Class	11 am	Elderberries	1.30 pm
Tuesday	Bingo	1.30 pm	Relaxation Class	1.15 pm
Wednesday	Morning Service	10.45 am,	Quiz Afternoon	1.30 pm
	Dominoes	1.30 pm	Scrabble	1.30 pm
	Exercise Class	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



**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:

9 and 23 August

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.

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

Perth & Kinross Council

www.pkc.gov.uk

Customer Service Centre

Tel: 01738 475000

(Mon to Fri, 8am-6pm)

Out of Hours Emergencies

Tel: 01738 625411

(Roads, flooding, environmental health and dangerous buildings)

Clarence (for non-emergency road and lighting defects)

Tel: 0800 232323

Hedges/Bushes/Trees Causing Obstruction

Property owners are reminded that it is their responsibility to cut back hedges, branches, bushes etc to ensure that pavements and public footpaths are not obstructed. Property owners may be liable if injury is caused to others and may be charged costs if Perth & Kinross Council is forced to take action.

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').

Retail Assistant (part time), Cashmere at Lochleven, Loch Leven Mills, Kinross

Hours: up to 20 hrs, 4 days out of 7. Experienced assistant for newly opened retail shop and café. Retail experience is a must, flair for merchandising and attention to detail an advantage. Communication and customer service skills, plus ability to work on own and part of team. Permanent position. Staff uniform provided and generous staff discount

To apply, contact Heather L Devanny, Personnel Office, Todd and Duncan Ltd, Lochleven Mills, Kinross KY13 8DH.

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

Mindspace Counselling Service



Mindspace Counselling Services are now able to offer counselling to adults and young people aged 11+ at The Loch Leven Health Centre on Mondays and Tuesdays. We offer counselling to people who are facing a wide range of difficulties or challenges such as: bereavement or loss; isolation, anxiety or depression; stress of work or in the home; difficulties in friend, family or intimate relationships; confused feelings. Mindspace is the counselling service for Peth Association for Mental Health (PAMH).

If you are interested in this service you can self-refer via email to info@mindspacepk.com, by telephone on 01738 631639 or by visiting our website at www.mindspacepk.com. You can also be referred by your GP.

Mindspace also offer counselling to adults (18+) at their offices in Perth. For more information visit our website at www.mindspacepk.com



Blythswood Care

Sainsbury's Car Park

(if car park is full, van will park nearby, e.g. Park & Ride or Ochil View)

Tuesday 16 August

between 10.30 am and 11 am

Further details from 862258

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

Book: Sociology in Focus £10.00

Used for Sociology Higher. Very good condition. Costs £22 new.

Book: Psychology by Richard Gross £7.00

Used for Psychology Higher. Very good condition, includes CD. Costs £15 new.

Yamaha 250 Clarinet £175.00

Very good condition. The case hinge is broken at the back but could be taped up.

Kozier & Erb's Fundamentals of Nursing £25.00

Student Nurse essential book. Very good condition. Costs £50 new.

For above items contact: Rhona Morris 01592 840095
rhonamorris@btinternet.com

Plastic Ducks Free

Large quantity of plastic ducks for use for "Duck Races". Formerly used by Milnathort Folk Festival Committee. Free to any local organization who can utilise them.

Seller details: Fiona McNeil 01577 863000
tichy100uk@yahoo.co.uk

Dining Room Table and 6 chairs £150.00

Lovely dark wood dining room table with 4 chairs and 2 carver chairs (cream cushion seats). Size 42" wide and 60" long, can be extended with 2 leafs each 12" wide. A few surface scratches but overall in very good condition.

Electrolux bagless hoover £10.00

Perfectly good working order

Pine CD Tower £10.00

Good condition. Holds 40 CDs.

Two Pine Bar Stools £10.00

Height 30 inches. In good condition.

Star Wars Trilogy VHS Box Set £2.00

Box set of 3 original Star Wars movies Special Edition, VHS video format. Only watched once.

For above items contact: Lynn Smith 07850 691747
lynnsmith193@hotmail.com

Trailer £125.00 ono

7 foot x 4 foot metal framed trailer with wooden sides in need of refurbishment.

Seller details: Jim Oswald 07710 785915

21st Fiddlers' Rally

Dunfermline Strathspey and Reel Society

presents approximately 70 musicians from all over Scotland under the baton of Ron Smith. With Guest Artist

Jenny Hanson, North of England Irish Fiddle Champion.

SATURDAY 10 SEPTEMBER

7 pm, Carnegie Hall, East Port, Dunfermline

Tickets £10, £8 Concessions. Telephone 01383 602302

For more information: www.dunfermlinesrs.co.uk

Diary

*A more extensive and regularly updated
Diary of Events can be found on www.kinross.cc*

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