



Kinross Newsletter

Founded in 1977 by Mrs Nan Walker, MBE

Published by Kinross Newsletter Limited, Company No. SC374361

Issue No 389 September 2011

www.kinrossnewsletter.org

ISSN 1757-4781



DEADLINE for the October Issue

**2.00 pm, Monday
19 September 2011**

for publication on
Saturday 1 October 2011

Contributions for inclusion in the Newsletter

The Newsletter welcomes items from community organisations and individuals for publication. This is free of charge (we only charge for business advertising – see below right). All items may be subject to editing and we reserve the right not to publish an item. Please also see our Letters Policy and Notes on page 2. Submit your item (except adverts) in one of the following ways:

Email: editor@kinrossnewsletter.org
(all emails will be acknowledged)

Post: Eileen Thomas
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Front Cover: Iain Hunter singing at the Boathouse Bistro, 28 July 2011.

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 16 September**.

Typed Adverts

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

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

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

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

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

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

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

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

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

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



Letters

Editorial

Welcome to our biggest issue ever, to date.

CC Elections: Following legislation by the Scottish Govt, the system for electing CCs has changed. Elections for all CCs in the local authority area will be held on the same date and organised by PKC. If you want to stand for election, there is just a two-week period in September in which to obtain and return a nomination form. See p. 8 for full details. CCs in the Newsletter circulation area are: Kinross, Milnathort, Portmoak, Fossoway, Cleish & Blairadam and Glenfarg.

Newsletter baby: Congratulations and best wishes to Glenn and Kirsty Neve, who had a baby boy, Nathan, on 11 August. Glenn and Kirsty distribute the Newsletter around the outlets, and look after the subscriptions. Best wishes to all the family.

Apologies to anyone who had a defective copy of the August Newsletter: we had some reports of uncut pages and pages missing. We have reported the problem to our printers. We would ask shop-keepers to please contact Glenn if there seems to be a faulty batch, as it may be possible to supply replacements. Similarly, to readers, please do let us know if there is something wrong with your Newsletter by phoning Glenn or Eileen, the editor. Contact details on previous page.

Note to Contributors

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

Letters Policy

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

Note to Readers: Advertising

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

Abbreviations:

PKC: Perth & Kinross Council

CC: Community Council

Cllr: Councillor

CCllr: Community Councillor

PLANNING PERMISSION BUILDING WARRANTS

McNeil Partnership is a locally based practice with LOCAL knowledge providing drawings and processing applications for Planning permission and Building Warrants.

We specialise in Extensions, Attic Conversions, Conservatories, Porches and Internal and External Alterations.

Contact **Eric or Fiona McNeil**
01577 863000
For free advice

In Support of CCllr Watson

19 July 2011

I am writing in response to Mr Miles' letter in July's Newsletter where he calls for the resignation of the Chair of Kinross CC.

I can't help but feel this is part of an ongoing campaign against Kinross CC that Mr Miles has been waging for a number of years. I was aware of this while I was on Kinross CC and while I accept that Mr Watson maybe should have taken no part in this topic of discussion and passed the chair to the Vice Chairman for this item, I cannot accept that it is a resignation case. Mr Watson has been an integral part of Kinross CC for many years and if his business interests are being used as a reason to force him to resign then it will be a very sad day for Kinross and indeed Kinross CC.

We have struggled in years gone by to attain eleven signatures for CCllrs when it comes to elections and unless Mr Miles has a raft of willing and able volunteers for the post of community councillor then I can't see how we would maintain eleven members on the CC.

I would also like to address his point about the minutes. I am involved in many committees within Perth and Kinross and indeed within PKC and I have to say the minutes for Kinross CC are more than adequate and are given to the council who approve them before they are published in the public records at council headquarters.

I would hate to see Mr Watson resign from Kinross CC as he is a damn good community councillor and has taken on the challenge of trying to retain the County Buildings for community use. I think now is the time to get behind Campbell and Kinross CC and show PKC that we are a community united against their plans to destroy Kinross and its town centre.

J Richardson
1801/R Lochee Road, Dundee

T in the Park

28.07.11

Living on the boundary of Balado campsite may we, through the Newsletter, congratulate everyone associated with this year's 'T in the Park'. The superb organisation involved in such an event of this magnitude must be admired. The clean up operation in particular this year was swiftly carried out. We hope this extravaganza continues to bring pleasure to many, for years to come.

Mr & Mrs Wilson
1 Ladeside, Kinross

Tullibole Castle

New Kinross Wedding Venue

Ideal for Marquee Weddings

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Space for large Marquee Wedding and Reception

17th Century Scottish Castle. Grade A Listed

By Crook of Devon

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weddings@tulbol.demon.co.uk

Tel: 01577 840236



Kinross CC Procedures unacceptable 22 Aug 2011

I attended the August meeting of the Kinross Community Council (KCC).

My own letter and that of Dr Jim Alcock relating to conduct of Chairman Watson and his chairing of items in which he had a declared interest were discussed.

This account summarises the events witnessed by myself.

I have spoken with others who attended the meeting. Like me they are concerned that the complaints raised by us were not adequately dealt with by KCC. Yet again the minute of this latest meeting does not adequately record events.

The meeting exposed further, serious matters of concern regarding KCC conduct.

KCC were asked about the lack of planning documents available for scrutiny by the meeting, as views were passed without reference to plans.

The reply was given that planning applications were "filtered" by a "sub-committee" of three members (which in itself breaches the constitutional need for a minimum of four).

The meeting was advised that the sub-committee met privately (contrary to the constitutional requirement that all meetings should be open to the public)

I asked if the sub-committee meetings were minuted and was advised that they were not.

The reason given was that this committee did not make any decisions.

However, the fact they "filtered" the applications was in itself a decision making process.

I was advised that none of the sub-committee had any expertise in planning and indeed that none of the KCC members had planning expertise.

Their defence being that they were all "just amateurs".

In summary, this planning sub-committee meets in private, without a quorum, has no record of their deliberations, has no members with any planning expertise and yet decides which planning applications should be discussed at the public KCC meetings.

This is a very serious mismanagement of KCC business.

Regarding the letters of complaint seeking his resignation, CCllr Watson stated he had sought the opinion of Mr Innes of PKC Legal Dept regarding the criticism against him. He claimed that Mr Innes supported the view that he (CCllr Watson) had acted properly, yet could offer nothing in writing to that effect.

The complaints regarding the failure of KCC to give the required public notice of minutes and agendas of meetings were discussed. Firstly it was claimed by KCC that their process was proper. However the secretary eventually pointed out that I was in fact correct and that the current arrangements were contrary to the constitution which required a minimum of ten days notice. As a result of the complaint KCC assured the meeting these items would in future be properly circulated and published within the correct timescale.

Visiting Kinross-shire?

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

www.kinross.cc

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

KCC has a history of being silent on important matters that affect our community yet have been vocal in support of large inappropriate planning applications.

The run-down nature of the town centre mirrors the neglect and lack of commitment from the CC "amateurs" in defending the interests of Kinross.

I and a growing group of concerned and informed residents who have taken the trouble to monitor CC affairs lately will not remain silent while such improper conduct remains the practice within the CC.

Support for my views has been expressed to me by many in the community. I remain of the view that Chairman Watson should resign his position.

Ken Miles

Turfhills House, Kinross

Nutrition and Fertility

17 Aug 2011

Your nutritionist in the August issue had sensible advice about fertility, but omitted to advise that patients should also be under the supervision of their GP in case either partner has medical problems. There is mention of avoiding chemicals but no mention that certain drugs such as hormones and chemotherapy have adverse effects.

I had one patient whose husband simply needed Insulin to recover fertility as his doctor had failed to check for diabetes. Another patient's husband with colitis was taking Salazopyrie, a drug known to reduce sperm viability, and changing treatment resulted in pregnancy.

Any regime should ensure no harm is being caused to any prospective parent.

Dr J D Kinloch FRCP (retired physician)

Manse Road, Milnathort

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Summer Update from Councillor Baird 18 Aug 2011

Summer is almost over and the main topic of conversation has been the weather, which in Scotland either makes or mars an event. It is only a few months ago when events, activities and schools closed because of snow and ice and now we have had the floods.

Congratulations must go to the organisers and all the willing exhibitors who battled against the rising and falling water not to cancel Kinross Show and their efforts paid off. A great day out when country came to town. Visitors were dressed for all weathers, some for the sun, and others with fashionable wellies and some matching the outfits. I had my faithful blue wellies bought whilst at a Guide Camp in Kinross many years ago.

Kinross Show is one of the highlights of Kinross-shire and it was lovely to see all ages exhibiting their prize livestock, WRI members competing against each other and for the farming community it was an opportunity to catch up with old friends and commiserate.

A few days prior to the show I spent a few hours at The Pier in glorious sunshine. TRACKS were carrying out at survey over a four-day period of users of the Heritage Trail. Visitors were flocking into the car park and many were going to the island. Everyone we spoke to was impressed with the Heritage Trail and there was the WOW factor when they saw the Loch.

Tourists are certainly coming to Kinross.

I, too, wish to concur with the article in Newsletter regarding Kinross shire Day centre, I recently visited the centre (not on the open day) and had a most enjoyable lunch and met some interesting people who all spoke highly of the centre and the staff. The staff would welcome enquiries from more eligible people. You will be made most welcome.

At long last a planning application for the formation of the distributor road to connect Junction Road with Clashburn Road has been given the go ahead; hopefully work should start soon and this will be the catalyst for other improvements to the town.

I have been contacted by several people regarding lack of verge cutting - this was part of the Council's budget saving, only one cut per year, single width apart from junctions where double width cut to help with visibility. This is quite controversial; some people do not wish verges cut as this encourages biodiversity, others want it all cut. I would encourage residents to contact the Council Helpline by phone or email to report any roads that may be causing them concern.

I am pleased that a Plastic Recycling Trial is taking place at the Recycling centre in Kinross and this will take most plastic, including plastic bags and magazine wrappers.

The Kinross High School former site and the County Building saga rumbles on. Some people would like County Buildings to be sold to a developer for flats for the retired; others would like a community facility. A community facility could be a tremendous asset to the town. The Community Council is working with the Council to agree to a licence for one year to allow time for a business case to be made.

I am sure there will be lots of discussion about uses for this building in the months ahead. I think we are all agreed no one wants the building boarded up.

Councillor Kathleen Baird

Coming Soon

(October 7th)

To a place near you

(The Millbridge)

The Talking Donkey

(Every Friday 11 - 2)

The Cafe where everything is Free!

Cold drinks, hot drinks, soups and snacks.
Home-cooked lunches

All brought to your table by our friendly staff.

And as it is a Christian project,
there will always be people on hand if you need,
Prayer For Anything!

For further information, or if you want to be involved,
please ring 07766515950



Have you thought about a Membership at Kinross Golf Club?

We have recently increased our membership list by 150 places and can now offer immediate entry for both adults and juniors. Social membership also available.

*Reduced pro rata fees
for 2011 and extended
payment terms available*

Ladies, Gents & Junior Playing
Sections

Two 18 hole golf courses

Full Bar & Restaurant facilities.

Social Events

**For full details please contact Liz
McKay on 01577862237 or e-mail
office@kinrossgolfclub.co.uk**



News & Articles

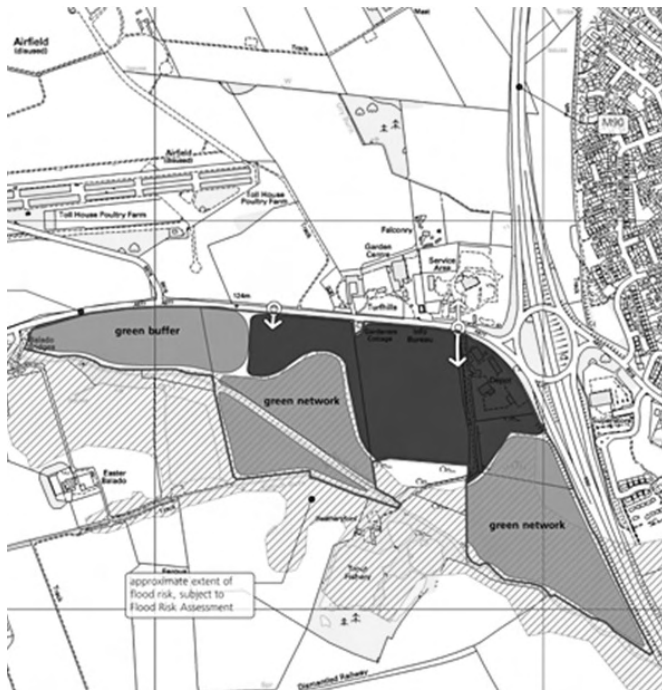
Presentations to Kinross Community Council

Kinross CC has listened to presentations from various parties in relation to proposed development in the town. At their request, we (Kinross CCllrs) have met with Wallace Land, Douglas Archibald and Persimmon Homes. Information in relation to Wallace Land and the Castle Island proposals are undernoted. Please note these presentations were informative only and no decision was reached by the Community Council at said meetings. The opinions expressed below are those of the developers, not the Community Council or Newsletter.

Turfhills, Kinross

Wallace Land is promoting an economic development opportunity on 48 ha of land to the western edge of Kinross off Junction 6 on the M90.

The site represents an opportunity to create a visible gateway development adjacent to the existing Kinross services and the T in the Park Festival site. The site, in part, has been identified for a new employment allocation in the Perth and Kinross Main Issues Report stage of the plan. Wallace Land is currently engaging with the Council and the local Community Council to support the allocation of the whole site in conjunction with adjoining land controlled by Perth & Kinross Council. The development of the site will provide for approximately 18 ha of effective employment land connected to the existing strategic transport network and which can be delivered over the period of the Local Development Plan.



Proposal for Turfhills development plan, showing M90 junction 6

Springfield Road, Kinross

Wallace Land has taken under contract 8.6 ha of land to the west of Kinross and are promoting this new housing opportunity to meet the Council's housing land requirements going forward.

As part of the initial promotion work carried out by Wallace Land, the Council have now identified the land as a potential site for housing in the Perth and Kinross, Main Issues Report stage of the plan.

To support the continued identification of the site, Wallace Land has appointed a full promotional team covering masterplanning, planning, transportation, engineering and acoustics to take forward a full technical analysis and evaluation of the site. The work undertaken to date has been formally submitted to the Council in a detailed report to support the allocation of the site as part of the emerging Local Development plan. Based on the appraisals work carried out, it has been demonstrated that the site is effective and can contribute towards meeting the housing land shortfall identified in the Main Issues Report.

The proposed masterplan identifies that the land can accommodate 150 private and affordable homes within a well defined landscape setting.



Proposed new housing opportunity to the west of Kinross

Jettrigg/Cavelstone, Kinross

A planning application has been submitted to Perth & Kinross Council for an exciting leisure development at Jettrigg, Cavelstone, Kinross. The architects Keppie Design of Perth have created a design using sustainable materials (timber cladding, sedum roofs) complementing the surrounding countryside. The holiday accommodation will consist of nine self catering units (a mix of villas and apartments) and a 41 bed hostel with communal dining and relaxation area. A 40 cover cafe will cater for the residents of the villas/apartments, the Loch Leven Heritage Trail users and to the general public. The development is hoping to act as a key nodal point in completing the final link of the Loch Leven Heritage Trail. The complex will in addition offer a leisure pavilion with sauna, steam room and jacuzzi along with a 9 hole putting/crazy golf area.

Newsletter Deadlines

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

Your chance to shape your community

By Perth & Kinross Council

Community Councils are groups of people who give time to, and have a genuine interest in, the wellbeing of their community. Their chief role is representative; to consult the local community and to make known to the local authority and other public bodies the views of local people on all matters affecting them.

The local authority, in return, has a duty to consult community councils on how local services are delivered and other issues affecting their neighbourhoods. Community councils have the right to be consulted on any planning applications in their areas and are also kept informed about licensing applications.

For the first time, Perth & Kinross Council will administer elections for the 53 community councils across the Perth and Kinross area. This follows approval of a new scheme of establishment for community councils. The elections, which will be by postal vote, will take place where the number of valid nominations to stand as a member of a community council exceeds the maximum number of members allowed for that community council. The deadline for voting is 5pm on Thursday 3 November 2011 and the results will be announced the following day, Friday 4 November 2011.

Standing for election to a CC

If you are interested in standing for your local community council, nomination forms will be available from PKC's website, www.pkc.gov.uk, from Thursday 15 September 2011.

The deadline for nominations is Thursday 29 September 2011. All nominations must be accompanied by a 50-word statement of support.

Perth & Kinross Council encourages residents to become involved in their local community councils. Community councils are the most local community based tier of elected representation and it is their duty to represent the views of their communities and to act to ensure their wellbeing.

For further information and advice, including the scheme for the establishment of community councils, please visit the Perth & Kinross Council website, www.pkc.gov.uk. Alternatively, contact PKC's Community Council Liaison Office by emailing communitycouncils@pkc.gov.uk or phoning 01738 475004.

Proposed public holidays for 2012

PKC has drafted a list of recommended local public holiday dates for 2012 and welcomes views from local organisations on the dates selected. Comments and suggested changes can be emailed to alseggie@pkc.gov.uk or sent by post. The consultation period will run until 30 September 2011. The finalised dates will be circulated and publicised on the Council's website.

The proposed dates for Kinross are: January 2 and 3; April 9; May 21; June 5; July 16; Sept 3; Oct 8; Dec 25 and 26.

Sunflower deadline

Earlier this year, Kinross Parish Church sold sunflowers as part of a competition to grow the tallest. The deadline for measurements is Thursday 15 September. If you want to be considered, please contact Margaret Michie with a photograph and/or measurement of the height of your sunflower.

Gordon Banks MP encourages local Commonwealth Games hopeful

Local MP Gordon Banks recently met with Patrick MacHugh of Kinnesswood, who hopes to be chosen for the Scottish Badminton squad for the 2014 Commonwealth Games. Patrick is training with the national badminton programme following a successful junior badminton career. Mr Banks said,

"It is extremely important that talented youngsters such as Patrick are given every opportunity to achieve these very high goals.

"As with all these opportunities, ability is sadly only part of the equation, also important is having the necessary support package in place to allow career development and international competition.

"Patrick's enthusiasm and ability should make him a very attractive opportunity to local sponsors and it would be really rewarding if local support could assist him in reaching his goals."



Gordon Banks MP with Patrick MacHugh

Family Fun Cycle Challenge

in aid of

The Scottish Cot Death Trust



Sainsbury's, Kinross are organising a family cycle challenge to raise awareness of, and funds for, their partner charity, Scottish Cot Death Trust.

The event will be held on **Sunday 2 October**. Starting from the pier, participants will have a choice of three distances to cycle using the Loch Leven Heritage Trail. Entry to event is £10 per family and £5 for individuals.

Sainsbury's are working with Kinross Cycling Club and the Kinross Round Table to put on this community event. Entry details and sponsorship forms can be found in-store at Sainsbury's, Kinross or online at:

www.scottishcotdeathtrust.org

County Buildings feedback

Catherine Markie, who put an appeal in the August Newsletter for information, stories, photos or memories that local people might have regarding the County Buildings, has been in touch to thank the Newsletter. Several people contacted Catherine with information and this will help with her project on disused buildings and their effect on local people. Catherine is studying at the Glasgow School of Art.

Kinross B&B wins Green Tourism Business Scheme Gold Award



Sustainability and green issues are now very much mainstream, with government, businesses and individuals all involved. Tourism, as one of the main economic drivers in the UK, has its part to play; that is where the Green Tourism Business Scheme comes in.

The GTBS is the national sustainable tourism certificate for the UK. Businesses opting to join Green Tourism are assessed by a qualified grading advisor against a rigorous set of criteria, covering a range of areas, like energy and water efficiency, waste management, biodiversity and more. Those businesses that meet the required standard receive a Bronze, Silver or Gold award based on their level of achievement.

One such business is Burnbank B&B, which was recently awarded the highly prized Gold award. Co owner Ann Barlow said "We are delighted to receive the gold standard award. We are the only B&B in Kinross-shire to achieve it, and only the second in Perth and Kinross. Lots of our guests tell us they chose to come and stay with us because of our green credentials, which goes to show that green issues are becoming more important to people".

For further information look at the 'Our Green Values' page on the web site at www.burnbank-kinross.co.uk

Loch Leven Library News

Over the summer the younger members of the library have proved themselves Circus Stars! Over 100 children joined the reading scheme, aiming to read 6 books by different authors over the school holidays. Lots of goodies based on a circus theme were available as they achieved each stage of the challenge. To complement the scheme, craft sessions were held in the library on a weekly basis. Among the items created were elephant masks, clown hats, juggling balls and finger puppets.

In July, 5-11 year old children were entertained with fun and games by Zoolab who brought their tightrope walking rat, stilt walking stick insect and more. This was followed in August by a visit from Circo Modo. Our younger readers are now proficient in ball juggling, scarf juggling, plate spinning and feather balancing. Both these events were sell outs.

Bookbug Rhymetime for pre-school children continues every Wednesday at 2.00pm and every Saturday at 10.30am. Story telling sessions for under 5s take place every Monday at 10.15am and every Thursday at 2.15pm. For our "older" readers we are looking forward to welcoming bestselling Glasgow author **Laura Marney** who has written four novels combining black humour and "Chick Lit" to wonderful effect. Laura will be joining us on **Thursday 8 September at 7.30pm** at Loch Leven Community Library. Tickets are available now from the library at a cost of £5.00 and we hope the local community will give their support to this event. For further information phone 01577 867205.

Community Website

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

News from the Health Centre



Flu Vaccinations

Each year the flu vaccination is offered to all those over 65 and to those aged under 65 who are in one of the At Risk groups. For some years now we have held Saturday flu clinics in October and November and we will be announcing the dates of this year's Saturday clinics in the next edition of the Newsletter. To make booking appointments easier, we are hoping that a new on-line facility will be working by the end of September. This will enable patients to log onto our website, see the available appointments and book an appointment on-line. Further information on how to use this facility will be in the next Newsletter.

Pneumococcal Vaccinations

The pneumococcal vaccine is recommended for those who are at a higher risk from developing complications from pneumococcal infection. The vaccine is generally administered only once and does not have to be repeated each year. Those aged over 65 have been offered the vaccine for some years now, but this year those aged under 65 who are in one of the At Risk groups are also being offered the vaccine. The At Risk groups include those with diabetes requiring medication, severe kidney disease, serious heart conditions, lowered immunity, chronic lung disease and those with problems with their spleen. We are running special clinics for this and will be contacting those in the At Risk groups over the coming months to offer them the vaccination.

Prescription Ordering

The voice mail service which we have had for ordering repeat medication is ceasing as from 1st September 2011. Inadequate or incomplete information was being left and this could have led to errors in prescriptions. We are therefore asking patients to order their repeat medication by using the Re-order form. This is attached to the right hand side of each prescription. The items required should be clearly indicated on the form and the form delivered to us either in person, or by post. The re-order form can also be left with either Davidsons in Milnathort or Rowlands in Kinross. Medication may also be ordered via our website www.lochlevenhealthcentre.co.uk. We require at least two working days to process requests for repeat medication so all requests must be delivered to us in plenty of time. Further information on ordering repeat medication is available on-line or in a leaflet available from the Health Centre.

Part-Time Work Required

Newly Retired Fit & Healthy Man
clean driving licence plus tickets to
operate 180 and 360 machines.
Could help with holiday relief
Any job considered
Honest & Reliable
Phone Raymond on **01577 862865**

The Kinross Show

Saturday 13 August

The 2011 Kinross Show was a great success, although attendance seemed a little lower than usual, perhaps due to the weather. There were some brief showers on the day, but the loyal crowds at the main arena in the afternoon were rewarded by impressive bike stunts by this year's star attraction, Clan BMX, complete with highly entertaining commentary by one of the Clan team members.

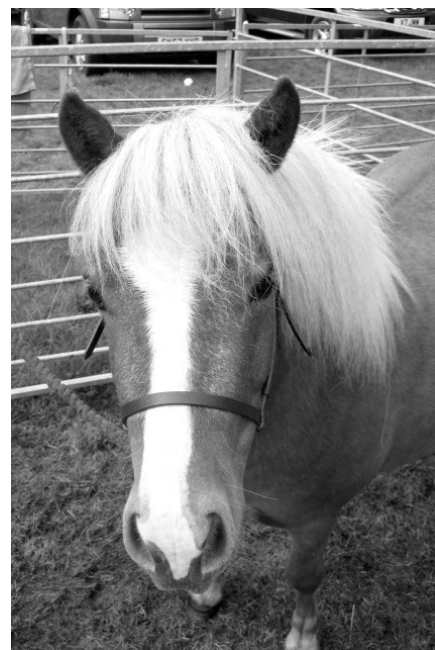
The Flower Show attracted record entries this year, and the Children's Fancy Dress competition also had a good number of charming entries.

The presentation of a Royal Highland and Agricultural Society of Scotland long-service award took place at the Show; this was for a remarkable fifty years' work with one family. David Colliar of Thomanean Lodge, Milnathort, started work just one hour after leaving school, and has served four generations of the Alexander family. The heavy rain that fell for several days before the event gave the Show committee quite a dilemma: they decided to go ahead, but cancelled the light horse classes due to ground



David Colliar, centre, receiving his long-service award from Mr W Young, director of the Royal Highland and Agricultural Society, while Robert Alexander (left) looks on. Photo: Eileen Thomas

conditions. A huge amount of work must go into staging the Show, both in terms of planning and physical work, and the Show committee and their helpers must be thanked for their efforts and congratulated on producing another highly enjoyable event.



A stylishly-groomed pony strikes a nonchalant pose for the camera
Photo: Gareth Thomas



Above:
the hustle and bustle of the show against the impressive backdrop of Kinross House.
Linda Mellor Photography

Right: stepping out in the dog show arena
Photo: Eileen Thomas





*Cattle in the parade of champions
Linda Mellor Photography*



A Clan BMX stunt Photo: Eileen Thomas



*Pipers at the East Gate
Linda Mellor Photography*



Photo by Linda Mellor Photography

*Below: Teddy Bears Picnic,
winner of the Fancy Dress Competition
Photo: Eileen Thomas*



*The Show has a vintage tractor competition
Linda Mellor Photography*

Thanks to Linda Mellor, photographer, for taking pictures for us. For more Show photographs, see these websites:

www.lindamellorphotography.co.uk

www.kinross.cc (the photolibrary, events)

Kinross Show Results

Prizewinners of local interest are listed

Main Trophies

Tom Page Cup (Best Group any Breed): **A & S Lawrie**, Cuthill Towers, Milnathort

John Watson (Beef Cattle): **Stephanie Dick**, Throsk, Stirling

Horses

Reserve Clydesdale Champion: **Kevin Wilson**, Auchterarder
Shetland Pony Champion: **Dougal Dick**, Transy Stud, Powmill

Shetland Pony Reserve: **Louise Wilson**, Ceres

Highland Pony Champion in hand: **Louise Cushnie**, Meiklour

Highland Pony Reserve in hand: **W & J Allan**, Freuchie

Highland Pony Ridden Champion: **Louise Cushnie**, Meiklour

Highland Pony Ridden Reserve: **Jennifer Aitken**, Kinross

Mountain & Moorland Champion: **Margery Lawson**, Auchterarder

Mountain & Moorland Reserve: **Emma-Jane Murray**, Kinross

Cattle

Pure Bred

Chapman Frearson Trophy (Interbreed) and *Westmac Rosebowl* (Limousin Cattle): **Stephanie Dick**, Throsk

Ledlanet Trophy (Highland): **Margaret McGowan**, Dairsie

Dorothy Brown (Highland Pair): **D & B MacNaughton**, Kelty

British Blue Champion & Reserve: **D & J McKerrow**, Freuchie

Local Pedigree: **James & Graham Paton**, Lethangie

Cross Cattle

Sandy Dawson Memorial Cup (Best opposite sex), *Balado Trophy* (Best cross calf), *Hamilton Cup* (Best pair) and *Captain Adam Trophy* (Most Meritorious animal): All 4 won by **D Alistair McLaren**, Classloch, Kinross

Charolais Perpetual Cup (Best Animal in Classes 6-9 sired by a Charolais Bull): **W Paterson**, Golland, Carnbo

Tillywhally Trophy (Best Single Prime Bullock or Heifer): **Heather Paul**, Newbigging Farm, Carnock

Dairy Cattle

Paton Cup (Best Animal of any other Dairy Breed), *Gray & Harrower Cup* (Ayrshire), *Harperfield Trophy* (Group of 3 Dairy Animals) and *Centenary Challenge Rose Bowl* (Best Dairy Cow): All 4 won by **A & S Lawrie**, Cuthill Towers, Milnathort

Blairnathort Trophy (Holstein) and *Robert Inglis Trophy* (Holstein Pairs): Both won by **J G Cousar**, Saline

Sheep

MacDonald Trophy (Interbreed Champion): **Mrs Mary MacNiven**, Glenfarg

Suffolk Sheep

Arthur Braid Trophy (Best Suffolk bred by exhibitor): **R H Black**, Ladybank

Izat Challenge Cup (Best Suffolk): **R H Black**, Ladybank

Texel

Springfield Cup (Texel Champion): **David McKerrow**, Freuchie

Border Leicester

Chislehurst Cup (Best Single Pure Bred) and *Alexander Suttie Memorial Trophy* (Best Border Leicester Tup Lamb):

Both won by **R Brown**, Raderine, Cupar

Blackface

Blackface Centenary Challenge (Meritorious Single Black face), *Auchentenny Perpetual Challenge* (Best Black face Sheep bred by exhibitor) and *Adam Reid Memorial Cup* (Best Female classes 23-25): All 3 won by **Mrs Mary MacNiven**, Craigfarg, Glenfarg

Jacob

Supplement Cup (Best exhibit) and *Blairstruie Cup* (Best Tup): Both won by **Barbara Webster**, Newburgh

Blue Face Leicester

John Fairley Memorial Quaich (Best exhibit): **Mrs Mary MacNiven**, Craigfarg, Glenfarg

Cross Sheep

Laird & Smith Cup (Three best cross bred): **John Messenger**, Abernethy

Holton Cup (Best Pen of Cross Lambs): **Mark Thomson**, John Lawrie (Tillyrie) Ltd

Centenary Challenge Cup (Best Three Prime Lambs): **D L Young**, Fimmont, Kinglassie

Shepherds Class

Barrat Cup (Best Hired Shepherd's Lamb): **Neil Messenger**, Abernethy

Sheep Young Handler

Craigfarg Perpetual Trophy: **Kai McLean**, Kinross

Goats

Gordon Webster Tankard (Best Goatling): **Mrs Christine Watt**, Kelty

Crops

Wallace Cup (Spring Oats): **A & S Lawrie**, Cuthill Towers, Milnathort

Thomanean Plate (Spring Barley): **A & S Lawrie**, Cuthill Towers, Milnathort

Bayer Cup (Winter Wheat): **W S Young & Sons**, Mawcarse, Milnathort

Fordell Cup (Winter Barley): **Andy Baird**, Kirkness, Kinross

Lethangie Trophy (Winter Oats): **Alexander Harley Seeds**, Milnathort

Seamac Cup (Seed Potatoes): **D A Baillie & Sons**, Colliston, Glenfarg

Stock Judging

Open (Overall): 1st **Ronnie Tait**; 2nd **Matt Jack** (Young Farmer); 3rd **Willie Paul**

Young Farmer: 1st **Nicola Malone**; 2nd **Bruce McKerrow**; 3rd **Layton Paul**

Junior: 1st **Steven Taylor**; 2nd **Emma Paterson**; 3rd equal **Charlie Turnbull** and **Lynsey Buchanan**

Dog Show

Trophies

The Walls Cup (Best in Show): **Mrs P O Wilson**, Glenrothes: 'Tilly' Hungarian Vizsla

Balkello Quaich (Best Sporting): **Mrs P O Wilson**, Glenrothes: 'Tammy' Hungarian Vizsla

Weaver of Kettle Trophy (Best Puppy): **Mrs Sue Rose**, Rumbling Bridge: 'Devil' Deer Hound

The Cairns Cup (Best Dog/Bitch in Kinross-shire): **Mrs Shireen Paterson**, Mawcarse: 'Anni' Golden Retriever

Kinross Show (continued...)

Dog Show Classes

Success of local interest, not otherwise mentioned under trophies:

Non-sporting: 3rd **Lucy McGregor**, Crook of Devon

Open: 2nd **Mrs Shireen Paterson**, Mawcarse; 3rd **Olivia Angus**, Channel Farm.

Confined to Kinross-shire: 2nd **Olivia Angus**, Channel Farm; 3rd **Lydia McLean**, Path of Condie

Waggiest Tail: 1st **Charlotte & Louise Yeaman**, Glenlond Farm; 2nd **Alistair McKerrow**, Bo'ness; 3rd **Naomi McGregor**, Crook of Devon.

Most Appealing Eyes: 1st **Anne Marie Wilson**, Cardenden; 2nd **Russell Black**, Strathmiglo; 3rd **Ellen Niven**, Channel Farm.

Shown by boy/girl under 14: 1st **Charlotte & Louise Yeaman**, Glenlond Farm; 2nd **Shona Barrie**, Yetts O' Muckhart; 3rd **Ellen Niven**, Channel Farm.

Flower Show

Cairns Cup (most points overall): **David Forrester**

Balado Salver (most outstanding entry, classes 1 to 12): **Jane Smith**

Fisher Bowl (most points, Dahlias): **W Bolton**

Caesar Trophy (Sweet Peas): **E Gordon**

Kirkness Trophy (most points, Floral Art Section): **Jane Smith**

Renton Trophy (most outstanding exhibit, Floral Art): **Jane Smith**

Gavin Lindores Trophy (best single Rose): **Norma Crawford**

Scott-Davidson Cup (winner, Children's Class 27): **Robert Getley**

Lena Graham Quaich (small): **Ciaran Shea**

Lena Graham Quaich (Large): **Jamie-Lee Wardrope**

Maisie Pirie Cup (outstanding exhibit children under 8): **Ciaran Shea**

Cathie Pirie Cup (outstanding exhibit children age 9-14): **Jamie-Lee Wardrope**

Paton Produce Trophy (best exhibit in produce section): **Kate Low**

Mawcarse Salver (best exhibit overall): **Jane Smith**

Children's Section

Drawing my favourite Farm Animal (under 5): **Louise Marshall**

Drawing of a clown (6-8 years): **Kendall McLean**

4 Decorated Marshmallows (under 5): **Grace Ritchie**

Model of an animal using fruit & vegs (6-8 years): **Isla Steel**
Arrangement Garden Flowers in Jam Jar – children under 8 years: **Ciaran Shea**

Finger Puppet – children 9-14 years: **Sophie Scholz**

Seed Tray Garden (under 8 years): **Ciaran Shea**

Garden in a Seed Tray (9-14 years): **Jamie-Lee Wardrope**

Model Farm in a Seed Tray – **Robert Getley**

Best Wrapped Shoe Box – **Kendall McLean**

Vegetable Section Winners

3 Small Courgettes: **Claire Paton**; 3 Onions: **D Forrester**

3 Potatoes – White: **Kate Low**; 3 Small Beetroot:

D Forrester; 3 Potatoes – Red: **Kinross Potager Garden**;

6 French Beans: **Kinross Primary 5A**

Egg Section

(Sponsored by Carrs Billington, Milnathort)

Children under 12 years: **Hansen Low**

Adults: **Eleanor Warren**

Decorated Egg children under 12 years: **Finlay Baird**

Other Competitions

Children's Fancy Dress

Macleod Quaich: **Rebecca & Niamh Green**, Linlithgow

Best Tradestands in Show:

Large Stand Section: **Henderson Grass Machinery**, Kinross

Small Stand Section: **Loch Leven's Larder**, Wester Balgedie, Kinross

Best Advert in Catalogue:

The Green Hotel & Leisure, Kinross

Best Decorated Stand in Art & Craft Marquee:

Mr & Mrs Gordon Correns, The Rustic Star Trading Co, Dollar

Vintage Tractors

Petrol/Paraffin: **Alan Wilkinson**, Wester Coldrain, Kinross

Diesel: **David McLaren**, Blackford

Overall Winner: **David McLaren**, Blackford

SWRI Trophy Winners

Aldridge Sealy Trophy (Institute with most points): **Carnbo**

Enid Scott-Davidson Cup (Institute with highest aggregated points): **Blairadam**

Benarty Trophy (Community Runner-up): **Glenfarg**

Jane Elliot Bell (most points in all sections exc. Community & Aldridge-Sealy): **Cleish**

Stewart Cup (Individual with most points exc. IV): **Dorothy Morris**, Cleish

Hilton Cup (Best Exhibit Handcraft Section): **Molly White**, Carnbo

Teenage Trophy (most points all sections exc. IV-A): **Eilidh Smith**, Milnathort

Balado Cup (age 9-12 with most points section IV-B): **Eilidh Ramsay**, Blairingone

Morris Quaich (8yrs & under most points section IV-C): **Jen Pickard**, Cleish

Ann Watson Trophy (individual with most points in Handcraft exc. Stewart Cup & Hilton Cup): **Mary Ramsay**, Blairingone

Arnotlea Trophy (Individual gaining most points section II & III): **Helen Buchanan**, Cleish

Irene Whitson Salver (Best exhibit Section II): **Mary Lapsley**, Carnbo

The Group Rose Bowl (Individual most points Floral Art Section): **Molly White**, Carnbo

Community A – Paperweight (best entry): **Molly White**, Carnbo

Community B – Paperweight (best entry): **Betty Petrie**, Blairadam

Margaret Ironside Memorial Trophy (most points baking section): **Margaret Nelson**, Cleish

Frances Drysdale Quaich (item that appeals to the President): **Effie Wallace**, Cleish

Arbuckle Cup (Novices): **Jean Grigg**, Glenfarg

Community A (Handcrafts): 1st **Glenfarg**, 2nd **Carnbo**, 3rd eq **Blairadam** and **Powmill**

Community B (Housewives): 1st **Blairadam**, 2nd **Blairingone**, 3rd **Glenfarg**



Doors Open Days 2011

Saturday 24 to Sunday 25 September

Perth and Kinross
Heritage Trust



Doors Open is an annual event that gives you and your family the opportunity to visit historic and interesting buildings not usually open to the public.

Locally it is organised and funded by Perth and Kinross Heritage Trust. We have listed here the Kinross-shire properties open under the scheme. In addition, there are many buildings open in Perthshire. Admission to buildings is free.

For more information about Doors Open Days in Perth and Kinross, you can do any of the following:

- Download a pdf of the programme from the website www.pkht.org.uk
- See the website www.doorsopendays.org.uk
- Contact Mr Andrew Driver at Perth and Kinross Heritage Trust, telephone 01738 477082, email acdriever@pkc.gov.uk

Balvaird Castle, Glenfarg

A fine late 15th-century towerhouse that underwent a luxurious makeover in the 16th century to become a courtyard palace. Built by the Murrays of Balvaird, who became the Earls of Mansfield, it was their principle seat until 1658 when they moved to Scone. The L-shaped towerhouse had deteriorated into a ruinous state by the 19th century and in 1974 was taken into care by Historic Scotland's predecessor. Historic Scotland staff will be on site with more information about the castle's main features.

Sunday 25 September, 10:30 – 15:00

Access for Assisted Wheelchairs. Displays. Located off the A913 between Gateside (A91) and Bridge of Earn. Car park at bottom of hill signed off the A913. Half mile walk uphill to castle.



Balvaird castle, Glenfarg

Michael Bruce Museum, Kinnesswood

Situated on The Cobbles in Kinnesswood is the weaver's cottage where Michael Bruce, the 'Gentle Poet of Loch Leven', was born in March 1746. Exhibits explain the history of the village, parchment-making and weaving industries and the works of Michael Bruce whose Ode to the Cuckoo was described by Edmund Burke as "the most beautiful lyric in our language".

Saturday 24 September, 10:30 – 17:00.

Access for Assisted Wheelchairs. Displays.

Village car park accessed via Bruce Road, Kinnesswood.

Tullibole Castle, Crook of Devon

Tullibole Castle is a classic example of a 17th-century tower house. 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.

Saturday 24th: 10:30 – 16:00 Sunday 26th: 10:30 – 1600
Facilities: WC.

Located on the B9097 one mile east of Crook of Devon.

Extra Opening at Tullibole Castle

Tullibole Castle is also open to the public in the last week of August and for the whole of September, and for the Perthshire Open Studios art exhibition. Details are below.

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.

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.

Perthshire Open Studios

3 – 11 September 2011

Now in its fourth year, Perthshire Open Studios is a marvellous opportunity to see a huge range of art throughout Perth & Kinross in the space of nine days. Over 180 artists are exhibiting in 122 venues, sharing their diverse and creative talent including paintings, drawings, photography, textiles, jewellery, ceramics and much, much more.

This event offers the opportunity to encounter a wide range of creative people in their working environment, demystifying the creative process. Visitors can meet the artist, see them at work and buy work direct from the maker. Some venues also offer demonstrations and workshops.

Locally, there will be exhibitions at venues in Pool of Muckhart, Rumbling Bridge, Crook of Devon, Hatchbank, Blairadam, Milnathort and Kinross (the Kinross and District Art Club exhibition).

Brochures showing all the venues and a handy guide to café listings can be downloaded from the website www.perthshireopenstudios.com or telephone 01738 477834.

Perthshire Chamber of Commerce comes to Kinross

Opportunity to Meet Head of New Council Department

The Perthshire Chamber of Commerce is holding a networking evening in Kinross in September.

Perth & Kinross Council's new **Head of Planning and Regeneration, David Littlejohn**, will talk about his new department, which incorporates Planning, Economic Development and Estates, and its interaction with the business community in Perthshire.

The event takes place on **Thursday 8 September** from 5.30pm to 7pm at the Green Hotel, 2 Muirs, Kinross.

This event is principally aimed at business people, but everyone is welcome to attend. You don't need to be a member of the Chamber of Commerce. However, please let the Chamber of Commerce know you are coming by emailing events@perthshirechamber.co.uk or telephoning 01738 450401.

Dog waste in silage fields

At a recent meeting, Fossoway and District CC recorded a complaint from a farmer about dog owners walking through his silage fields and not clearing up the waste.

The CC believes this is happening in other areas as well.

The Access Code promotes responsible access throughout Scotland and people can walk more or less where they like. To non-farming folk a silage field can look like a meadow and therefore perfectly suitable to walk a dog in. However, silage is a crop. Livestock can be harmed when dog waste gets into the silage and then in the fodder. Fossoway & District CC would like to request dog owners to avoid leaving waste in silage fields.

Still Barking Mad!

Can you believe it? Our local Barking Mad is five years old this month (that's around 35 in doggy years).

Chris and Alex are delighted to have this opportunity to say a huge "Thank You" to all the dogs, their owners, their hosts and their vets for helping them to climb from zero to a staggering 1300 doggy holiday placements since they launched in September 2006.

Chris said: "We are told by our customers that they have complete peace of mind when away, knowing that their best friend is contentedly settled with their 'favourite Auntie'. And we witness the joy of our customers when their beloved dogs return, full of beans, from their doggy holiday."

For more information about Barking Mad, call Chris and Alex on 01592 841020 or visit www.barkingmad.uk.com

Ferrytoll parking limited to one week

A new restriction at the Ferrytoll Park & Ride facility at Inverkeithing could affect some people who leave their cars there before taking the 747 bus to the airport to go on holiday. Due to the car park nearing capacity, Fife Council has introduced a maximum seven-day parking rule. This is for a trial period and will be reviewed.

Gordon Banks MP congratulates KLEO on Big Lottery Fund Award

Gordon Banks MP has congratulated the Kinross-shire Local Events Organisation who have recently been successful in securing a Big Lottery Award of £2,116.

KLEO will use the grant to help establish an annual music festival, which this year will take place 17-20 November.

The grant will fund website design, production of flyers, printing of programmes, banners, and attracting leading artists for workshops.

Gordon Banks MP said:

"Congratulations to KLEO on securing this award. Music festivals are becoming more and more popular and are great for tourism in the area and the local economy."

"This is a community venture that everyone can be involved in – I wish them every success this year and in the years to come."

New trial recycling scheme in Kinross

Recycling facilities for residents of Kinross-shire were expanded on 15 August, with the introduction of a new trial scheme. Two containers have been installed at the Kinross Recycling Centre at Bridgend in order to collect a wide range of plastics for recycling. The materials that can be accepted in the new containers include:

- All plastic bottles
- Plastic food containers, including yoghurt cartons, margarine tubs, ice cream tubs and fruit punnets
- Plastic carrier bags and plastic film, including cling film and plastic wrapping
- Polystyrene, including takeaway containers

Residents should be aware that other plastic, such as toys, CDs, cassettes, kitchenware, plant pots and toothbrushes will not be accepted in the containers.

Plastic bottles and food containers can already be sent for recycling via the blue-lidded bins. However, the expanded facility at Bridgend gives another option regarding where to recycle and will be helpful to those residents who do not have a blue-lidded bin.

Plastic carrier bags, plastic film and polystyrene **are NOT acceptable in the blue-lidded bins**, so the new trial facility at Bridgend is the only way locally to dispose of these products for recycling.

Maintaining a high local recycling rate

Perth and Kinross already has one of the highest recycling rates in Scotland, at nearly 47%. The Council is continuing its efforts to push this rate still higher, by making recycling as easy as possible for residents. The trial at Kinross Recycling Centre is being run in conjunction with Wyllie Recycling Ltd.

Environment Convener, Councillor Alan Grant, said: "Plastic packaging and bags make up a large proportion of the waste that we all produce. I am confident that the residents of Kinross will help to make this trial a success so that it can be rolled out in the future to benefit all householders in Perth and Kinross."

For further information about the trial, please contact the Customer Service Centre on 01738 476476, email recycle@pkc.gov.uk or visit www.pkc.gov.uk

Life is a rollercoaster for Iain

Iain Hunter's live singing on Real Radio in July has led to quite a buzz of interest in the talented butcher. Since then, two TV units have been to Kinross to film Iain giving lunchtime concerts and he has been back on the radio singing live again.

The first concert was at the Boathouse Bistro on 28 July when STV filmed for their Scottish news. In what had been a week of brilliant sunshine, the heavens poured down on the day itself, but if anything, the rain only added to the terrific community spirit as around 350 local residents sheltered under the parasols at the Boathouse decking, enthusiastically clapping and singing along as Iain sang a selection of Frank Sinatra and Neil Diamond favourites.



Iain Hunter



Fans from far and wide: Ina Flaherty of Dunfermline, with daughters Linda Dalgarno, Dunfermline (left) and Trisha Hall, London, celebrated her 93rd birthday at Iain's Market Park concert

The second concert in the Market Park on 15 August, sponsored by local firm Icon Energy, was in better weather and allowed filming for the local news section of ITV's Daybreak programme. Again, Iain put on a terrific show, this time for around 400 people, including a group who had travelled by minibus from Renfrewshire especially to hear him sing and buy some of his famed sausages to take home! Both concerts lasted around an hour and those attending were treated to free Hunter's barbecued sausages in Bayne's rolls.

Following the attention of the media, Iain has been booked for the Edinburgh International Jazz Festival 2012 and has been offered a recording contract.

Iain reflects on the last few weeks:

"It's gone crazy and it's been great fun. I've really just enjoyed it. It's been a rollercoaster, it really has."

He has been touched by the response of local people, saying:

"The town has been very supportive to me. It certainly helps that the town are behind me 100%."

Iain is keen to reassure customers that no matter how well the singing progresses, he won't be giving up the butcher's business. He is fully aware that it was his shop's produce that first drew attention to him and he is determined to return the loyalty of his customers.

The butcher's shop has been quite a lot busier since Iain hit the airwaves, and Pamela, Iain's wife, praised the shop staff, David, Brian, Dean and Daniella, who have coped with the extra work and also shown great support to Iain. In fact, business is doing so well that Hunter's are looking to take on another member of staff.

Not only has Kinross had its profile raised in recent weeks, the extra interest in the Master Butcher's shop has helped revitalise the High Street, with other local shops reporting more footfall as a result.



Has Justin Bieber just lost a fan?
The Boathouse concert



Left:
Singin' in the rain at
the Boathouse Bistro

The community website, www.kinross.cc has an internet link to Iain's interview with Daybreak, including footage of the Market Park concert, and a link to his performance of 'My Way' on Real Radio. You can also see more photographs of the concerts at the website's Photolibrary, under Events.

Look After our Children – They are the Future

The importance of optimal nutrition in young children

By Alisa V Wilson, nutritional consultant

There are many factors affecting your child's health, such as genetics, the mother's diet and health status before and during pregnancy and childhood environmental and physical factors, all of which will determine the different sensitivities children will have to foods and their environment, as well as their individual nutritional requirements.

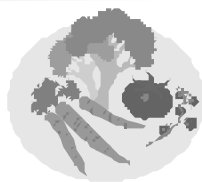
Nutrition in the first few years of a child's life will have a direct impact not only on the child's growth, but also on energy levels, mood, resistance to disease and the ability to concentrate and do well at school. It is of paramount importance, then, that children receive the best possible nutrition in these early years, to sow the early seeds of good health.

As if this wasn't daunting and complex enough for parents, they also have to contend with the constant conflicting good food advice and barrage of junk food promotions, corrupting dietary choices. Meanwhile, an increasing body of research, such as that on vitamin D, is telling us that despite having more food choices than ever before, our children may still be nutrient deficient. Indeed it would appear that cases of rickets in children are increasing, which is a direct result of vitamin D deficiency.

So how can we ensure we are providing proper nourishment for our children and laying down the essential foundations for later life? It is reassuring to know that by simply providing a sensible wholefood diet and supporting our children with essential, good-quality nutritional supplements, we are able to encourage and maintain the best possible growth and development.

Simple rules to remember:

- Make every meal and snack count towards nourishing your child. Choose fresh, whole foods every time.
- Balance blood sugar levels – avoid all forms of sugar, caffeine drinks and refined carbohydrates (such as white bread, white rice and refined cereals) as they result in a rapid increase in blood sugar levels and a corresponding surge in energy, which you will have seen if you have ever picked your child up from a birthday party and opened the door on a roomful of kids bouncing off the walls!
- Choose wholefoods – wholegrains, lentils, beans, nuts, seeds, fresh fruit and vegetables. With fruit and vegetables, go for dark green, leafy and root vegetables, such as watercress, carrots, sweet potatoes, broccoli, Brussels sprouts, spinach, green beans or peppers, raw or lightly cooked.



- Provide at least five or more servings of fruit and vegetables each day.
- Avoid overly processed foods.
- Combine protein foods with carbohydrate foods for good blood sugar balance. Give cereals and fruit with nuts or seeds, and ensure your child eats carbohydrate-rich foods, such as potatoes, bread, pasta or rice, with protein-rich foods, such as chicken, lentils, beans or eggs.
- To ensure your child gets the right kinds of fats, provide plenty of seeds, nuts and coldwater fish such as mackerel, herring, kipper or salmon two or three times a week.
- Choose good vegetable protein sources including beans, lentils, quinoa, tofu and 'seed' vegetables such as broccoli. If your child eats animal protein, choose free-range eggs, fish or lean meat and go for organic whenever possible.
- Regular, healthy snacks are important for children.
- Ensure your child drinks plenty of water – at least 4-5 cups of filtered tap water every day.

If this seems impossible, remember, for most children, the 80:20 rule can be applied. This means that provided they eat healthily for 80% of the time, you can relax for the other 20%. Try to stick to healthy food at home so you can relax when on holiday, visiting friends or going to parties. If their basic diet is the best it can be, the occasional packet of crisps or bowl of chocolate ice-cream is fine!

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

Talks: In the Autumn Alisa will be providing a series of local talks for Mums and carers on what to feed your children and, more importantly, how to encourage them to eat healthy foods. Call 07796 213312 for more details.

Gamekeeper's View launched

Muir Homes has officially launched "Gamekeeper's View", an exclusive new development at Upper Tillyrie, near Milnathort.

Gamekeeper's View features sixteen detached villas and bungalows and sees Muir Homes return to building the large, luxury villas with natural wood finishes for which the company is best known.

Performing the opening ceremony, Cllr Ian Miller said:

"A return to confidence in the market is extremely welcome."

The new Birchwood showhome is open Friday to Monday, 11am to 5.30pm.

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Aaaargh! Phobias!

By Caroline Winn

I'm sure that, like me, you've heard people talking about their phobias, about how horrible and intense their experiences can be. Strangely though, we don't hear much about how people get rid of their phobias, I think mostly because people are completely unaware of just how quickly and easily they can be eliminated! Intrigued? Read on...

Phobia sufferers are often ridiculed by friends and family members who supply completely unhelpful comments such as "oh, for goodness sake, it's only a spider, pull yourself together", or "stop being so irrational, it's just a wee needle" and even "stop behaving like a child, everyone has to visit the dentist" and so on. Having a phobia is not simply being "a little afraid of" or "not liking" a particular situation or object. It's a deep, intense and uncontrollable reaction that leaves sufferers in an emotional, traumatised state after the event. Until you've actually seen someone in the middle of a severe phobic reaction, it's hard to comprehend just how harmful and unpleasant a phobia can be, both to the sufferer, and also to the lives of friends and family.



Simply put, a phobia is a one-time learning experience: an incident happened in the sufferer's past, during which they experienced a reaction. Their unconscious mind then developed a strategy to avoid exposure to a similar situation, and this strategy then becomes their phobic reaction to all future events of the same nature.

Living with a phobia is not so simple. Phobia sufferers can experience any one of a long list of symptoms, including panic, nausea, difficulties in breathing and a racing heart, and they can also feel a combination of these symptoms at the same time. Their phobic reactions can occur at any time, without warning, whenever and wherever the phobic object happens to appear. Just imagine how inconvenient that could be – one minute you're enjoying an event with friends or family, and the next moment - BANG! - you feel like your life could end, right there and then! Some sufferers need to get away from the situation as quickly as possible; some are simply rooted to the spot, unable to do anything until someone removes the object for them. Others go to great lengths to avoid possible exposure to the problem – for example, driving all the way around a loch to avoid going over a bridge, or never having holidays abroad, to avoid having to fly.

So how can you get rid of a phobia? Self help books can help sufferers to develop willpower and coping strategies when facing the phobic object, but typically this only works on milder phobic reactions. Some therapy techniques can be quite uncomfortable for the sufferer, such as exposure therapy, where the sufferer is gradually, repeatedly and increasingly exposed to their fears, until the sufferer learns to reduce their phobic reactions, learning that they can cope in the previously phobic situation. Other techniques such as CBT (Cognitive Behaviour Therapy) help sufferers to develop new "coping" mechanisms or behaviours which they can use to deal with a phobic event each time it happens, but these techniques do not eliminate the actual phobia.

One extremely rapid technique which helps sufferers to completely eliminate the phobia, often in just one session, without exposure to the actual phobic object or event, uses NLP (Neuro Linguistic Programming) and TLT (Time Line Therapy™). NLP and TLT coaches can help sufferers to quickly identify the very first experience of their phobic behaviour - even though sufferers are typically unaware of when and what this was – and then help sufferers to remove or "unlearn" the connection to the phobic reaction, so that they then simply no longer have the phobic behaviour. With NLP and TLT, the phobia release is pretty much instantaneous, with impressive results - ex-sufferers are often immediately able to handle the phobic object or event! So next time you hear someone mention their phobia, instead of poking gentle fun at them, you'll now be able to help them by pointing them in the right direction to quickly and effectively eliminate their phobia!

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.

Challenge your Imagination

This was the challenge NJM Studios (drama classes for children) set the youths in a one-week intensive course at Millbridge Hall, Kinross this summer. The core task the children were given by their tutor Nikki-Jo McCormack was to devise a show from scratch within the week and to perform it in front of their friends and family on the Saturday morning. NJM Studios firmly believes on focusing on the educational skills that drama can provide for children. By asking the children to devise their own show, rather than give them a script, it creates a new set of challenges. From a performance point of view, they must show courage, confidence, and discipline. It is not easy to stand in front of your loved ones and perform with conviction. However, the performance is not the most important part of the children's overall experience. They were challenged to choose a theme, title, characters, plot, and decide if they required movement, dance, music, or props. This gave them freedom of choice and independence. They began to take their work very seriously and have pride in what they were doing. They were nudged into becoming more independent and having to work together as a team and being able to reach a consensus.

The show was called *The Magical Board Game*: the children were sucked into the board, finding themselves on a desert island and having to find a way to return to their normal lives, which they did with success, only to discover that they had been gone for just two minutes, despite it feeling like hours.

Nikki-Jo was incredibly proud of the work they achieved in such a small amount of time.

The children thoroughly enjoyed their experience with NJM Studios, so much so that many are returning to the weekly classes, which are on Wednesdays, 3.45pm-4.45pm (5-7yrs) and 5pm-6pm (8-12yrs) at the Millbridge Hall.

For more information, telephone 07866167546, email info@njmstudios.co.uk or see website, www.njmstudios.co.uk

Police Box



Street Sports for All

During the school holidays, local Community Officers based in Bridge of Earn and Kinross regularly organised, set up and ran the 'Street Sports 4 All' scheme in a bid to keep young people occupied, active, and divert them away from engaging in antisocial behaviour. Events were held in Abernethy, Bridge of Earn, Glenfarg, Kinross and Milnathort and, although the Milnathort date was pretty much a washout due to the weather, most were well attended – always room for a few more, though.

Street Sports has its own set of rules which centre on minimal contact, respect and fair play. During breaks in play, local Community Officers, Special Constables as well as youth workers, sports professionals from St Johnstone FC and other partner agencies, 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.

To expand on the success of these initial events, further dates are in the process of being organised for September and October and we are also looking to arrange for the scheme to visit Crook of Devon and Kinnesswood this time round.

Details of all these upcoming events will be available soon (unfortunately not at time of submitting this edition's Police Box) and will be advertised in the local press, on the Kinross.cc website, through posters in prominent locations within the towns and villages and also with the help of local schools.

Cycling on Pavements

We have received some complaints regarding the problem of cyclists using pavements. This may seem a petty complaint at first, but in fact this behaviour can be the cause of serious accidents. It is accepted that small children are best kept on the pavements, for obvious safety reasons. Younger children are generally too small and do not go fast enough to pose a hazard to pedestrians. However, older children and adults should only be cycling on the roadways. Cyclists should bear in mind that pedestrians do not expect fast moving bikes to be on the pavements and often they cannot hear them approaching in time to react or get out of the way.

We would also like to remind motorists to treat cyclists with consideration and patience. When passing a bicycle on the road, motorists should give them plenty of room and not just squeeze past, this can be very intimidating for the cyclist and may cause them to swerve or become unstable. If there is no room to pull out past the cyclist, or there are oncoming vehicles, then the motorist should slow down and wait until it is safe to pass. Overtaking a cyclist should be dealt with in the same way as overtaking any other vehicle.

Parking Outside Schools

Now that a new academic year is with us, we would like to remind those people who take children to and from school in vehicles to be considerate about how and where they park when doing so.

We understand that parents want to see their children, particularly the younger ones, safely on to school premises and on wet days ensure that the youngsters are as dry as possible when they arrive. However, in doing so, many people park their vehicles in a manner that compromises the safety of others. We have encountered, among other things, cars parked on the zigzag markings, obstructing the school crossing patroller, and on pavements whereby pedestrians are forced to walk on to the road to get past. Regrettably we have found that the attitude of a small number of parents appears to be that they don't care what happens to anyone else as long as their child arrives at and returns home from school safely. We all have a duty to ensure that everyone, particularly the children, are safe at all times.

We intend to monitor the situation at all our schools and where there is evidence that offences are being committed, drivers will be issued with Fixed Penalty tickets or reported to the Procurator Fiscal.

We would also ask that parents who are walking to school with their children cross at and when directed to do so by the school crossing patroller. After all, it is their function to ensure that the children cross safely and allowing the youngsters to think they can cross where and when they want, is not a good example to set.

Crime Stoppers - Telephone Number 0800 555 111

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

Community Officers

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

Constable Sadie Allan	Kinross and Milnathort
Constable Victoria Riches	Cleish & Blairadam, Fossoway and Portmoak areas.
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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Police Box Special



Inspector Iain Ward

In this Police Box Special, recently appointed Inspector Iain Ward introduces himself and explains his duties and of the structure of the police in this area.

I was posted to South Perthshire Section in April 2011. This is a fairly new section following the reorganisation of Western Division in 2010, effectively when Crieff and Kinross Sections were merged, making the new South Perthshire area.

I now have overall responsibility for the whole of the South Section of Tayside Police's Western Division. This encompasses everything from attending incidents and events to dealing with community and staffing issues. This is a demanding role, not just due to the geographical area I have to cover.



Inspector Iain Ward

I have twenty years' experience to draw upon, starting my career in the Hampshire area before transferring to Tayside in 1995. Much of my career has been city-based, such as Perth and Dundee, where I was previously part of the Operational Support Team and an authorised firearms officer. As a trained search officer, I have been involved in a number of high profile cases over the years, including the Law Hill murder in 2001. I also spent six months in Holland during the Lockerbie Trial as an armed officer.

In 2003, I was promoted to Sergeant and took up a role at the Scottish Police College in Tulliallan, where I was responsible for training probationary officers. I was also seconded from that role at Tulliallan to develop the contingency planning arrangements for the College during the G8 summit in Gleneagles in 2005. I returned to operational duties in 2007 with a stint in Kinross. In 2008, I was moved back to Perth.

Since moving back to the section it has been my intention to be out there in the community as much as I can, and to be as visible as possible.

The section is quite fortunate in that serious and violent crime is not a major factor. The issues that we need to tackle are predominately low-level crimes such as vandalism and anti-social behaviour, all of which have an impact on the communities in which they occur.

Since moving to the section, I have been very impressed with the level of Community spirit and many forms of engagement my officers have with the local community groups. This joint approach, in my view, is paramount to us getting the balance right.

I am a firm believer in the benefits that successful community policing can bring to an area, and getting community policing right in the section is one of my main objectives; this has resulted in some minor changes to my team, with the appointment of two new Community Officers, Constable Sadie Allan for Kinross and Milnathort and Constable Victoria Riches covering the Kinross villages. Both these officers will complement the tireless work carried out by Constable Euan Mitchell, who can now concentrate on the Glenfarg and Bridge of Earn area. Collectively these officers have a very good knowledge and understanding of the area and bring a high level of skills and experience to the communities they serve.

Community policing and local knowledge is absolutely vital in areas like this. The time invested in policing in this way is worth its weight in gold.

As a public agency we are very much accountable and we have targets, but at a local level we have to do what is right for the community. With major decisions being taken at a national level over the future of policing across Scotland, protecting the concerns of the community at a local level is even more important during a period of unprecedented change.

I am responsible for managing the local policing of big events in the area such as T in the Park and the Ryder Cup in 2014. I fortunately inherited a template for community engagement for these sorts of events based on several years of policing T in the Park, and am mindful of the impact such big events have on the communities in which they occur. I will certainly be replicating this in the lead up to next year's event.

Anyone wishing to contact Iain can do so by either telephoning 0300 111 2222 or by emailing him at iain.ward@tayside.pnn.police.uk

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Do you have

Photographs of Kinross-shire
you'd be happy to share with others?

Visit www.kinross.cc to find out how to add your photos to the Photo Library. The aim of the library is to provide a resource for promoting Kinross-shire.

Community Council News



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

Kinross Community Council

News from the August Meeting

Present at the meeting held on 3 August were: CCllrs C Watson, D West, D Cuthbert, W Freeman, M Blyth, D Mackay, L MacKay and M Scott. Also in attendance were: P&K Cllrs S Miller, K Baird, M Barnacle and W Robertson; Sgt Williams and 16 members of the public. Apologies for absence were received from CCllrs D Colliar and I Jack.

Police report: The CC is to receive a report prior to each meeting in case the Police are unable to attend due to an emergency.

There have been a few thefts of diesel and tools. There have been numerous cases of theft of scrap metal from the High School, surgery at Lathro and churches. A number of these have been detected.

Traffic issues in Swansacre are to be addressed.

The Police are working closely with Community Learning and Development and a number of projects are planned. Street Football is to take place at Sands car park and Donaldson Park (Milnathort) in August.

Complaints were received in relation to the noise at T in the Park. CCllr Davies commented that there was a congestion of traffic around 12.10 on Saturday and Sunday at Moto. Vehicles were pulling out and turning right, while cars were trying to turn in. There was no police presence at both these times. A member of the public suggested that the noise levels might have increased due to the relocation of the site this year. Comment was also made as to motorway barriers and publicising road restrictions. The Police are always interested in feedback following T in the Park.

Review of CCs: Paperwork received re. the new procedures to be put in place in November had been circulated to the CCllrs. An election will take place in November and new Constitution, Standing Orders etc adopted thereafter.

Future of Kinross Buildings

County Buildings: The Heads of Terms have now been received and there are a number of issues referred to therein which require further discussion with the Council, in particular to sub-letting. The Chairman circulated an email from PKC. The issue of sub-letting and how to utilise the building to generate an income are main criteria. We have returned to PKC requesting that they remove the condition in relation to sub-letting and with other issues requiring clarification and await their response. CCllr Robertson requested that a copy of the communication from the Council be forwarded to each of the Councillors and they would jointly approach PKC on this matter. CCllr Scott advised that following on her comment last month, she had again been approached by the member of public who, along with other volunteers, were willing to manage a Visitor Centre. It was commented that the system in practice within Kinross would appear to have broken down and Mr Miles confirmed that there was very little information being provided on Kinross.

Comment was also made as to the dilapidated condition of the town centre. CCllr Robertson advised that a planning application has been lodged for the relief road. This will reduce the amount of traffic on the High Street.

Town Hall: This sale is still ongoing, subject to planning. The bid was for mixed residential and commercial use.

The former High School site has been placed back on the market. It was understood that Sainsbury's withdrew their offer as their existing site was part of their bid and they requested a condition that no other supermarket chain would be able to offer for this site. PKC would not agree to this.

Planning Applications Lodged with PKC

11/01064/FLL Gellybank Farmhouse: Erection of a wind turbine.

11/01126/FLL, 11/01113/LBC, Kinross House: Alteration and extension to gatehouse.

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

11/01150/FLL Plots 1 - 84 Station Road: Modification of existing consent (11/00390/FLL): change of house type.

11/01127/LBC Kinross House: Demolition of the existing derelict buildings.

11/01055/FLL Baltree Farm: Erection of an agricultural building (in retrospect).

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

11/01171/FLL 94 Muirs: Alterations and extension to dwelling house.

11/01215/FLL 99 Lathro Park: Extension to dwelling house and alteration to conservatory.

11/01269/FLL 6 Emslie Drive: Erection of conservatory.

11/00824/FLL Land 150 metres northeast of Monega House, Balado: Erection of stables, formation of access and associated parking (part in retrospect).

There were no objections to any of the above.

11/00997/FLL Jetrigg, Kinross: Erection of nine holiday units, hostel, café and leisure facilities. This application is for nine self-catering units (a mix of villas and apartments) and a 41-bed hostel with communal dining and relaxation area. A 40-cover café will cater for the residents of the villas/apartments, Heritage Trail users and the public. The complex will in addition offer a leisure pavilion with sauna, steam room and Jacuzzi along with a nine-hole putting/crazy golf area. We had no objection to this proposal, however agreed that we request a condition on planning that the Heritage Trail should be linked into this site. It was commented that it would be necessary to secure a link from the development to Kinross sewer and this would create an excellent opportunity to extend the trail when reinstating the ground.

Planning and the CC: Mr Miles questioned if all the members of the CC inspect every application. It was explained that this is too time consuming and that a sub-committee was formed to undertake this and report to the committee any applications that require discussion or decision. The sub-committee members are CCllrs William Freeman, David Colliar and David Cuthbert. None of the CCllrs has any qualification in this regard. It was noted by the CC that CCllr Colliar has significant experience in relation to planning. Mr Miles advised that the plans are no

longer available at the campus and can only be inspected at Perth or online. Cllr Robertson will take this up with PKC and stress that plans should be accessible from the Council Office in Kinross [now at campus]. Cllr Robertson confirmed that all CCs work in this way with sub-committees formed to discuss certain topics and then report back to the full committee.

Planning Applications Approved by PKC

11/00818/FLL 37 Sutherland Drive: Extension to dwelling house.

11/00854/FLL 12 Burnbank Meadows: Erection of a conservatory.

11/00725/FLL 7 Muir Grove: Alteration to dwelling house.

11/00197/FLM Moto: Demolition of existing motorway services and petrol filling station and erection of new motorway services building and petrol station, retail units, landscaping and junction improvements.

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

Planning: Comments by members of the public

Moto: In answer to a question raised by a member of the public, it was commented that a number of the CC had visited the exhibition arranged by Moto and that no objections were raised by the CC to this matter. Mr Miles commented that the planned retail development within this site was the size of Sainsbury's and would impact on the High Street.

Green Hotel: 47 Retirement Flats: A member of the public commented on this application explaining that it was now in the hands of the Scottish Government. He queried whether we had any further comment to make. We were advised recently of the position and that a Section 75 Agreement was to be drawn up. It was explained that it is not permitted to add any further comment to this matter.

Reports from Perth & Kinross Councillors

Councillor Barnacle

TAYplan Development Plan: A copy of a report prepared by Cllr Barnacle and forwarded to TAYplan Strategic Development Planning Authority was presented to the CC.

T in the Park/Verge cutting: A number of representations were received in relation to verge cuttings. The CC received a copy of a letter forwarded to Cllr Barnacle in relation to this matter. The sheer height of vegetation at roadsides can be obstructive. The verges are now cut once a year, double width at junctions. It was suggested that the cut should be restricted to junctions. Cllr Barnacle suggested that the width of the cut be reduced. Cllr Robertson commented that on a very narrow lane this becomes a hazard and should be cut back. This work is carried out as a measure towards traffic and road safety issues. Cllr Miller has asked PKC to cut back the edges to a width that allows the road junction to be made safe. The edges of the slip roads into Kinross have not been cut and obstruct the visual outlook at the roundabout - Bear Scotland are responsible for this.

TRACKS: the trail should be cut back this week. A query was raised in relation to containers for dog mess; this service was not being offered. It was to be hoped that dog owners would ensure that the pathway is kept clear of mess.

Kinross-shire Forum: Cllr Barnacle updated those present on the position. He noted that Kinross CC had indicated non-interest in this proposal. Portmoak have come back to him that they have no issues in meeting with the other CCs and Fossoway are strongly in favour of the Forum. In view that the Convention has been struggling for some time, a Forum would be a sound table to address common issues, such as

Identity in Kinross-shire re. Branding and the broader issues of planning. He asked that the CC reconsider this concept of meeting twice a year with other CCs to try and bring together common interest or issues that we can discuss of importance. It was noted that the first meeting has been delayed. We will add this to the agenda next month. It was noted that Cllr West thinks this could be helpful.

Councillor Miller

Town centre: Cllr Miller commented on the regeneration of the town centre, adding that there was no point at this time expending money on the High Street. The link road hopefully should be in place by 2012. There will be money in the budget for 2014 for regeneration of the town centre (1.14 million). Cllr Baird is to speak to John McCrone to request an update on the current position in this matter and to invite him to a meeting towards the end of this year. The CC would like to be consulted on this and be allowed to provide input for consideration.

Councillor Baird

Survey: Cllr Baird reported on a survey being carried out at the Heritage Trail; 250 people were there this morning. Cllr Robertson added that there are more visitors to the town.

Councillor Robertson

Link Road: The Planning Application for the Link Road is to go to Committee. SEPA kept putting in objections re. this and flood risk assessments were required. Their objection has now been rescinded. The figure at the outset was £1,000,000; this has now risen to 2.25 million.

Kirkgate toilets: It was commented that these were not working recently. Cllr Baird will check this with the PKC.

Correspondence

Scottish Charitable Incorporated Organisation: An evening talk to take place at Perth Museum on 7 September (6 -7.30pm). Depending on interest and numbers, Tracey Ramsay may be able to organise transport for up to 15 people.

Carr-Gomm Scotland: A voluntary sector organisation who have been asked by the Council to provide Home Care to people in Perth & Kinross. They are recruiting across the area and asked if we could publicise this. Action: To display poster on the website.

SNH Loch Leven NNR annual report received.

Display board: It has been agreed that this will be erected at the bus stop at the Kirklands and will be fully funded by PKC. The shelters at the Town Hall are owned by Adshel.

Live Active Leisure: Their response was read, which included the following information: Live Active Leisure is a 'not for profit' independent organisation. Governance is provided by a Board of Directors. Reference was made to the

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uncertain economic future faced by many organisations. Difficult decisions have been made to ensure the continued sustainability of the facilities and services LAL provide whilst still recognising the need to provide opportunities for people to enjoy the benefits of an active lifestyle. Information on charges for activities, membership etc can be found on the LAL website. Whilst some activity charges have increased, others have either stayed the same (e.g. swimming) or, in the case of sports hall activities, the charge has actually been reduced this year. The Sports hall/squash charge is £4.00 standard and £3.00 for adult members.

TRO, Swansacre: Notification of a Traffic Regulation Order. Detailed plans were provided showing the “No Waiting at Any Time” restrictions. The residents at Swansacre have long complained about parking in this area and welcome this decision. However, the CC agreed to write to PKC objecting to the withdrawal of some parking spaces in Station Road, and to add that a complete consultation was not exercised. (The Drill Hall was not included.)

High Street and Old Cleish Road: Proposed amendments to Waiting Restrictions: PKC state that as a result of the opening of the new Community Campus and reduced traffic movements with relation to Kinross Market, it proposes to promote a TRO to remove the school time waiting restrictions on the High Street and Old Cleish Road. It was also noted that the lines indicating “No Waiting at Any Time” restrictions in High Street conflict with the current TRO. It is proposed to amend the TRO to bring this in line with the present situation. Again, drawings were provided.

Kinross Newsletter: Complaint received against editorial decision made in connection with an article on the Cricket Club. It was noted that the Editor has given [in the August edition] her reasons for publicising the article and that the issue has been resolved. There have been occasions in the past when similar incidents have arisen and veiled threats made. It was agreed that emphasis should be made when lodging articles that clubs etc should give careful attention to the accuracy of the material.

T in the Park/Verges: Copy of letter to Cllr Barnacle re. T in the Park - No road safety for local residents. Route from Cambo to join the M90 at Milnathort to go north is via the Westfield Road to Dalqueich then either the Findarlie road to Ballingal Bridge on the A91 to the north M90 slip road at the Hilton. Both these roads are virtually single track with no passing places. Every year during T in the Park we have to make this detour while the A91 is closed. More than ever this year travelling on either of these side roads was very dangerous as no attempt has been made by PKC to cut the road edges so that any hidden hazards could be seen as cars tried to pass each other. At the briefing meeting on 14 June it was pointed out that the cutting of these edges had not been done and this was noted but PKC chose to ignore our concerns.

Dr J Alcock and Mr K Miles, complaints against CC: At this point in the meeting Cllr Watson withdrew from the Chair and was replaced by the Vice-Chairman, Cllr Davies. He explained that two letters of complaint were received directed to the CC as a whole but in particular against Cllr Watson requesting his resignation. Cllr Davies read out these two letters and questioned if Dr Alcock had been present at the meeting in relation to the matters he was writing about and Dr Alcock admitted that he had not. Following on this both parties were invited to speak to their complaints and answers were given to each individual question raised.

Dr Alcock questioned the legalities of Cllr Watson chairing the meeting, continuing to chair the meeting when he had declared an interest and asked if that was consistent with the requirement not to use his position on the CC for financial gain, for himself, family or friends. In his opinion, the Chairman should, on having declared an interest, left the meeting and preferably waited outside. It was answered that Cllr Watson was not an Agent for Wallace Land but for the land owner and that this was an “informative presentation” at Wallace Land’s request with no decision/vote proposed or indeed having taken place. If a decision/vote were required Cllr Watson would have withdrawn. Cllr Miller added that he had suggested to Wallace Land that they approach the CC for consultation on this matter. Cllr Barnacle stated that it is part of the duty of the CC to facilitate these presentations. He continued that the Chairman had two alternatives, he could have given up the Chair at the meeting when the Wallace Land discussion arose, but he did not need to. He had dealt with the meeting neutrally and courteously, and had given the subject matter a generous allocation of time. Dr Alcock had sought advice from the Council, as had Cllr Watson. In both cases no written evidence of the outcome of their contact with the Council was available. The Council advised Dr Alcock that our Standing Orders would outline the procedures for a CC Meeting and that Cllr Watson should have withdrawn. Mr Innes (Head of Legal) from PKC advised Cllr Watson that there was no need for this and that he had not breached protocol. We currently have no Standing Orders, however, the CC procedures are under review, with Standing Orders etc to come into effect in November. The relevant wording now reads: If you have any private and/or personal interest in a matter to be considered by the CC, you have a duty to declare this and if deemed necessary by other members, withdraw from discussions and the decision making process with regard to that matter. It is also to be noted that Wallace Land, following on their first meeting in January, asked us to amend our submissions to the Council (which were lodged in August 2009) to take account of their discussions with the CC - the deadline being 11 February 2011. We rejected this as we were happy with the content of our submissions. It was also explained to Mr Miles that the zoning in the Main Issues Report at contention in this case was promoted by the Council and that the CC was not a party to this.

Mr Miles contended that Cllr Watson had stated, at the June meeting, that he was satisfied with the plans of Wallace Land. Cllr Watson denied that he had said any such thing, in fact could not have made any comment because there were then, and still are, no plans from Wallace Land. What Cllr Watson had said was that he was content with our submission on the Main Issues Report. Mr Miles also stated that this was a massive development with 1,500 jobs and Cllr Watson did not give enough time to the discussion. It was explained that we had other matters to attend to and we gave a fair time to this subject. A member of the public pointed out that Mr Miles himself had monopolised the best part of the time allocated to this matter in questioning both the CC and Wallace Land. Cllr Barnacle and Cllr Davies both stressed that the Chairman, Cllr Watson, had given adequate time and displayed complete fairness during the discussions. Drop in Sessions were arranged by the Council with an Exhibition at the campus in relation to the Local Development Plan Main Issues Report Consultation. A Questionnaire was also prepared by the CC and handed over to the Council; this was circulated around the majority of houses in the area. It was

commented that the Local Development Plan will be available for consultation around December 2011 and it was reiterated that the time for objection/comment would be if and when a planning application was lodged. In response to one of the issues raised referring to the CC meeting not being "inviting and friendly", CCllr Davies asked the meeting for feedback as we aim to improve.

In relation to the publicising of the agenda and minutes, the points raised were taken on board. It was agreed that the minutes should be publicised on the website and a fuller description of any presentation provided. Dr Alcock suggested that we invite the parties who will be presenting the presentation to provide a brief summary of the topic to be discussed. The agenda will also appear in the display case at the Kirklands once the board is in place. The Secretary offered to send these gentlemen the agenda by email should there be any added business at meetings.

Mr Miles challenged Douglas Alexander, one of the public present, in relation to his attendance at the meeting and his right to speak, stating he did not reside within the Kinross CC area. Mr Alexander explained that he attends the meetings of all CCs and also that he owned land within the Kinross area. Mr Alexander was allowed to speak and made the comment that this discussion was a culmination of a 20-year vendetta against the Chairman that had now widened apparently to include him.

Finally, Mr Miles asked that it be minuted that he is not happy with this CC.

The Next Meeting of Kinross CC is to be held on Wednesday 7 September at 7.30pm at the Masonic Hall, Muirs, Kinross.

Agenda for the Meeting on 7 September

1. Apologies for absence
2. Minutes of the Meeting held on 3 August
3. Police Report
4. Matters Arising from the Minutes of 3 August
5. Future of Kinross Buildings
6. Planning Matters
7. Reports from Perth & Kinross Councillors
8. Miscellaneous Correspondence
9. Review of CCs (Election procedures and policy)
10. Kinross-shire Forum
11. Other Competent Business
12. Date of Next Meeting (5 October 2011)

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

Kinross CC minutes are posted on the webpage:

www.kinross.cc/cc.htm

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Milnathort Community Council

News from the August Meeting

CCllr Hamilton, Chairman, welcomed CCllrs Smith, Bennet, Milne Home and Thomson to the meeting held on 11 August in Orwell Parish Church Hall. Also in attendance were Minute Secretary E Rougvie, P&K Cllrs Robertson, Baird and Barnacle, and five members of the public. Apologies were received from CCllrs Giacomazzi and Cottingham.

This was the first meeting in the CC's new permanent venue and CCllr Hamilton hoped that as time went on more members of the public would attend.

Matters Arising

Kinross Cricket Club planning application: CCllr Bennet referred to a 'rather unfortunate' article in the Kinross Newsletter [July issue] which she felt was biased and did not accurately reflect the views of objectors. She said that objections to the application had been based on flooding concerns, proximity to ancient monument and, in particular, road safety issues. A discussion followed during which it was emphasised that the CC had not objected in principle, but it was felt that had a public meeting been held prior to the application being lodged, misunderstandings would not have arisen. It was to be hoped that such a meeting would be arranged should a future application be submitted. It was also noted that since the proposed site exceeded two hectares a 12-week consultation period should have been arranged. In this case, planners presumably had not thought this necessary as the application did not involve housing, but it was felt to be a significant development for a community of the size of Milnathort. The CC hoped that lessons had been learned both by Kinross Cricket Club and local residents and CCllr Hamilton wished the Cricket Club well in their search for a new site.

Planning Applications Lodged with PKC

Erection of 67m wind turbine at East Netherton: The applicant was in attendance to provide more information about the proposed turbine, which would be for farm use and to generate income. It would use direct-drive technology to optimise efficiency and minimise noise and would not require an environmental assessment as it would stand alone. Following discussion, the CC agreed not to lodge an objection.

Erection of a conservatory at 2 Perth Road: noted.

Extension to 23 Burleigh Road: noted.

Installation of disabled access at 8 Viewfar Road: noted.

Royal Hotel, change of use to dwelling house: noted after brief discussion.

Extension to 36 Manse Road: noted.

15kw wind turbine at Cuthill Towers: noted.

Residential development at Milnathort Golf Club: noted after brief discussion.

Stable block at Hattonburn Farm: noted.

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Applications Determined by PKC since the last meeting

61m wind turbine at Blairfield Farm: refused.

Agricultural building at East Nethertown: approved.

New Constitution

CCllr Hamilton advised that a new constitution has been introduced for CCs across Scotland by the Scottish Government in order to standardise procedure. One of the effects is that elections will now be organised by local councils, in this case PKC. All CCs are required to have an election on the first Thursday of November and there will be an election every four years after that. After discussion it was agreed that the new constitution was a positive development. CCllr Hamilton will circulate copies to all CCllrs.

Flood prevention

CCllr Hamilton raised the issue of flood prevention and was keen to pursue the introduction of 'soft' flood prevention measures involving landowners preferentially flooding their land. A discussion followed in which it was acknowledged that existing hard defences in Milnathort had been effective during the severe winter weather, but it was considered that soft flooding measures should be explored. A Scotland-wide flooding risk consultation is currently being conducted by SEPA and, after further discussion, it was agreed that the CC would carry out local research and pursue the matter further once SEPA's conclusions were available. In the meantime, any issues concerning blocked drains should be reported to PKC.

Other business

Brownies: CCllr Bennet advised that Milnathort Brownies had asked if they could trap moths in Tillywhally Wood. The CC welcomed their request.

Placecheck update: Diane Cassidy of PKC updated the CC on progress via e-mail. The greenspace projects are now complete, with the upgrading of Donaldson Park, including a youth shelter; the refurbishment of Jessie's park; tree planting at Auld Mart and new seating at Ba'hill. It is hoped that all road improvements will be completed this financial year. A member of the public expressed concerns about the hard surface at the youth shelter but it was stressed that the equipment is not a piece of play equipment for small children. The same member of the public raised the issue of a cracked tree in the park. Cllr Robertson advised that this had already been reported but he would take it up again with the appropriate council official. The member of the public also asked why areas of grass were being left uncut as he was concerned about dogs fouling in the long grass. He was advised that this was to encourage biodiversity.

Pitdownies: It was noted that a second consultation event was to be held in Milnathort Town Hall on 17 August at which members of the public could see plans for proposed redevelopment of the land at the Pitdownies.

CC meetings: CCllr Hamilton proposed that the CC meet twelve times a year instead of eleven. Agreed.

CC funds: CCllr Bennet, treasurer, advised that the CC had received its annual payment from PKC.

Milnathort Football Club: A member of the public was in attendance to seek support from the CC on behalf of Milnathort FC, who wish to install changing facilities at Donaldson Park. He was advised that PKC should be approached directly but that the CC would lend its support.

Kinross-shire Forum: Cllr Barnacle referred to a letter he had circulated among Kinross-shire CCs proposing that the Kinross-shire Forum be reconvened in a different format. He felt that the Forum had folded because its members were unelected, whereas the new body would comprise CCllrs only, with a rotating chair. The Forum would meet twice yearly to discuss issues affecting all CCs. Kinross CC were still considering the idea; Fossoway were in favour and Portmoak had reservations. Following discussion, the CC agreed they were broadly in favour of the idea as it would provide a balance of views and provide an opportunity to meet with PKC officials, but it was important that no specific planning applications were discussed and no decisions taken.

Motorway barriers: Cllr Baird advised that discussions were still ongoing between PKC and BEAR Scotland on the issue of the missing motorway barriers.

Zebra crossing: It was noted that the zebra crossing in New Road was currently being refurbished.

Grass verges: CCllr Milne Home commended PKC for their work in cutting grass verges.

The next meeting of Milnathort CC will be held in Orwell Parish Church Hall on Thursday 8 September 2011 at 7.30pm. Members of the public are welcome to attend.

Milnathort CC minutes are posted on

www.kinross.cc/milnathort/milnathort.htm

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Photo Library

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Loch Leven, Fauna and Flora, Countryside,
Villages, Local Projects and Events.

Fossoway and District CC

News from the August Meeting

In attendance at the meeting held on 2 August were: CCllrs S Morrison, T Wigman-Duffy, A Lavery, S Anderson and K Bothwick. Also in attendance were: P&K Cllrs M Barnacle and K Baird; Sgt Williams and nine members of the public. Apologies for absence were received from A Cheape, M Anness and R Cooper. There were no declarations of interest.

Community Policing: A report has been sent in advance in case police presence at this meeting can't happen for operational reasons. New Community Officer is Victoria Riches. Issues mentioned:

Between 11/7 & 13/7: Theft of construction and plant equipment from Lambhill farm, Rumbling Bridge – under enquiry.

Between 27/06 & 30/06: Theft of construction and plant equipment from a plot of land formally known as Craigend farm, Powmill – under enquiry.

20/6: Theft of construction and plant equipment from building plot at Back Crook, Crook of Devon – under enquiry.

Also, be aware of bogus callers: over the past few weeks Tayside Police has received a large number of complaints, or intelligence reports in relation to people – sometimes elderly and vulnerable residents – being called by people claiming to be from banks, financial institutions, government bodies and even lottery operators with promises of ready cash. This also includes one local resident.

Minutes of the last meeting: Burnside Wind Farm: Cllr Barnacle said that he had said “The Council had made a landscape assessment and decided that only one farm was appropriate”, but he had not made any comment about financial issues. With this amendment noted, the minutes were signed off.

T-in-the-Park debrief: Police thought that it went reasonably well. Seemed to be more traffic than before so more areas were policed to control it. A member of the public commented that the security guards at the junctions were very helpful in helping local people to get out.

Some back roads weren't grass cut so made it very difficult to pass oncoming traffic. Cllr Baird explained that the contract for grass cutting has changed this year (starting 1st July) and there were some issues so things got behind. There is only going to be one cut per year for budget reasons. Sandy comments that even if there is not enough budget to do all verges, then road ends/junctions need to be done more extensively for road safety reasons. Kevin wonders if T-i-t-P couldn't do some of this prior to the festival?

Member of the public commented that on consulting a member of PKC to get advice about directions, they were given bad advice to use a road that was actually closed.

Alastair felt that there was a problem with traffic (especially heavy goods) during set-up (using new entrances) being a bit arrogant – needs to be brought up with Committee. Member of the public observes that this caused a few problems during morning rush-hour prior to start of festival.

Some junctions weren't properly controlled Thursday night, security not always stopping non-residents. Police observed that there were a lot more residents' passes handed out than before – it appears that Sands give them out fairly freely – this needs addressing. Member of the public thinks that more people are using Rumbling Bridge to avoid some of the queues. Perhaps it would make sense to have lights/police officer at A977/Rumbling Bridge junction.

Cllr Barnacle observes that issues should be brought up at forum – especially verge cutting. Noise louder this year because site re-oriented to avoid pipeline.

Sandy had complaint that the published Police T-i-t-P hotline just went to Tayside police. A car parked on pavement at Fossoway garage was alleged to be working on behalf of Police, and caused pedestrians difficulty in passing it.

Spill and Pollution of the River Devon: Trudy had received email from A Heidemann about dead fish in river, and contacted K Stevens from PKC Environment Department who said that there were ongoing investigations into three unrelated incidents: Castle Hill reservoir turn-over; Acid spill; High amount of Aluminium Sulphate. Trudy asked why people hadn't been notified, e.g. Scouts from nearby camp swimming in River. Clacks Council has given out a warning but PKC hasn't. PKC could have given warning via CC.

Kevin reported that his angling association contacted SEPA who, as a result, had put up a notice for the attention of the Scouts. It's not just a question of the dead fish but the long-term effects. Member of the public observed the report in the Courier was very vague about the location, so next to useless. Sandy spoke to Scottish Water and told them we expected someone to come to the CC and explain – this can't happen until the investigation is complete because of legal position, but they have agreed to do this later on.

Cllr Barnacle commented that his first notification was when a reporter asked him about it! Cllr Barnacle got in touch with Scottish Water, SEPA and Tom Brighton at PKC. He asked Tom why he hadn't heard about it from PKC.

Blairingone Biomass Plant: No planning applications received; rumour that it has been sold back to Oran.

War Memorial, Blairingone: Cllr Barnacle reports that John McCrone from PKC emailed him so Cllr Barnacle phoned him – situation is that PKC won't provide land nor sell land at front of Church to developer because Historic Scotland want to retain control of what's in front of the listed building. Planner says that developer and council are happy for memorial to stay where it is. This CC, reflecting the community view, wants it moved. Planners say that someone from the community should make a listed building application to get consent to move the memorial, then apply for funds. Cllr Barnacle is still trying to arrange meeting with Council officials, the developers and the Blairingone sub-group, preferably on site to find a solution to this problem. Developer is considering legal action to obtain land to get access to the house. Planners are saying that there isn't enough community support.

Dunning Glen: Trudy reports that the CC's press release, including photos, had been published in some local papers. PR also sent to MSPs. Some measures have been taken to prevent parking, but they're not working.

Accessibility path around Crook of Devon: Cllr Barnacle mailed Dave Stubbs (Access Officer) and planners about core path between Old Railway Institute and Church. Path is secured by existing planning conditions and hence the current signs are in breach of that. Cllr Barnacle has proposed signs to dissuade horse users by explaining that it's a footpath and a safe route to school. PKC would agree to self-closing gate but not kissing gate, even though the former would not prevent horses.

Church car park: Malcolm Hill has been most helpful and is progressing this. It should be completed soon. Note that this will be available to all members of the community not just church users.

CC Business – Meetings Attended

Kevin reports that the Association of Scottish CCs is going to be disbanded because funding has been reduced such that they can't continue. Will take about a year to wind up and arrange alternative insurance currently provided to members. Convention of Perth and Kinross CCs: Kevin and Sandy attended; nine attendees out of forty CCs in PKC. Not much happening, no chair, secretary proposes disbandment.

PKC have issued CCs with new code of conduct, alignment of financial year, etc. CC Elections to be in November. PKC will now run elections – members are elected for four years. Sandy encourages people to come forward, especially from Blairingone, which has a lot of issues at the moment. Cllr Barnacle points out that it's important that people understand CCs are the first stage in the democratic process, especially for planning matters.

PKC Business, Report by Cllr Barnacle:

Verge cutting: contacted Lesley Anne Cassidy, and asked if road safety aspect had been considered. Replies that verge cutting must be tendered, delayed until 5 July. Service provision is the same everywhere; PKC's standards are being met by the contractor. T-i-t-P area requested too late to do properly.

Environment Committee Report in June proposed that one of the Crook of Devon **play areas** in Fossoy Glebe be closed; Cllr Barnacle thinks this is acceptable because there is a main play area nearby. Equipment will be removed and reused if appropriate, then area grassed over and maintained. Member of public suggests that barriers be erected near main play area to prevent children rushing on to road.

The Blairingone notice board is now refurbished; thanks to John Anderson for doing that.

Burnfoot Hill wind farm: no planning application yet. Cllr Barnacle will write to Ian Dogood, planning officer at Clacks, suggesting review of wind farms in Ochils as a whole.

It seems unreasonable for applications for essential (farm) workers' developments to have to pay planning levy.

Forum: Cllr Barnacle thinks that the Kinross CCs should be talking to each other, at least twice a year, and is happy to facilitate getting a meeting going. What does the CC think? Sandy and Trudy agree that it would be useful, probably previous forum didn't work because it was trying to cover too large an area.

Planning Applications

Alastair notes that whoever is doing his job after the elections needs to work out a plan to cover planning applications received in June when there is no CC meeting – it is difficult to obtain quorum via email in order for the CC to make a valid comment.

11/01161/FLL. The Beeches, Rumbling Bridge: Alteration and extension to dwelling house (in part retrospect). No CC comment.

11/01136/IPL. House, Drum, KY13 0PP: Erection of a dwelling house (in principle). No CC comment.

11/01096/FLL. Cairnfold Bungalow, Blairingone: Erection of a general purpose shed and an equestrian shed.

Recommendation: Reject, as contrary to the revised Buildings in the Countryside Policy of the Local Plan.

11/01007/FLL. Vine House, Rumbling Bridge: Alterations and extension of existing garage outbuilding to form ancillary residential accommodation. No CC comment.

11/01030/FLL. Land 70 Metres South West Of 1 Craiglaw Poultry Farm Cottage, Rumbling Bridge: No CC comment.

11/00947/FLL. Hallyards House, Wood of Coldrain, KY13 0QW: Change of use of existing domestic dog kennels into commercial dog boarding kennels. No CC comment.

11/00776/FLL Cairnfold Farm, Blairingone: Erection of a dwelling house, garage and barn. Recommendation: Reject, as contrary to Local Plan and differing significantly from the existing permission in principle.

11/01018/PN Keith Hills, Rumbling Bridge, KY13 0QQ: Erection of an agricultural building. No CC comment.

11/00952/FLL Land to the rear Of Vicar's Bridge Road, Blairingone: Erection of a dwelling house. No CC comment.

11/01012/FLL Schiehallion, Crook of Devon: Sub-division of existing house to form two dwellings. No CC comment. Application refused.

11/00931/PN Golland, Cambo: Erection of an agricultural building. No CC comment. Application approved.

11/00862/FLL Coates Cottage, Powmill: Alterations and extension. No CC comment. Application approved.

11/00891/IPL Sunnyside, Drum: Erection of a dwelling house (in principle). No CC comment.

General Correspondence

All outgoing and incoming correspondence was available for viewing.

Other Business

Megs Farm: Dogs in silage fields. We don't want to stop people walking in the countryside but they need to stop their dogs fouling the silage field, which will potentially harm the cattle later eating the silage. Member of the public suggests a press release like the Dunning Glen one.

Kinross Fund: Member of the public observes that the Kinross Fund will now only give money to "projects" rather than things like normal running costs. Note that T-i-t-P money goes to this fund and they think that they are benefiting the community. Trudy thinks that this has always been the case, although it's possible that previously the fund was less robust about the definition of a project.

Cambo bus shelter: School bus pick-up point at Cambo has a new shelter and untrimmed grass surrounding it. Whose responsibility is this? Cllr Barnacle will look into this.

Trees overhanging road near school are scratching cars.

A91/A977 Loop Road could get special designation for walkers, cyclists, and other non-vehicular use, which would prevent automatic rights of access for HGVs, etc. If community members support this, they should contact the CC. Member of the public suggests that it might be better to get weight limits put on the roads instead.

The Next Meeting of Fossoy and District CC will take place on Tuesday 6 September 2011 at 7.30pm in Blairingone Primary School. All Welcome!

Fossoy & District CC minutes are posted on the website

www.fossoyay.org

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Club & Community Group News

Portmoak Primary School

Leavers' Assembly and Prom: Thank you to everyone who attended our leavers' assembly. Lots of parents and friends of the school turned out to the Portmoak Festival Marquee to enjoy creative performances from Primary 1 to Primary 7, as well as to say a very fond farewell to our Primary 7 leavers and to wish them all the luck in the world as they take their next steps in life's journey and go on to Kinross High School.

The 2011 Portmoak Prizewinners were as follows: Sports Prize – Sean Cowe; Art Prize – Victoria Baird; Gibson Sport Prize male – Findlay Hunter; Gibson Sport Prize female – Caitlin Welsh; Yellow Prize – Megan Paterson; Friendship Prize – Joanne Drysdale; Spowart Music Prize – Arran Surtees; Academic Achievement Prize – Sean Cowe.

The departing House Captains passed on the responsibility for the houses to their successors. The Portmoak **House Captains** for 2011-12 are: Emily Donaldson, Jodie Dunne, James Edgar, Jamie Greenshields, Samuel Law, Katherine McPherson, Lewis Morton, Connor Nicol, Kim Paterson, Charlotte Pryde, Aimee Roberts, Andrew Thornton, Caitlin Welsh, Jenna Wilson and Nathan Wood.



Portmoak Primary School House Captains

The Kinross cluster prom was a resounding success, enjoyed by all who attended. Thank you once again to all the organisers and helpers on the day.

Staff Changes for 2011-12: A very warm welcome back to pupils, staff and parents at Portmoak Primary. There have been a few changes of faces over the summer. We said goodbye to Mr Gavin Barwick (P5/6 teacher) and Miss Fiona Ballantyne (music teacher) at the end of term. We are pleased to welcome Mr Arran Robertson (P4/5 teacher) and Mrs Debbie Williams (Support for Learning Assistant) to the staff and are delighted that Mr Ian Young has returned to Portmoak to teach music this year.

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Health Promoting Schools Status

On 16 June Portmoak was visited by the accreditation team to externally assess our submission for the Health Promoting School Award. We received word in the last week of term that our bid for Health



Promoting School Status had been successful. That means that we can use the HPS logo for the next three years in recognition of the work that we do to promote Health and wellbeing for all in the five assessed areas of: Whole School Approach (Standard 1), Personal and Social Education (Standard 2), Eating for Health (Standard 3), Physical Activity (Standard 4) and Emotional Health and Well Being (Standard 5). The assessment team took time out of their busy schedule to call Mrs Gordon to praise the pupils from P5 and P6 who took them around the school. They were a credit to Portmoak.

Kinnesswood in Bloom's Work with Portmoak: The judges from Take a Pride in Perthshire and Scotland in Bloom were visiting our school during the holiday as part of their visit to Kinnesswood in Bloom recently and were impressed to hear about our green flag. Both sets of judges spent a long time at the school taking pictures, talking to children and looking at the quiet area round to the pond. Garry Simpson and Carla Spowart explained about the bird watching and Garry also told the judges all about the exciting day that the green flag arrived. Sam Law and Connor Nicol explained about the pond and Max Paterson, Naimh Brown and Megan Brown made sure they knew all about the plants we have in school, including some home grown veggies!

Well done to the children who gave up their time in the summer holidays to strengthen our links to Kinnesswood in Bloom, as it is thanks to them that we have a lovely school to come back to with healthy watered plants and even a repaired bench! (Special thanks are due to Pat and John Nicol for the work they have put into the maintenance of our school grounds this year).

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Kinross Museum



This August volunteers at Kinross Museum had a chance to take part in a two-week archaeological survey on St Serf's Island on Loch Leven where a priory once existed. The first to be carried out since 1877, this survey forms part of a wider programme of field research at early medieval monastic sites in east Scotland under the direction of Dr Oliver O'Grady of the Culdee Archaeology Project. Items in Kinross Museum, including maps, photographs, documents and artefacts, have helped provide some useful background to this project which will hopefully yield interesting results on the past occupation of the island.



Base camp near the remains of the Priory on St Serf's Island

On Monday 1 August the Heritage Lottery Fund announced support for an exciting new project – *The Living Landscapes of the Lomonds*. Designed to promote the conservation, understanding and enjoyment of an area of Fife and Kinross including the Lomond Hills, Benarty Hill and Loch Leven, this project is now being moved forward in a development phase by a wide range of organisations working in partnership. Kinross Museum, as one of the partners, offers a wide range of resources that will be used to help interpret the historic landscape.

Metal detectorists Jim Crombie and Brian Kenny visited Kinross Museum to present two recent finds following fieldwork to the east of Loch Leven – a Portmoak Parish Church communion token from the early 18th century and a gold fob inscribed to the Rev. A Brown of the Limerigg Mission near Slamannan in 1891. Both of these items add to a significant collection of finds from around Loch Leven now held by the Museum.

Three medals belonging to Colonel Robert Burns-Begg (1872-1918) came up for auction at Spinks in London in late July. A descendent of Isabella Begg, the youngest sister of Robert Burns, Robert Burn-Begg was the Resident Commissioner in Rhodesia before taking part in the Boer War as a leading member of Kitchener's Horse and a member of Lord Kitchener's Intelligence Staff. Sadly, the Museum was unable to obtain the medals, which included a rare Queen's Medal with five clasps and King's medal with two clasps.

Kinross Guides

We have places on a Monday and Tuesday evening for girls from 10 to 14 years of age. If interested, please contact Margaret by telephone on 01577 862945 or email at mbs21@btinternet.com. Please call if you would like any information on Guiding in general, or, whether if an adult or younger child, you wish to become involved.

Kinross Camera Club



Thursday 15 September is the Opening Night of the 2011/2012 season of Kinross Camera Club, when we look forward to welcoming new members in addition to all those who attended the Club last year: light refreshments will be served and there will be displays of our work. If you are interested in improving your photography, or even just enjoying the photographic skills of others in a convivial atmosphere, do come and see what we have to offer.

Remember the noctolumescent clouds? Inspired by the talk by Ken Kennedy last year on "Astrophotography in the Digital Age", one of our members has succeeded in photographing these and we look forward to seeing his results in the coming season. It is hoped that a visit will be made to Mills Observatory, Dundee in January and that Ken Kennedy will also be able to be present then.

Unless otherwise advised, all meetings begin at 7.30pm on Thursdays at Kinross Church Centre. In addition to lectures, competitions and organised visits, instruction is offered in various aspects of photography through the Digital and Portrait Groups and also on certain Club Nights such as "Everyone a Judge" and the "Practical Night".

We have lots more exciting events planned, so do come along on 15 September to see what will be taking place.

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

or alisonbradley101@btinternet.com

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

Kinross Chess Club

The Club resumes from the summer break on **Monday 5 September** at the Inn, Crook of Devon. New members are always welcome, whether beginners wanting to learn the rudiments of the game or more experienced players seeking to cross swords at a competitive level.

If interested, come along any Monday after 7.30pm for free and see if you would like to join. Alternatively contact me for further details on: Ian Washington (Club Secretary), 01577 865047 or 07870 291783.

For those who find the journey inconvenient and would prefer to play on a Wednesday afternoon in Milnathort, we have a club member who is organising games and refreshments. If interested please contact: Donald Kinloch on 01577 864441.

Lodge St. Serf No. 327

September

Tue 6 Regular Meeting at 7.15pm.
Master Mason Degree to be worked by Lodge Camperdown No. 317 from Dundee.

Tue 13 General Committee Meeting at 7.30pm. Arrange work for next Regular Meeting AOCB.

Tue 20 Regular Meeting at 7.15pm. Degree to be confirmed.

Tue 27 General Committee Meeting at 7.30pm. Arrange work for next Regular Meeting AOCB.



Seamab School

You may remember from a previous edition of the Kinross Newsletter that Anne Anderson, Principal of Seamab for many years, has now retired. I started work at Seamab in June and have been spending time getting to know the children and everyone who works at Seamab. I plan to build on the good work already in place, especially our innovative approaches to both care and education. Before moving to Seamab, I worked for a number of different organisations including a residential child care provider, national inspection agencies, children's charities and local authorities. I am delighted to be joining such a child centred organisation and look forward to developing our work further.

We have had a busy summer here at Seamab with lots of activities for the children. These have included day trips to theme parks and outdoor activity centres. All the children have been enjoying trips to our caravan. They all look forward to playing on the beach and exploring the local countryside. Of course, we have also taken advantage of any good weather by encouraging the children to play outside.

We ended last term with our traditional events – a swimming gala, sports day and an end of term barbecue. At our end of term assembly we celebrated the children's achievements over the year by awarding certificates and prizes. Kristy Cunningham, our head of education, leads all of our assemblies and always takes the opportunity to recognise the children's successes. The children have now returned to school and have started work on the exciting topics we are working on this term. These topics offer the children great opportunities for learning across the curriculum.

A number of organisations and individuals make great efforts to support Seamab's work through donations and fundraising. Every one of these is appreciated, whether large or small, as they all help make a difference to the children. We are now supporting the development of a fundraising group, Seamab Friends. The first meeting of this new group will take place on **29 September** at 7 pm in Seamab. I would like to take this opportunity to invite anyone who is interested to come along to hear more about Seamab, our fundraising activities and how you can become involved. If you would like to come along you can let us know on 01577 840307 or you can email us at info@seamab.org.uk. Joanna McCreadie, Principal

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.

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

Kinross-shire Local Events

Organisation

www.kleo.org.uk



Tickets for sale Kinross-shire Music Festival

Tickets for the Kinross-shire Music Festival (17-20 November) will go on sale from 1 September onwards. Some gigs will be free while others will be ticketed. The following headline acts have been confirmed:

Friday 18 November: The Big Dance (8pm, Loch Leven Community Campus). *Strictly* for dancing with the Scottish Swing Orchestra led by **Dave Batchelor** and guest appearance of singing swingster and local butcher **Iain Hunter**. Free dance lesson (7-8pm): Bill and Betty Cunningham, Fife's premier dance teachers. Tickets £12.50.

Saturday 19 November: Gaberlunzie & Friends (8pm, Windlestrae Hotel). Robin Watson and Gordon Menzies are well known for producing an exciting blend of modern and traditional songs. Tickets £12.50.

Sunday 20 November: The Fell Clarinet Quartet (7.30pm, Kinross Church). This Woodwind Ensemble will be demonstrating once more the galaxy of sounds possible from the various members of the clarinet family. Tickets £10 (adult) £5 (child).

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

Tickets for these main events and the Rover ticket are for sale via Sands Ironmongers in Kinross, the Post Office in Milnathort and our new website www.k-m-f.org.uk which will be launched on 1 September and this will include further details about programme, venues and tickets.

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



Danny McAtear, Gillian Shackleton and Andrew Clarke at the KLEO stand at the Kinross Show

Film 'Spy Kids' PG at Community Campus

On **Sunday 11 September** we will show **'Spy Kids 1' (PG)** at **2.30pm** (doors open 2pm). Carmen and Juni think their parents are boring. Little do they know that in their day, Gregorio and Ingrid Cortez were the top secret agents from their respective countries. They gave up spying in order to raise their children. Now, the disappearances of several of their old colleagues forces the Cortez to come out of retirement. What they didn't count on was Carmen and Juni joining the "family business."

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

Kinnesswood in Bloom

Members of Kinnesswood in Bloom were busy at the beginning of August, putting final touches to the garden areas in the village, weeding, deadheading plants, washing street furniture and making sure that everything was in tip top condition for the visits of the judges.

On 5 August they were visited by judges from Take a Pride in Perthshire, Fiona Hair and Gordon Croll. It was a lovely afternoon to wander the judging route, from the Golf Course through Whitecraigs, up to the school via the Tots Corner, along to The Cobbles, in to Michael Bruce Garden and down to the main street. Janette, Shelagh and Norma were the guides for this and as they moved through the village, Shelagh told some of the historical stories about the place. They admired the Picture Garden, then were shown the Cottage Garden, the Rose Garden, the Bee Garden then back to the Heather Garden and the Golf Club. They spent a considerable time at the school, speaking to the children and adults who were able to show off their achievements and link this to the recent Green Flag Award. Pat and John in particular have made sure that the school grounds look at their best in the school holidays.



Kinnesswood in Bloom volunteers

Since the Lomond Country Inn has recently closed, the Golf Club kindly lent their premises so that the group could have tea and cakes, provided by Janette. This gave the judges a chance to see the folders of work undertaken, including the detailed year planner created by Carol.

On 8 August it was the turn of Beautiful Scotland judges, Kate Stevenson and Lorna Mutch. Once again the weather was kind. Both judges had visited before and could see the many changes which have been developed in Kinnesswood. Helen and Gill were joined by the other ladies in showing the judges round the village.

Now they have to wait until later in September to see how well they have done in the two competitions.



Recipe

supplied by Kinnesswood in Bloom



There is still time to find some summer fruits to make this lovely cake.

Janette's Summer Fruit Cake

175g soft margarine
175g golden caster sugar
250g self raising flour
2 large eggs
1teaspoon vanilla extract
200g raspberries and blackberries (halved if large)
140g granulated sugar
1½ tbs lemon juice

1. Heat oven to 180C/160C Fan. Grease a 2lb loaf tin and line with greaseproof paper. Put marg, caster sugar, flour, eggs and vanilla into bowl and beat with electric hand mixer until pale and creamy.
2. Spread a third of the mixture into tin and scatter over 60g of fruit. Repeat this and finish with remaining cake mix and bake for 1 hour.
3. Remove from oven and pierce cake with a skewer. Put remaining fruit in a bowl with granulated sugar and lemon juice – mash this and spread over the top of the cake. Leave cake in tin until cool.

Inner Wheel



The damp weather at the end of July did nothing to deter the good spirits of fifteen ladies on their Inner Wheel annual 'Day Out'.

The day began with morning coffee and a little 'retail therapy' at Bankfoot before proceeding to the Tayside Hotel in Stanley for a first class lunch.

A tour of Stanley Mills was next on the agenda. Here we thoroughly enjoyed the experience of reliving 'life at the Mill' as it would have been some two to three hundred years ago. We were intrigued by the various interactive activities that portrayed the workings of the machinery and the conditions under which the work was carried out, by both adults and children. We were all thankful of the day and age that we were born into!

To round off the outing, a visit to Stewart Tower Dairy Farm Shop and Cafe for afternoon tea and/or ice cream was on the cards before heading back to Kinross.

The ladies appreciated the organising that had gone into planning the programme for the 'Outing' by Linda Hegarty and regretted that she was unable to join us.

The next occasion for the Inner Wheel ladies was early August at a Strawberry Tea, by kind invitation of the past President Elaine Mathew in Kinnesswood. The sunny afternoon was enjoyed by members who caught up with all the happenings over the past few weeks over a cup of tea accompanied by home made scones and strawberries and cream.

September sees the start of the new season's programme with Linda Hegarty as our President. We all look forward to an interesting year ahead.

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.

Deadline for all Submissions

2.00 pm, MONDAY 19 September
for publication on Saturday 1 October

Kinross-shire 50 plus Club



At the August meeting the talk by Murray McEwan on the Ambulance Service proved a very interesting topic, which was received with great interest by a large turnout of the members.

Away Days September: There will only be one away day this month due to non-availability of the mini-coach on Thursday 8 September.

Thursday 22 September - Melrose. The coach leaves from opposite the Green Hotel at 0915 hours. Regrettably no advance bookings for trips can be accepted prior to the monthly meeting.

Theatre Outing: Edith advises that the theatre outing to "Top Hat", on **Wednesday 23 November**, is now fully booked. Contact Edith Oswald 01577 865731.

Holiday February 2012: The Beaufort 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. Contact Pat Crawford 01577 862962.

Friday Hill Walkers

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

2 Sep: "The Fish Supper Walk" - our usual 6 mile walk from St Monans to Anstruther and back, along the Fife Coastal Path.

16 Sep: From Balmullo, through Geordie's Wood, to get up Lucklaw Hill, and look down on the Eden Estuary and Leuchars Air Base. This is along farm roads and paths and less than 6 miles. The minibus is not available for this walk.

30 Sep: Tentsmuir Forest and the seals. This will be a circular walk of about 8 miles along forestry roads, which have been improved recently by the Forestry Commission making it easier to find your way, and more interesting. We start and finish in Tayport.

Activities

Carpet Bowling: This group will re-commence its activities on **Monday 10 October** in the Millbridge Hall at 2pm. New members will be very welcome. Contact: Helen Duncan 01577 863638.

Keep-Fit: This enjoyable activity will re-commence on **Tuesday 6 September** in the Masonic Hall at 1.45 pm initially, for registration purposes, and thereafter will start at 2 pm each Tuesday. The cost will be £1.50 per session and mats will be provided. **Please note the change of venue to the Masonic Hall.** Contact Val Oswald 01577 864020.

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

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

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

The remainder of the groups have stopped their activities for the summer and no re-commencement dates have been advised to date.

Portmoak Film Society

New programme 2011/2012

The new Portmoak Film Society season kicks off on **Saturday 10 September** with a cracking double-bill for enthusiasts of quirky animation: "**Belleville Rendezvous**" & "**The Illusionist**". Both films were directed by the French illustrator Sylvain Chomet, the first in 2003 about an orphan trying to win the Tour de France, and the second in 2010 about an out-of-work magician who leaves Paris to try his luck in Scotland in 1959. Both are low on dialogue but very high on atmosphere and understated humour.

The line-up continues with the 2010 remake of "True Grit" on 8 October and the classic 1962 film "To Kill a Mockingbird" on 12 November. The last film before Christmas is "The Way Back" made in 2010, showing on 10 December. An eclectic mix, I'm sure you'll agree!

If you're a film fan, put the dates in your diary and come along to Portmoak Hall from 7pm and please remember, the films start punctually at 7.30pm. You can buy a membership card for the whole season for £24 (details on the website), which is unbelievably good value for at least eight films, or pay £4 on the door. The film nights are very sociable occasions where you can BYOB if you so wish, and chat about the film afterwards with your friends and neighbours over coffee, tea and cakes. New members especially welcome!

For further info, check out the website at: www.portmoakfilmsociety.org.uk

Kinross Ladies Circle



This month a few of the Ladies took a trip to Edinburgh to soak up the festival atmosphere and to watch comedian Alex Horne. We also had a pitch adjoined with the Round Table at the Kinross Show, which as ever was well attended and with the exception of one downpour, the weather remained fair! One of the girls also turned 40 this month, so a few Circle members attended a gathering to celebrate the special day!

Upcoming events include a Lochore Meadows walk, a trip to Rosslyn Chapel and the yearly Beer Festival organised by the Round Table.

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.

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

Kinross-shire Visitor Information Points

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

Greyhound Rescue

www.greyhoundrescuefife.com

Tel: 01592 890583, Mob: 07826 244765

email: ferniejimmyf@aol.com



500 Greyhounds Re-homed

By Morag Petrie

Local dog sanctuary Greyhound Rescue Fife based at Baltree Country Centre recently celebrated rehoming their 500th dog. The lucky greyhound, Madam, will join the other eight dogs at the home of Celia and Jimmy Fernie, the owners and founders of the rescue centre. This lucky houndess, a nine-year-old former racer and record holder, ran an incredible 430 metres in just 25.71 seconds, and is now happily retired in her forever home.



Jimmy and Celia with Madam, the 500th greyhound to be rehomed

Greyhound Rescue Fife was established in 2005 after the Fernies became aware of the plight of the huge over supply of dogs classed as unwanted as they are past their best for racing. They first crossed paths with a greyhound eleven years ago, adopting a homeless three-year-old called Tiggy. "I looked into the eyes of this brindle-coloured greyhound, so underweight and very ill, and fell in love with him. We adored Tiggy; sadly he died of bone cancer at the age of eight," said Celia.

There is estimated to be 30,000 greyhounds in the UK alone that if not rescued, face the fate of a one way trip to the vet or worse. There is always a waiting list of dogs awaiting a vacated spot at GRF. Jimmy stated: "When we re-homed our first dog six years ago, we never dreamed we'd reach 500, but now that we have, our new target is to find a home for 1000 Greyhounds!" GRF have never put down even one dog and have the help of a small army of volunteers at the kennels who happily come along on a regular basis to carry out cleaning, feeding and walkies duties.

Many of the rehomed greyhounds now live happily with different kinds of dogs and even cats. For some reason potential adopters consider greyhounds as being big and question their temperament because they often see them muzzled when racing. Greyhounds make perfect house pets and require only 20 minutes walking twice a day. If you are thinking of getting a dog, please give us a call first to come and see our magnificent Greyhounds for yourself.

Fossoway & District Horticultural Society

Fossoway & District Horticultural Society held their annual Flower Show on Saturday 20 August at the Crook of Devon. The Show was opened by Mrs Claire Paton who also presented the trophies. Grace Melville presented Mrs Paton with a bouquet of flowers.

The Society would like to take this opportunity to thank our sponsors, everyone who gave donations, attended and exhibited at the show.

The Trophy Winners were:

Ramage Dawson Cup (most points)	Mr R Wilkie
President's Shield (runner up)	Mr G M Harley
Bob Wilkie Cup (Pot Plants)	Mrs A James
Moir Cup (Cut Flowers)	Mrs M H Turnbull
David De Boer Cup (Gladioli)	Mrs E Harley
Drummond Trophy (Sweet Peas)	Mrs M H Turnbull
G A & G Kendrick Cup (Vegetables)	Mr G M Harley
J M Fraser Cup (Open Section)	Mr D Forrester
Stalker Cup (Baking & Industrial)	Mr S Wilson
Barden Trophy (Baking)	Mr S Wilson
Miss Pirie Cup (Industrial)	Mrs E Johnston
Nicolson Black Jug (Preserves)	Mrs M Wilson
Stewart Rose Bowl (Floral Art)	Mrs M Wilson
Mabel Ross Trophy (Article in Wool)	Mrs E Johnston
Liz Wilkie Trophy (Best Exhibit Industrial)	Mrs E Alexander

Children's Sections

Ramage Dawson Cup (most pts overall)	Isla Skea
The Aldridge Cup (under 10 years)	Isla Skea
J M Fraser Cup (over 10 years)	Shaw Grant
Spinningdale Trophy (article in wool)	Ellen Wight
Good Yarn Trophy (Writing)	Isla Skea

Special Prizes

Best Exhibit Pot Plants	Mrs E Harley
Best Exhibit Cut Flowers	Mr R Barnfather
Collection of Vegetables	Mr G M Harley
Collection of Potatoes	Mr G Skea
Best Exhibit Vegetables	Mr G M Harley
Best Exhibit Open Section	Mr W Bolton
Best Exhibit Baking	Mrs A Roberts
Best Exhibit Industrial	Mrs E Alexander

GOING ON HOLIDAY AND
DON'T WANT TO PUT
YOUR DOG IN KENNELS?



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to look after your dog the way you do?
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Our loving host families ensure one-to-one care and
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Contact Chris and Alex on 01592 841020
www.barkingmad.uk.com

Looking for Contact Details?

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

Common Grounds



Despite the weather, there is a lot of colour in the gardens and have you noticed the leaves on the birch trees are changing colour? Here at Common Grounds we have been selling house plants and garden plants over the summer, plus red currants, white currants, gooseberries and whatever we can turn into money for our projects. Now we are getting Betty's bags with pouches to hold your purse etc, lovely quilting on canvas bags. Each bag is different and they are a very reasonable price and would make ideal presents.

Project: "The Lyths in Uganda" is our project for August. The leader of this is David Lyth who, with his wife Helen (who is a teacher), is now working as volunteers in The Church of Uganda Hospital and School in Kagando. David Lyth had previously worked as a Consultant Surgeon at Queen Margaret Hospital. His work is mainly in the field of urology and at one urology camp in Uganda he saw 75 patients and operated on 38. Fundraising allows these operations to be carried out "free of charge" to patients. His wife Helen helps with the Mothers Union and also Sunday school. Helen obtains items such as school books plus she organises events (sporting activities). The Lyths are members of the Vine Church in Dunfermline.

Project Supper: We are delighted that Alison Graham from Sightsavers is able to come and speak at a Project Supper on **Friday 14 October** in the Guide and Scout Hall, Church Street, Milnathort. 6.30pm for 7pm; everyone welcome.

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

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

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

Kinross & Ochil Walking Group

The turn of the seasons - come walking with us and enjoy the scenery with the last walks of our summer programme. 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 11 September: Balmerino/Wormit Loop. 8½ miles. A woodland walk in an area rich in history, with views over the Tay to Dundee. Children (if fit) and dogs welcome.

Saturday 24 September: Thieves Road and Bore Stane. 12 miles. A circular walk with gradual ascents in the west Pentlands (away from the crowds). Plenty of history - Iron Age Cairns, a Pictish Stone, Border Reivers, Covenanters - and plenty of geomorphology at the SSSI between Carlops Dean and Windy Gowl. Superb open views throughout. 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.

Town Twinning Association



The summer of 2012 will see Kinross-shire residents invited to link with a family in Gacé, Normandy for a week of friendship and cultural exchange. Although dates have not yet been finalised, the visit is expected to take place during the last week of July. Our twinning links with Gacé go back to 1974 and we are one of the longest active twinning associations in Perth & Kinross. Twinning links also exist with the schools of Kinross and Gacé, with children from the Gacé schools coming to Kinross in mid September following the Kinross High School visit to Gacé at the end of last term.

Anyone interested in becoming involved in the twinning link should contact chairperson Jeannie Paterson (tel: 862159).



Kinross Square, Gacé

Dyslexia Perth and Kinross - Kinross Drop-in

The Dyslexia Drop-in will start again on a monthly basis on **Tuesday 27 September**. The venue will again be the Kinross Community Campus Library. Any adults with dyslexia, parents of children who may be dyslexic or interested young people or teachers will be made very welcome.

The Drop-in is for exchange of information, mutual support and to stimulate interest in membership of the Branch or of Dyslexia Scotland. You are welcome to come and listen or to ask your own questions. Same time as last year: 6.30pm - 7.30pm on the last Tuesday of each month (except December) throughout the academic year.

Loch Leven Garden Services

For all your garden maintenance needs.
 Lawn mowing, scarifying, aerating, pruning,
 hedge trimming,
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Stephen Brown
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Kinross & District Rotary Club



Once again, our Club has had another interesting month, starting with a visit from our East of Scotland District Governor Iain MacDonald and his wife. D.G. Iain gave us a brief talk on his objectives for District clubs in his year of office. In particular, he encouraged us to try to obtain new members across the full age range. We also heard of the project being promoted by his wife, Winnie for funds for Rachel House. Like his predecessors, D.G. Iain has made a fast start to Rotary year when he plans to visit all 88 clubs in our District within his first few months of office.

On 25 July, the club was addressed by Catriona, daughter of club member, Ken Paterson. Qualified in Marine Biology and Environmental Impact Assessment, Catriona works in Asia for DfID and the International Finance Corporation of the World Bank ensuring that major projects which these organisations are asked to fund, will meet all the Kyoto requirements in terms of their effects on the environment. In particular, she has reviewed major wind-farm proposals for China and Mongolia and was able to compare them with some of those being developed in Scotland.

The first two meetings in August were set to give members a chance to tell colleagues of unusual, even embarrassing events in their lives. The District Governor elect, Robin Rippin was present at the second of these and he contributed one or two memories as did John Perryacker, a Rotarian visiting from Arizona. John was first contacted by one of our members, Barry Davies who had led a team of young people on a Rotary-funded Group Study Exchange visit to Arizona earlier this year.

The next big event for the club was the Kinross Show on 13 August. Members manned the gates to take entrance and car parking monies for the Agricultural Society. As before, they were ably assisted by a team of local Army Cadets who organised the actual parking of cars in the Kirkgate. Club members also manned a Rotary stand to publicise the work of the club and to raise funds for the starving and homeless people in the Horn of Africa region. A ShelterBox and its contents to accommodate up to ten people was, once again, on show. Members demonstrated the contents and capabilities of the Boxes, which are purchased by clubs for £590 and are available to send off as soon as needed in a disaster area. 1600 boxes have been sent recently to Ethiopia and 2000 tents only have been sent to North Kenya.



Karen, Clare and Julie at T in the Park

Finally, mention must be made of the three girls who assisted Rotarians to run the Left Luggage facility at 'T in the Park'. (See photo.) Karen, Clare and Julie did a great job and, without them, we would not have been able to provide this popular service so effectively. Nor would we have been able to raise in excess of £1600 towards the total of over £5000 from 'T in the Park' for distribution to Rotary-supported charities. Incidentally, Karen and Clare were funded by our club to take part in the Group Study Exchange team to visit Arizona, referred to above. 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.

Kinross High School Parent Council



Chair: Brad Wood, 850767, chair@khspc.org
 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

Blazers: Thank you so much for your fantastic support of the school blazer again this year. The uptake has been as good as ever. A huge thank you to all who have kindly donated outgrown blazers, these were very welcome. If you have an outgrown blazer, please do hand it in to the school office and it will be collected by the blazer team from there. Please be advised that we are now sold out of all medium sized blazers and will not be reordering until 2012. Please contact Dora Smith (above) for any further help with blazers.

Parent Questionnaire: There was a massive response to this. Thank you to all who completed this either online or by paper copy. The questionnaire has now closed for both online and paper copy. The analysis of the results for this questionnaire will be published probably sometime shortly after the October holidays. Please bear with us!

All parents are welcome to attend our meetings. The KHSPC meetings for the next year are:

2011: 6 September, 1 November.

2012: 10 Jan, 28 Feb, 17 Apr, 29 May, 12 June (the 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.

Portmoak Hall 100 Club

July Draw

1st	No. 85	Richard Green, Easter Balgedie
2nd	No. 10	Sue Abbott Smith, Scotlandwell
3rd	No. 56	Norma Smith, Kinnesswood

125 Years of Boys' Brigade Camps

by David Munro, Company Captain

It was July 1886 and William Alexander Smith, founder of the Boys' Brigade, led the first Glasgow Company to their first camp at Tighnabruaich.

As was tradition, the Boys marched in full uniform to the Broomielaw to catch the paddle steamer "Columba" and sail down the River Clyde to Tighnabruaich. The camp was run with the same strict discipline as on parade nights and the uniform was worn at all times, unlike later years when there was a more relaxed informal atmosphere

To celebrate 125 years of BB Camps, the 1st Kinross Company of the Boys' Brigade and Girls' Association, along with the 1st Kinross-shire Scouts, held a summer camp under canvas at the North of England BB headquarters, Broomley Grange. A total of 45 adult leaders and youngsters travelled from Kinross to their Northumbria base, arriving mid-afternoon to set up the marquee and 12 ridge tents which would be their home for a week. Unfortunately the weather was rather damp which meant that the outdoor activities planned on the Saturday evening had to be postponed and indoor activities organised in their place. After supper and evening prayers, which focused on the Genesis story "in the beginning", it was time to wash up and head for bed.

Sunday morning brought more rain, so inspection in full uniform had to be carried out in the marquee rather than by the youngsters' tents. It was then off to Stocksfield Baptist Church where minister Paul Revill led a lively service in which he asked members Katy Bell and Andrew Dawson where they had come from, why they were here and what God meant to them. Mid way through the service the youngsters left to join up with Stocksfield youngsters for discussions focusing on facts about God.

At the conclusion of the service, the group headed back to the campsite for lunch before heading for Newcastle to see the impressive Discovery Museum. It was still very wet so it was ideal that everyone was indoors on the Sunday afternoon. After the evening meal it was still wet so the



chess competition was brought to a conclusion with Andrew Jack finishing as champion.

Monday was supposed to be a canoeing activity but with the volume of water still falling, it was decided that it would not be safe as the River Tyne was in full flow. An alternative visit to historic Hexham was arranged instead and as the weather improved it was possible to hold the inter tent cricket competition after the evening meal, with Team Delta coming out on top.

Tuesday was much better weather wise with sunshine meaning the group could travel to enjoy the beach at South Shields. In mid afternoon the group then travelled to North Shields to savour the delights of the "Wet and Wild" series of flumes and pools. After evening meal the inter tent football competition was held and Team Delta again finished triumphant.

Wednesday brought back the rain so it was off to Newcastle's Metro Centre to see the north of England's shopping extravaganza. Inter tent baseball followed after evening meal, with Team Delta proving too strong for everyone else.

Thursday morning dawned with sun splitting the sky, which was just as well as the group headed to the Lightwater Valley theme park for the day, taking in a range of fun, fast rides. The inter tent volleyball competition after evening meal again saw Team Delta triumph.

Friday was an on-site day with a range of all day activities including tunnels, zip wire, high ropes and climbing wall. After evening meal the traditional camp concert was held and various awards presented.

Best camper:	Jennifer MacKessack
Chess champion:	Andrew Jack
French Boules champion:	Mark Cathro
Happy camper:	Nick Baughan
Gastronomic Expert:	Andrew Dawson
Mastermind:	Joshua Roe
Dramatic Endeavour:	Kathryn Spain

Saturday morning was nice and dry, allowing all the tents to be stowed away for future camps. By mid-afternoon the group was all packed ready for the journey back to Kinross.



Summer camp under canvas at the North of England BB headquarters, Broomley Grange

Kinross-shire Round Table

It is September. That can mean only one thing for Kinross-shire Round Table – time for our **6th Annual Charity Beer Festival!**



Yes, curious as it may seem, we are now approaching our sixth year of running the Biggest and 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 over 40 real ales, porters, lagers, perries and ciders this side of Benarty Hill.

The format for the weekend is:

Thursday 22 September – Charity Quiz Night. We challenge all local clubs, teams, businesses, associations, groups of friends to put together a team of four bodies (with or without brain cells to rub together!) to see who can manage to dredge up the most pointless facts known to man. There are prizes. And there is beer to lubricate the thought processes.

Friday 23 September – Beer Festival. In support of the Scottish Huntingdon's Association. Music will be provided by "Bob's Yer Uncle featuring Ronnie Reid" plus support.

Saturday 24 September – More Beer Festival. In support of Scottish Cot Death Trust. The Kittens, plus support, return for your musical delectation.

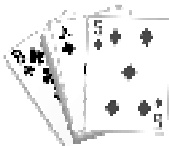
Tickets for the Beer Festival are on sale now from any reputable Tabler and are also available from J&JH Sands & Mandy's Hairdresser's, Kinross, Stewart & Smart, Milnathort, Kinneswood Shop, Kinneswood and Fossoway Garage, Drum. Tickets are £8 if bought in advance and £10 on the door (if any are left by then). Quiz night is £20 per team of four – please book your team's place in advance.

As usual, our aim is to raise funds for 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 still available; please speak to Colin Low on 07795 518 066 or email colin@colinlow.co.uk.

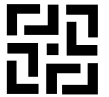
Our programme, with details of events, is available on <http://kinross-shire.roundtable.co.uk>. If you are 18-45 and want to get involved in having fun while putting something back into our community, contact us via the website. Don't wait to be asked, just do it!

Milnathort Bridge Club

The club is currently enjoying a Summer Season, meeting each Monday evening at 7pm in Orwell Church Hall, which will continue until 19 September. Anyone with an interest in playing would be most welcome to come along. Contact Secretary, Beryl Harley, 01577 863590. The Winter Season will begin on **Monday 26 September** at 7pm prompt in Milnathort Bowling Club. The Annual General Meeting will be held on Monday 26th at 7pm followed by Duplicate Bridge.



Potager Garden



This has been a challenging summer for all gardeners with the unpredictable weather, and general lack of sunshine (75% cloud cover in June, according to the Cambo weather reporter in the Newsletter). However, very little need to water plants outside! Despite this, most of the vegetables at the Potager are now producing well, and we have plenty of bees, hoverflies and butterflies, as well as some frogs to keep the slugs under control.

We were pleased to receive three first prizes at the flower show of the Kinross Show, for red potatoes, a bunch of herbs, and French beans; thanks to Ruth for her help with this.

Last year's P5 class will be returning soon, to see how much the plants have grown over the summer, and to **harvest the fruit and veg** which are ready. Our vegetable beds were first laid out by the **Beechgrove Garden** Hit Squad in 1986, after a submission by Kinross in Bloom and the Hayfield garden to their Community Corner competition. Lesley Watson will be returning with the cameras to film the harvest visit, and talk to some of the children, and to us about how the garden has managed to thrive over the last 15 years. This has only been possible due to the commitment and **hard work of all the volunteers** involved over this period, for which we are very grateful.

Their film about the garden will be featured on the **Beechgrove Garden** programme on **Monday 5 September**, at 7.30pm on BBC1 Scotland, so do watch out for this.

We are also planning for our **Coffee morning for Macmillan Cancer Support**, at the garden on **Saturday 3 September** from 10.30am to 12 noon, when there will be a sale of plants and garden produce, and raffle, including a hamper of fruit and vegetables from the garden.

We then hope to start on installation of the automatic watering system, as mentioned last month, before the weather can prevent this as winter approaches. Let's all hope for an Indian summer, and some sunshine in September!

For information about the garden, or volunteering opportunities, contact Amanda James (01577) 840809 or amanda@tyafon.plus.com.

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Kinross and District Art Club



The sun didn't shine on many days in August but we were so very lucky to have chosen the right day for our club outing to the Pittenweem Art Festival. Some chose to head straight to the exhibitions whilst others opted for lunch at The Crow's Nest in Anstruther as a first stop. There was so much to see around picturesque Pittenweem, where every available space – a front room, a garage or a garden shed – becomes an art gallery for this one week of the year, and with the sunshine making it such a pleasant day, we all agreed that a day is hardly long enough to take in the visual delights of this event.

Annual Art Exhibition and Sale, 7 - 10 September

As the Newsletter goes to print for September we are hard at work preparing for our **Annual Exhibition** in the Parish Church. Do join us if you can, for our Opening Evening on Wednesday 7th from 7pm-9pm, with guest presenter Willie Shand, Photo Journalist with The People's Friend.

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. Work of the Sixth Year Kinross High School Pupils will also be on display and there will be a craft section as well as the ever-popular produce table.

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.

We are also a participant in **Perthshire Open Studios** event, an opportunity for people to get out and about and see the work of the many talented artists in Perth and Kinross. See also Articles p.16. Brochures are available in most shops in the town and you can find out more at www.perthshireopenstudios.com.

Kinross in Bloom



Another month is fast disappearing, but where is our summer? There's not much to report at this time; all our baskets, barrels and planters are getting plenty of water but a distinct lack of sunshine. They are looking not too bad, however, apart from another couple of the centre plants being stolen, and we are saving money by not taking the watering buggy out very much. Talking of the buggy, we have just had an offer to fit it with floats and a lifebelt for the rest of the season.

We are still looking for some kind volunteers to help with the watering during September, so if you can help, please get in touch with Aileen Sorbie, telephone 01577 861477. Lifejackets will be supplied.

The winners of the August draw of the 200 Club are as follows: No 59 Paul Baughn, No 23 Anne Porter, No 79 Jean Beveridge and No 33 Anne Buchan. Congratulations to the winners.

Can I remind all members that subscriptions for the new season are now due; all monies to our treasurer, Aileen Sorbie at the above telephone number.

Need Equipment for a Community Event?

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

Items are listed on www.kinross.cc at:

www.kinross.cc/equipment_hire/equipment.htm

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

Kinross Pipe Band

Well, the 2011 competition season is almost over, with just Pitlochry Highland Games still to go on 10 September, then a couple of engagements before we settle down for our winter practising in preparation for 2012. Once again it's been a pretty successful season for Kinross, with first places at Gourrock, Thornton, and very recently Crieff Highland Games on 21 August, where we took 1st place in the Grade 4A March, Strathspey and Reel, 2nd place in the Grade 4 Marches, Best Branch Band and Best Branch Drum Corps. 3rd places at Cumnock, Markinch and the very competitive Strathallan Games, and a creditable performance at the British Championships in Annan, where we narrowly missed the prize list added to our tally of encouraging performances this year.

The Band will also have just competed at the ever-popular Cowal Championships in Dunoon by the time this goes to print, but being end of August, just a little too late to be able to update you with results in this issue.

We would also like to extend our grateful thanks to Mrs Chapple of Reid Crescent, Milnathort, who very generously donated her late husband's very well kept set of bagpipes and music to the Band. These will come in very useful indeed, especially as the band will be working together with the local primary and high schools in the next few months to further develop piping and drumming in the surrounding area.

Kinross Pipe Band is continuing to grow, but as always we welcome new members, either as youngsters learning for the first time, or more experienced players. Now is an excellent time to join as this year's season draws to a close and we settle down to our winter schedule of developing and practising our competition sets for next year.

For more information, contact Nigel Kellett on 07801 182283 or email nigel.kellett@talktalk.net

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Milnathort Explorer Scouts

Eight explorer scouts and two leaders from the Milnathort Unit arrived at Kinlochbervie after 6 hours to be greeted by the local John Muir Wildland Ranger and his two Labradors. The explorers quickly pitched the new tents (a grant from Cash Back for Communities) on the machair, unloaded the minibus and were away fishing on the rocks or exploring the beach.

Sunday morning the cockerel started as soon as the sun got up and kept going every few minutes. The kit for the expedition was packed into the ranger's van and transported as far as the dirt track went towards Sandwood bay and left in a heap for us.



Milnathort Explorer Scouts at Cape Wrath

On reaching Sandwood bay beach, the group split up with a couple walking the length of the beach on the sea side of the marram grass covered sand dunes. The rest of us walked across the dried out north bowl of Sandwood loch to the mouth of the river where we found the remains of a spit fire. We climbed up the track at the end of the bay and headed across the moorland to the bothy at Strathcailleach, rapidly learning that standing on bright green patches left you sinking into the bog.

Monday morning we returned the 3km across the moor to Sandwood bay to clear some of the rubbish lying on the shore, thrown overboard from ships and washed into the bay in storms. We took three drums of old engine oil and seven sacks of plastic bits off the beach.

Back at the bothy some of the explorers cut peats to replace the ones we had burnt, leaving them to dry on the moorland. Tuesday morning we crossed the cailleach and headed north. We discovered that the sundew and the butterwort catch flies and digest them to increase their nutrient intake, and how plants with the word wort in them were used for medicinal properties. We saw lizards, a mountain hare,

stags and hinds and otter tracks. At Kervraig, a well maintained bothy on the north coast, we set up the tents before the explorers went for a dip in the sea.

Wednesday morning it started to rain and the group divided in two, one walking to Strathcailleach via Cape Wrath and the others went straight back. Crossing the cailleach to the bothy was challenging; the shallow river was now a raging torrent. Three steps in with the water well above knee height, an alternative route had to be found. We trudged back up the glen looking for a place to cross and eventually found a convenient animal barrier to slide across the river on.

Thursday morning we cleared up more rubbish as we walked along the Sandwood bay in the sunshine. The north bowl of the loch, dry two days earlier, was full of water. Once on the track from Sandwood bay, the walking became much easier and we met the conservation group who were improving the footpath.

Friday morning a local crofter asked for help to herd the goats. Afterwards we piled onto the minibus and headed to the nature reserve - Handa Island, where Kieran was invested on the highest point.

We achieved our John Muir Award by discovering the beauty, solitude and biodiversity of the area as we explored it by journeying through the tree-free boggy moorland to the north coast across and conserved it by cleaning the beach and practised minimum impact camping. The explorers have asked to return and help to improve the footpath to Sandwood bay.

We would like to thank Kinross-shire Round Table and Glenfarg Community Council for their financial support.

News from the Rurals



CROOK OF DEVON

Our syllabus for the forthcoming 'Rural Year' is now complete. Our monthly meetings, which run from September to May, will commence on Tuesday 13 September at 7.30pm in the Crook of Devon Institute. Sheila Warner will give a talk on *Working in Romania*.

We have a varied syllabus this year, which we hope will appeal to ladies of all age groups.

So why not come along and join us for an hour and a half. You will find a warm welcome and enjoy a cup of tea and biscuit at the end of the evening.

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The Kinross-shire Civic Trust



TAYplan – Proposed Strategic Development Plan

The Civic Trust made a comprehensive response to the Proposed Strategic Development Plan (PSDP) for TAYplan. The Trust supported the basic principles of the Plan but it had a number of major issues that it felt needed to be commented on. These included the following:

The plan focuses on Dundee and Perth and sees the whole area, which includes Perth and Kinross, Angus, the City of Dundee and North East Fife being targeted inwards towards these two principal areas. The Trust pointed out that the major focus for Kinross was not north but south, principally towards Edinburgh, but towards Glasgow and the southwest as well.

With regard to the proposed major Transport Links, the PSDP ignores the A977, which is a vital link for Kinross to the southwest. The re-introduction of a rail link between Perth and Edinburgh, via Kinross, would also provide essential betterment for Kinross.

PSDP has revised the housing demand figures for Kinross-shire, by recognising the 10% reduction for the numbers due to its landscape importance, but these are still far too high. At present there are planning consents for 240 houses in the Landward Area alone of Kinross-shire which have not been built. As well as that, there are numerous numbers of 4/5

bedroom executive suburban houses in inappropriate rural settings which have been newly built, yet standing empty unsold. The figures do not take nearly enough cognisance of the current economic downturn, when it will recover and the fact there may be a market sea change due to bank strategies and the cost of long distance commuting where the great majority of the market is aimed at.

The Trust strongly supported the need to retain high quality agricultural land, Grades, 1, 2 and 3+ or even further down the scale. This country needs to return to being self sufficient in foodstuffs. In the last 10 years we have increased the amount of food we import to 40%, which will have to be reduced, or it may be reduced for this country by world competition.

Kinross-shire is, and always has been, a county of outstanding landscape value. The Scottish Government wants to remove the designation of Area of Great Landscape Value. This is not happening in England and Wales and Kinross-shire needs to have a policy that will protect its landscape from development deprivation.

Finally, the PSDP concentrates on Perth and St Andrews as having the need for development plans. Kinross produced a development plan for itself in 1993 and 1994. This has never been implemented and must be incorporated in the TAYplan.

Buildings of Interest in Kinross-shire Kirkland's Hotel

In the Kirkgate cemetery overlooking Loch Leven, not far from the Bruce Mausoleum, there is a stone marking the grave of William Kirkland "late inn-keeper Kinross" who died in July 1836, aged 69. His name has survived to the present day in the Kirkland's Hotel, the inn he founded at 20 High Street only a few years before his death.

In that brief period between the building of new turnpike roads in the early 1800s and the arrival of the railway in 1847, business was brisk. The population of the burgh was rising rapidly and post coaches brought increasing numbers of passengers as well as letters to the inns of Kinross. William Kirkland's daughter and son-in-law, Mary and James Stocks, continued to build up a business that was quickly to rival the long-established Green Inn to the north. The writer of the New Statistical Account of the Parish of Kinross reported that in 1839 the Kirkland's Inn kept three post-chaises, a landau, a hearse and 34 horses and employed four post-boys, six strappers, an hostler, a head waiter, an under waiter and four female servants.

Set back from the High Street to enable coaches to draw up at the door without blocking the road, William Kirkland's Inn, built about 1835, presents an elegant frontage in the form of a two-storey villa with three bays built of dressed sandstone that has been stugged, or roughly worked over, with the point of a chisel. An extension has been added to the north and the whole is painted in white with black trimming round the windows and doors. At the south end of the building, the east corner has been chamfered to allow easy access for coaches to the stable yard at the back of the inn. Looking upwards, the slated roof is topped by chimneys that are surrounded with distinctive sawtooth slabs.

Mrs Stocks maintained a twice-daily coach service to Cowdenbeath on the 'Loch Leven Castle' until 1859, by which time the days of coaching had been superseded by the railway age. When the hotel was sold to Robert Harris in 1867, a barouche, dog cart, waggonette, gig and hearse were the only horse-drawn vehicles recorded in an inventory now located in the archive of Kinross (Marshall) Museum. However, by then tradesmen, fishermen and holiday-makers ensured that the hotel continued to flourish.



Kirkland's Hotel, High Street, Kinross

In its early days Kirkland's Hotel hosted many notable local events, ranging from the annual County Ball to a celebration dinner on 17 July 1844 to mark the coming-of-age of Sir Graham Graham Montgomery. Amongst its most prestigious guests was Prince Napoleon of France, who stayed overnight after visiting Loch Leven Castle on 17 August 1864. In that year a dinner would have cost the prince 2 shillings and sixpence (12½p).



Sports News

Kinross young triathletes excel at National Youth Championships

On 6 August a number of young triathletes from the Kinross area took part in the Scottish National Youth Championships at Bellahouston Park, Glasgow. From a field of 125, in age groups ranging from 8 to 16, Kinross produced a clutch of eager competitors. Kinross was well represented, with everyone putting in a great showing. In the 8 year old category, Sarah Coutts was third, in her first competitive triathlon. Duncan Crawford and Lucy Telfer each gained top ten finishes in the 9-10 years category. Sophie Telfer, Gregor Malcom and Euan Boyle competed in the 11-12 years category, with Gregor and Euan taking 2nd and 4th respectively. Fergus and Jamie Ingledew competed in the 13-14 years category, Fergus achieving 3rd. In the 15-16 years category Mairi Mulhern was 3rd.



Triathletes Gregor Malcom, Euan Boyle and Mairi Mulhern

Also, back in June at the Scottish Schools Triathlon in the grounds of Stirling University, Mairi Mulhern and Gregor Malcom were first in their respective age groups. Euan Boyle was second, Fergus and Jamie Ingledew were 2nd and 3rd respectively and Iona Crawford was 3rd.

As a result of their success at these and other events, Mairi Mulhern and Gregor Malcom will now go on to represent Scotland at the Inter Regional Championships in Northumberland in September, with Euan Boyle and Fergus Ingledew as reserves.

Well done to all of our young Kinross Triathletes.

Orwell Bowling Club

The month of July saw peaks and troughs, not only in the weather, but also in Orwell's Bowling achievements. Our Ladies County Triples (Isobel Cheney, Jean Menzies and Betty Hamilton) reached the final, only to be beaten by a narrow margin. John Taylor also went down in his county Single Hand semi-final; no mean feat to have got so far.

There was a good turnout for yet another Dave (Inspirational) Scott Tournament on the 10th with Vic McKechnie and Anne McGouldrick clinching it over Brian Cook and Valerie Parkin. The 17th provided a beautiful day for our Open Pairs Competition, with our own Gordon Morton and Dave Winton winning, and Bobby Brian and Paul Allcott of Kinross coming second. The evening Friendly against Glenfarg gave us a win on our home turf by 10 shots, quickly consolidated by another win over Dalgety Bay on their "interesting" green by 11 shots on Sunday 24th.

In the meantime, the Golden Oldies (Golden perhaps, but "Oldie" at 50+ ?) have kept their heads up and are through to the semi-finals; a cry by our Captain Walter Hamilton from the sidelines of "well-played Mother!" might well be unique in the annals of sporting history. With one rink well up and another floundering, it went down to the wire, the remaining rink just garnering enough shots for Orwell to gain victory by ONE shot against Sauchie. Watch this space.

Alva South, despite being invited to play four rinks of mixed triples, arrived with 16 men on 30 July. Once again, Orwell scooped up passing members and President Diane Foster sportingly made up her rink by recruiting Alva's junior mascot for whom 00's bowls were quickly conjured up. Sadly the jinx was well and truly upon her rink, being the only one down giving the visitors a win by 18 shots.

The last game in July was yet another Dave Scott Trophy - this time a gents' two-bowl affair. It was that man again - Gordon Morton winning, Michael Reay a worthy second place, and Michael Hamilton and Sandy Greenhill third equal. The heat may be on for August, in more ways than one.

Kinross Men's Hockey Club

Kinross 1sts have been promoted to East District League 1 and the 2nds have been promoted to East District League 3, so congratulations to both teams.

Hockey training has started on Tuesday evenings, 7.30pm to 9pm at KGV astro pitch and is free; all are welcome no matter what ability.

There are friendly games for the 1sts on 27 August against Hillhead, and 3rd, 10th and 17 September against Falkirk, Dunfermline and Stirling Wanderers.

The League games start on 24 September, with both teams playing at home to Grange opposition. The following week the 1sts are away to Alloa and the 2nds away to Peebles. For further information, either contact Ross Turbet on e-mail: captain@kinrosshockey.co.uk or Gordon Balfour: secretary@kinrosshockey.co.uk or visit our website at www.kinrosshockey.co.uk.

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Kinross Ladies' Hockey Club



Training has already started for the new season. We meet at King George V playing fields at 6.30pm on Wednesday. We are always happy to see new faces and we are really quite friendly even if we are wielding hockey sticks. The season proper starts in September with the Bell Tournament. Following that our league games will start. Remember we have two teams so all standards of play can be catered for. Anyone interested in umpiring will also be made to feel very welcome.

For any more information please contact Morag Donaldson on 01577 863356, or look us up on our website, www.kinrossladieshockey.co.uk

Kinross Curling School



Free Try Curling Night:

Monday 19 September, 19:45 - 21:45

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

Three-Day Beginners Course (cost £50):

Saturday 1 October 14:30 - 17:30

Sunday 2 October 14:30 - 17:30

Saturday 15 October 11:45 - 14:45

Aimed at new curlers, this three-day course will give you plenty of on-ice confidence for the season ahead.

Coaches will guide attendees through all aspects of the sport, so that everyone will have a good understanding of the rules, tactics, and techniques used in club curling.

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

If you'd like to attend our Beginners Course, please email the Kinross Area Curling Development Officer, David Jones at kinrossdev@royalcaledoniancurlingclub.org and he'll send you a booking form.

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Kinross Tennis Club



Tayside Tennis Mixed Leagues (Adults)

After losing their opening game, Kinross1 has been on a roll, having beaten Brought Ferry, Montrose and Kinnoull plus drawing with Tayport. Unfortunately the 'winning' run ended with defeat to St Andrews! However, with two home games left against Arbroath and Craigmuir, we are hopeful of finishing in the top half of Division 2, which would be a good result.

Kinross 2 has also had mixed results, winning its first two home games, drawing with Perth and Arbroath but losing to Glenfarg and Lundin Sports. Again, we are hopeful of a strong finish to the season with matches in Craigmuir in Dundee and Wormit.

Club Championships

Members are currently playing matches leading up to finals day on 3 September. The Junior Club Championship is also in full swing with their finals day on 17 September.

Coaching

With the nights drawing in, our new 3rd court flood lighting (all courts now have floodlighting) will prove a great bonus for Adult Coaching, which is currently running on Tuesday evenings. Junior Coaching has restarted at various times on Tuesdays, Wednesdays, Fridays and Saturday Mornings. Further information from our tennis coach, Laura or email kinrosstenniscoaching@gmail.com for those still interested. Also Junior Club Night has resumed on Tuesdays at 5.30pm.

Junior Summer Camp

We had an encouraging uptake of players for our Junior Summer Camp which was held from 8 - 12 August. The 'Mini Reds' and 'Oranges' worked hard on improving their co-ordination, groundstrokes and mini match-play. The 'Yellows & Silvers' worked hard to improve their serves and continued on through the rain to play doubles matches. Despite being inside on two of the days, the torrential rain didn't dampen their spirits and the clubhouse got a 'decorative makeover'! A good week!

Daytime Tennis

We are currently exploring opportunities to add some social or coaching sessions to our daytime programme, especially Wednesday and Friday mornings, so if members are interested in joining a group, please email your interest to Susan at kinrosstennis@gmail.com

Non Members

Sporting Chance are able to provide access to the courts for a small fee.

Further information on Kinross Tennis Club can be found on our website www.kirosstennisclub.org or by contacting our Secretary, Susan Malcolm on 01577 863774 or by emailing kinrosstennis@gmail.com

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Kinross Curling Club

Did you know that Kinross Curling Club could be the oldest curling club in the world? Curling has taken place in and around Loch Leven for almost 500 years, and it was members of Kinross Curling Club that helped form the governing body, the Royal Caledonian Curling Club (then named the 'Grand Club').

Author and curling historian John Kerr wrote in his book 'Extracts of Curling History' published in 1890:

'In the case of Lochleven, the members of the Kinross Club, as faithful Guardians of its curling fame, after a careful inquiry by Sheriff Skelton and a committee in 1818, decided to carry the existence of a curling society there as far back as 1668. That there was curling on Lochleven long before that need not be doubted, and that the Kinross Club deserves highest honour for the careful preservation of the traditional mysteries of the game will be apparent when these come to be considered.....'

Curling remains strong within Lochleven province with most clubs ready to start their new season. The new rinks for Kinross Curling Club have been chosen with the following eight skips competing to win the coveted Rankine Cup: Bruce Robbie, David Clydesdale, Craig Gudmundsson, Alistair Wood, Ross McCleary, Gavin Baird, Iain Cormack and Sandy Nelson.

In an effort to ensure the skips get the most out of their rinks, a pre-season training session has been arranged for **Monday 19 September**. This will allow some of our rusty curlers to practise their slides and get their eye in for the new season. The club's opening bonspiel will be held on **Thursday 22 September** at 7.45pm. If you have never seen a game of curling before, why not come along to the Green Hotel and watch from the warmth of the curling bar?

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



Kinross Ladies' Curling Club

Looking for a new hobby?

Enjoy a bit of light exercise?

Have you got some time on Monday nights?

Why not try Curling, the old Scottish game?

Kinross Ladies Curling Club would welcome you. For more information please call telephone Anne Moore on 01383 838292 or Elaine Paterson on 01577 840695.



Kinross Road Runners

Every year the club organises a 10K handicap race for all our members to compete against each other. The clock is started and the runners set off according to their allocated handicap. The slower runners take off first with the faster runners following on behind giving everyone a fair chance of winning the race. It becomes quite exciting towards the finish as the faster runners catch up. This year the event took place on 30 July, a very warm and sunny day! The event was a tremendous success, thanks to the superb organisation of coach Roger Stark. This year's event was won by Gillian Black in a clock time of 61:49, 2nd was Andreas Rogowski (1st M 62:06), 3rd Lynn Hunter (62:27) and 4th Sarah Eaton (63:12). The event was followed by a BBQ which went on well into the evening. A good time was had by all!

Other events this month

Donkey Brae 31 July: A 7 mile race which starts and finishes at Aberdour's Silver Sands Park. The race has mixed terrain along undulating paths between Aberdour and Dalgety Bay with a notorious climb at the finish. Four of our members competed in the event. Maureen Hill 49:29, Julie Rose 58:46, Isabella Carmichael 1:01 and Sarah Eaton 1:17.

Devil O'Highlands 6 August: This is not for the faint hearted! A 43 mile footrace which starts in Tyndrum and finishes at Fort William. Each competitor has 12 hours to complete the course which follows the last part of the West Highland Way. Three of our members took on this challenge. Andy Johns finished 3rd male overall and 2ndMV in a time of 6:21:22. Awesome Andy!

Gill Lopez and Anne Wilson also made a fantastic effort in times of 9:09:50 and 9:21:33 respectively. A tremendous achievement by very experienced long distance runners.



Roger Stark in the Forth Road Bridge race.

Photo courtesy of RoadRun Pics

Forth Road Bridge 10k 14 August: one of our championship races which saw 31 club entries. The race started downhill from the community centre in North Queensferry and took in both sides of the FRB. If you thought the bridge was flat, then think again! There is a considerable incline in both directions. However, it did finish with a downhill. Five club members picked up prizes on the day. Andy Laycock 2ndMV40 (36:10), Peter Edgerton 3rdMV50 (41:16), Judith Dobson 2ndF50 (43:39), Roger Stark 1stM70 (52:48) and Norman Smith 2ndM70 (59:46).

New members are always welcome. For further information on the club and details of training sessions, please see our website www.kinrossroadrunners.co.uk

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Milnathort Golf Club

Ladies: The ladies had a very good away day at Deer Park on Saturday 23 July. The winners were Alexis Crawford and Alison Houston, with Helen Payne and Kathleen McConnell second.

The result of the interclub matches at the moment are two wins and two losses. We also regained the trophy again from Kinross!

The Ailsa Wade Trophy was held on 17 July with seventeen teams competing in fine weather. The Trophy winners were K Allan, J Sneddon and K Flockhart, with the runners up being C Tate, J Milne and A McPherson. Third place was J Gibson, H Payne and C Marshall. A total of £400 was raised for Macmillan nurses.

National 9s winners were J Sneddon, K Allan and K Flockhart who reached the final stage to be played at Ravelstone - so watch this space!!

Gents: The photograph below shows Milnathort Golf Club's Captain, Bob Tolson, handing over a cheque for £94, generously donated by the members at their recent Captain's Prize Competition, to Orwell Old Folks Association's Chairperson, Rosemary Tolson. Overseeing the handover is Tony Jones, this year's winner of the Captain's Prize.



Milnathort's Jim Marshall was a golfer delighted to win the Gleneagles Challenge in a special Stableford competition played over the Centenary course. Jim was one of 18 golfers given the chance to play the course ahead of this year's Johnnie Walker Championship. He also played with Marc Warren, a past winner of this event in 2007, which, as he said, was an invaluable experience. Jim's total of 32 points was good enough to beat his fellow competitors on a day of uninterrupted sunshine.

Finally, Membership is available for adults (for £240 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

Senior Section - Gents: A non-medal, Stableford sweep was held on Thursday 21st in fairly benign conditions and Ron Macdonald came home the winner with Phil Leiper hard on his heels.

Thursday, 28th, by way of contrast, was a slow, dreich day when Round 4 of the Seniors Quaich was played in non-stop drizzle and rain. However that did not deter Phil Leiper who came home the winner of the Round, nor Ian Fairweather or Jim Marshall who came in 2nd and 3rd respectively.

For the second Thursday running, the Senior Section fell foul of atrocious weather, during the morning tee-times at least,

which undoubtedly manifested itself in the scores returned. Nonetheless, the winner of the Second Round of the Seniors Cup was Bill Michie, with John Donaldson chasing him home and Charlie Payne in 3rd place. This means that the overall winner of the Seniors Cup for 2011 is Bill Michie, with John Donaldson runner-up and Dave Mitchell in third place. Well done to them and thanks to all who supported this competition.

Three weeks on the run! This time it was too much and the course was closed due to parts of it being flooded and water on the greens. All part of summer in Scotland, I suppose.

Thursday 18th and it was not looking promising, BUT, by the time the Senior Gents versus Ladies teed off at 9am the weather had taken a turn for the better and a very enjoyable match was had by all. No rain and no wind - are we still in Scotland??? On this occasion the Senior Gents ran out the winners, but we will all look forward to next year's event.

Dates for the diary:

Gents Senior Open	6 September
Match against Dundas Park	8 September
Senior Invitational Competition	15 September

Senior Section - Ladies: The Ladies' Senior Open was played on 27 August with beautiful weather and 70 ladies competing from various clubs. The main prizewinners were: C Marshall (Milnathort) and winner of the Giacopazzi Cup with a 69. Runner-up was M Johnston (Miln) with a 70. Scratch winner was P Simpson (Lundin Links) with an 80 and runner-up was A Houston (Miln) with an 81. Other local ladies in the prize list were: M Barrie, S Ritchie, T Anderson, R Duncan, B Brannan, E McCulloch and M Hooper.

Junior Section: Over the past month the Junior Section of Milnathort Golf Club has held its Junior Club Championship; in the Over 14 age group Russell Malcolm won the scratch prize and Chaz Cooke the handicap prize; in the Under 14 age group Gareth Hutchison had the lowest gross score with Blair Addison coming second.

The Junior Summer Scratch League has also been concluded, with Chris Ness winning in the Over 14 age group and Lewis Hunter second. In the Under 14 age group Gareth Hutchison came first with David McIntyre second.

The club held its Junior Open Championship on 4 August, with Milnathort golfers Sam Craigon and Russell Malcolm coming first and second in the Over 14 scratch competition. Jennifer Duncan from Auchterarder GC won the handicap prize, with Struan Matchett from Pitlochry GC coming second. In the Under 14 section, Milnathort golfer Blair Addison won the scratch prize with Todd Bannerman from Strathmore GC coming second. Frazer Matchett from Pitlochry GC came first in the handicap competition with Gareth Hutchison from Milnathort second.

The Milnathort team of Sam Craigon, Russell Malcolm and Chris Ness came third in the district Three Man team event held at Blairgowrie GC, just one shot behind the winning team from Blairgowrie.

The last in the first round of Junior Scratch League matches against Blairgowrie was postponed due to bad weather on 7 August and will be played on 25 August. The club golf junior coaching restarts after the summer holidays on Wednesday 24 August running through till the end of September. This is held from 6.30 to 7.30 at the golf club.

September also sees the final competitions in the Junior Section culminating in the Castrol Trophy and prize-giving held on Thursday 15th; all Junior Members are invited to attend this.

Kinross Volleyball Club

Kinross Volleyballers in De Haan Tournament

Kinross Volleyball Club competed in the 38th De Haan Volleyball Tournament in Belgium over the second weekend in August, despite having to travel with only five players. Although a minimum six were signed up for the tournament, young Connor Boyle had to drop out through injury and it wasn't possible to find a local replacement at such short notice. The president of Volleyball Club Overpelt in Leuven, Mr Pascal Melgers made up the sixth player for the Kinross Scotrange side. Pascal has known the Kinross players from having met in competition at previous tournaments in De Haan and had already struck up a friendship with the Kinross side.

With there being no direct ferry service from Scotland to Zeebrugge, the Kinross side was forced to drive the three hundred miles to Hull for the Thursday overnight crossing to the continent. The short tram ride from Zeebrugge to De Haan on the Friday gave the team ample time to settle in and even spent some time on its beautiful beach.

Saturday morning saw very heavy rain, which put a damper on everyone. With the rain stopping at 11.30, the outdoor competition got underway in the early afternoon with Kinross meeting New Kids on the Field in their opening fixture. New Kids were faster and more agile than Kinross and deserved their three set to love victory.

In their second game against Hoevoc, Kinross played a little better but still went down by three sets to love.

Their final game on the Saturday was against VC Tongerlo and what a thriller it turned out to be. Kinross won the first set 25-17, lost the second set 24-25, won the third set 25-19, lost the fourth set 23-25 and managed to scrape home in the fifth set by 15 points to 11. This marathon match didn't finish until after 7 pm at night, leaving the Kinross side rather tired.

Thankfully Sunday morning's games didn't start until 10am, with Kinross first on court against Set Up. It was a tired Kinross who lost out by two sets to love against the more agile Belgian side.

For the second game on Sunday, Kinross had to face VC Tongerlo once again and this time the Scotrange side made no mistake, with a comfortable two sets to love victory.

The third and final game saw Kinross play American Airbase side SPAM and the Americans lost no time in disposing of their Scottish opponents with some slick plays to win by three sets to love.

Despite not winning a trophy this time round, the Kinross side made many friends, and sides from Belgium were invited to enter next year's Scottish Open Volleyball Tournament in Perth over the first weekend of June 2012.

Thankfully the Monday was a beautiful day in Belgium allowing the lads time to explore Ostend before the tram and ferry ride back to Hull for the long drive home in the rain again!

Monday Night Volleyball

Outdoor volleyball continues at King George V Park on Monday evenings starting at 7pm and finishing at dusk (weather permitting). The club will resume indoor training at the Community Campus after the school October holidays (8 till 9.45pm). The Perth & District League will commence with a league cup competition in September with the leagues starting after the school October holidays. The club hopes to enter a men's team in the new East Central Regional League which is being run by the Scottish

Volleyball Association. This will be over and above the four teams which compete in the Premier League (Kinross Scotrange and Kinross Kintronics) and the Recreational League (Kinross BB and Kinross BB Girls' Association).

The Kinross club has successfully won the Perth Premier League and League Cup for the past four seasons.

New members are always welcome, especially beginners - it's a great fun, social sport. Don't just watch it at the olympics - play it too! Just turn up at KGV any Monday evening or phone Dave Munro on Kinross 862126.

Kinross Kobras Junior Hockey

The new season for Kinross Kobras Junior Hockey started on 25 August and is taking place at its usual time of 6.30pm - 7.30pm on a Thursday evening at the KGV astroturf pitch in Kinross. The existing coaches have undertaken additional coaching courses and will be supported by coaches from the Men's hockey club to increase the number of coaches available.

The club will be organising and entering tournaments over the season at U14, U12 and U10 levels and is this season extending its coaching to introduce an U8 section for those juniors aged 6 - 7 who wish to give hockey a go.

Whether you are an experienced hockey player or a complete beginner, you will be welcomed at the training sessions where the emphasis is on combining the development of good hockey skills with fun and competitions.



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

Kinross Vaulting Group



The Group has been very busy since I last reported in May. A small group of vaulters attended a competition at Easterton (near Gleneagles) on 18 June. They all did really well; results are as follows:

Under 14s individuals: Atholl Pettinger 7th, Kirsten Henderson 22nd.

14-18 individuals: Emma Paterson 5th, Hannah Ballantyne 9th

Senior individuals: Lesley Campbell 1st

Pas De Deux: Hannah Ballantyne and Emma Paterson 4th

Pre-novice team: consisting of Heidi Ballantyne, Kirsten Henderson, Kayleigh Ritchie, Luke Crichton, Sylvie McKenzie, Atholl Pettinger and Mark Porteous were 3rd.

Walk pairs: Heidi Ballantyne and Kayleigh Ritchie 3rd

Under 12s Walk individual: Luke Crichton 1st, Heidi Ballantyne 10th equal, Sylvie McKenzie 13th, Mark Porteous 18th equal.

Over 12s walk individual: Kayleigh Ritchie 2nd.

Novice Canter individual under 12: Luke Crichton 4th, Heidi Ballantyne 7th

Novice Canter over 12: Hannah Henderson 4th

Over the summer holidays, we ran two very successful day camps. On the first we had two guest coaches, Celine Michel from Switzerland and Ross Foreman.

On the second day the vaulters had a chance to add to their badge collection or start one for our newest vaulters; these consist of vaulting and horse care.

In the afternoon we had a club competition, results as follows:

Advanced: 1st Atholl Pettinger, 2nd Hannah Ballantyne, 3rd Kirsten Henderson

Novice: 1st Sylvie McKenzie, 2nd Mark Porteous

Pre-novice: 1st Jessica Turner, 2nd Robbie Park

Intermediate: 1st Heidi Ballantyne, 2nd Joanne Drysdale, 3rd Duncan Lewis, 4th Luke Crichton, 5th Kayleigh Ritchie.

We would also like to say a huge thank you to the Scottish Community Foundation for the grant they awarded us to top up the arena surface; it has made a huge difference to us.

Kinross Cycling Club

www.kinrosscycling.co.uk



In an exciting month for us, three of our club members, Alan Corsie, Gillian Corsie, and John Gallacher, were the first ever from KCC to represent the club in a road cycle race.

By the time you read this, our near naked men, led by the club's new time trial champion Angus McCulloch, will have cycled from Glasgow to Inverness via Dundee to raise money and awareness for cancer charities.

We are launching a **regular Saturday morning ride** from 17 September for new members and established members. The ride will cater for those new to road cycling and suitable for anyone confident of riding 20 miles or more.

Elsewhere we are teaming up with Sainsbury's, Kinross and the Round Table to help organise a **family-orientated cycle event** on **Sunday 2 October**, and our Club Chairman is going back to school to run an after school cycling club.

More information can be found on the club website.

Kinross Golf Club

Only one full month until the end of the season – still time though to reduce your handicap! There's the Men's Senior Open on Wed 1 September and the Ladies' Open on Saturday 10 September to look forward to, with spaces available for both. Please see list in each locker room.

In the Scratch League, Kinross beat Milnathort in the quarter final and now play Craigiehill in the semi final. In the Coronation Cup, Kinross play Muckhart away.

Kinross members, Ann Smith and Audrey Thomson, won best net in the recent Ladies Open Greensomes. Lyn Murray and Betty Brannan were runners up in the Scratch.

Lenore Kyle and Lyn Murray will meet in the final of the Ladies' Scratch Championship. Heather Gough and Myrian Read will play in the final of the Handicap.

Pete Michie won the senior men medal in June, played over the Bruce course, with a net 71, second was George Baxter with a net 74. The July medal, also played over the Bruce course, was won by Allan Dunn with a net 66 and second George Thomas with a net 69.

In their inter-club match with Lundin Links G.C., Kinross Seniors were beaten at home.

Twenty-one seniors attended their away day at Crieff with Geoff Hemming winning the singles stroke play and George Baxter, Sandy Milne and Archie Harris the three-man team. In the Junior Bell Trophy quarter final played at Blairgowrie, Kinross were beaten by the host club in a very tight match, 3½ to 1½.

In the Scratch League, Kinross were beaten away by Crieff 3 – 2. That said, there is still a possibility Kinross could make the semi final, with home matches against Muckhart and Auchterarder still to be played.

Unfortunately there was a disappointing entry for the recent Kinross Junior Open; only 41 played. Cameron Buist from Dunblane New won the U18 with a scratch 69. Kinross' Ross White won the U15 with a scratch 76. Joe Rice from Liverpool won U15 h'cap with a net 64 and Kinross member Frazer Doig won the U18 h'cap with a net 68.

Scott McLeod has recently attended a course at St Andrews for a series of tests on all parts of his game, as part of an initiative by the SGU who asked Counties to put forward their top U16 Juniors. A total of eighty names were put forward in Scotland and Scott has been advised he has made the last twenty and will be invited to attend further testing at a later date. Before that, Scott will be playing in the English U14 Championships at Potters Bar, St Albans and the Scottish U14 Championships at Aberdour.

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Kinross AFC



For the second year running, Kinross opened the season with their pre-season invitational tournament. As well as the local side, holders Fossoway AFC, Kelvin Park AFC from Glasgow and West Barns AFC from Dunbar participated once again. All games were keenly contested but once again Fossoway were outright winners. Fossoway demonstrated an enthusiasm and skill which the other three sides couldn't match.

Top goal scorer was shared by Steven Grindlay (Fossoway), Alan Smith (West Barns) and Darren Brown (Kinross).

The event was well supported by local football fans and a great day was had by all. We would like to thank all those who donated raffle prizes, especially Shaun Purll for the 4 ball at Kinross Golf Club and the signed football top donated by Cowdenbeath FC and their manager, Colin Cameron.

Once again our first game of the season, an away fixture to Star Hearts, was cancelled due to the rain. So much for summer football! Our next game of the season was an exciting clash with Kettle United at home. Despite losing 2-3, Kinross showed keen spirit and application and a fair degree of skill. Goals were scored by Lee Graham and Stuart McIntyre.

Special mention must be made of Craig Lindsay, Aaron Leadbetter and Callum McAleavey. These three young men, in their first season in senior amateur football, displayed an excellent application to the game and provided much needed hope and encouragement to the club officials and supporters.

As always, any contact with the Club is via Alan Fraser, Secretary 01577 862018 or Sandy Fraser, Chairman on 01577 865762.

Kinross Junior Curling Club



Some of our curlers have taken part in events since the season closed in March.

A group took part in the RCCC Newcomers Competition at Greenacres. All the players were mixed into teams with others from all over Scotland. In the High Road, Drew Thomson was in the winning rink, Kieran McCleary was in the runner up rink and Gregor Bousie skipped the rink finishing third. Callum MacFarlane skipped the rink winning the Hotshots challenge. Closer to home we had representation in three rinks in the Under 17 slam at Perth and some of our Juniors took part in the Easter Pairs and Closing Bonspiel at the Green Hotel.

In late July and early August, the RCCC ran Summer Camps for young curlers aged 13-17 based at Dolphin House, Culzean Castle, with training at Galleon Ice Rink, Kilmarnock. Fiona, Callum and Kathryn attended the first, while Grant and Gregor attended the second camp.

Our President and Vice President, Fraser Thomson and Grant Barr, have been selected for the Royal Club Academy and a further eight of our members have been selected for the Royal Club Talent Programme. The aims of this programme include encouraging developing potential to achieving excellence.

The club resumes on Sunday 2 October at 5pm.

Newcomers to curling as well as experienced curlers aged 12-21 will be most welcome. The sessions are a mixture of coaching and club competitions with opportunities to represent the juniors in other competitions outwith the club. The club meets at the Green Hotel curling rink most Sundays from 5pm-7.15pm. For further details, contact Elaine on 01577 864713 or email kinrossjcc@hotmail.co.uk.

Kinross Rugby Club

(The Home of Rugby in Kinross-shire)

Pre-Season Continues....

Pre-season has continued since the Newsletter last went to print and the enthusiasm hasn't dropped at all. Numbers have still been great and Head Coach Sean O'Reilly is still putting the guys through a tough training regime.

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 18's team and as always there are teams for all ages in our mini/midi sections. Training is at the KGV (behind the Muirs Inn) every Tuesday and Thursday starting at 7pm. If you would like to get in touch beforehand you can contact us on 07534 761 572.

Pre-Season Fixtures

On 20 August we played our first pre-season friendly against Aberdeen Wanderers RFC, who made the journey south to play at the KGV. The match finished 21-19 in Aberdeen's favour, but it was a closely contested match, with some superb rugby on display. A quick head count showed that from a pool of 25 plus players, there were only six players that played regularly last term. This shows the turn around in personnel and amount of new recruits we have had this season. There are still several First team



members to come back, so all signs are positive at the moment. Our final pre-season game is at home (KGV) against Linlithgow RFC on 27 August.

League Fixtures - First XV

Sat 3 Sept	Harris Academy FP v Kinross	3pm kick off
Sat 10 Sept	Kinross v St Andrews Uni	3pm kick off
Sat 17 Sept	Stirling Uni 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.

Contributors

Please write or type clearly

Leave a margin

Use one side of the paper only

Kinross Cricket Club

Season Summary

As the "summer" comes to an end, the club reflects on the wettest summer we have known. The 1st XI managed to play 11 of their 25 fixtures and the 2nd XI only completed eight of their scheduled 23 games. Insult was added to injury as the 1st XI missed out on the main games they would expect to win and found that the rain held off for the fixtures to the four teams regarded as the toughest in the league: Stoneywood Dyce (2011 champions), Mannofield (2010 champions), Huntley (2007 champions) and Strathmore (2008 champions). It has been a tough season for the 1st XI as injuries and poor form saw them finish second from last in the premier division. Given the three-year run of league championships the team has won, it has been a harsh learning curve. There have been some good individual performances and three of the matches that did get finished came down to the last ball. No doubt the team will work hard over the winter and get back to their winning ways for next season.

The Ladies teams have suffered equally with poor weather. As of the middle of August, the Senior Ladies still have four rain postponed Scottish Cup fixtures to play. Whilst the games are scheduled in to the diary there has to be some doubt as to these games being completed by the official season end of mid-September.

The Ladies can take considerable credit for two of the team being selected for the Scotland U17 team that toured the North of England in July. Deanna Green and Claire Jackson made their debuts this season and the club has high hopes that they will both become regular Scotland players in 2012. The club's other Internationalist was Peter Ross who travelled to Ireland with the Scotland U19 team to play in the 2012 World Cup Qualifying competition. This is the highest level competition for the non-test nations, with the top six moving on to play against the ten test nations in Australia in 2012. Peter batted in the pivotal number 4 slot and shared many great partnerships with former Penicuik and now Warwickshire batsman, Freddie Coleman. The press quickly picked up on the Coleman/Ross batting dominance and Peter was named Man of the Match against competition favourites Ireland. His 60 not out saw Scotland home to a great win and they then went on to win the entire competition and finish as the highest ranked non-test nation in the world. Peter finished as Scotland's second top batsman just behind Coleman. Peter has been a great asset to Kinross-shire cricket as both a player and coach and he will be sorely missed as he leaves Scotland in September to take up a place at the MCC Cricket Academy in conjunction with a Sports degree at Leeds Metropolitan University. The entire club wish him well as he moves on to his next ambition of a full professional playing career.

The Junior teams had another successful year. The highlight was undoubtedly the U15s coming runners-up in the Scottish Cup. Several players stand out for their individual performances. U13 player Fred Culley scored his maiden 100 for Perth & Kinross against Dundee in the area festival. Fred followed this up with an excellent maiden senior 50 for the 2nd XI against West Lothian. Fraser Gosse continued his fine batting performances with his first senior 50 this season. Lachlan Peterson dominated the U13 bowling and took a stunning 5 for 14 for Perth & Kinross against Angus. The club's links with local primary schools and Kinross HS paid dividends as Portmoak PS won the P&K area primary



schools competition and came fourth overall in the National championships. Kinross HS went on to win the Scottish Emerging Schools championship. As the season comes to a close, the club now has over 100 children playing regular fun and competitive cricket at ages from 8 to 15 supported by a coaching staff of 25 qualified coaches.

The club has a pro-active coach development programme which allows juniors to attain the entry level coaching certificate when they reach 16. This policy has been in place for three years and many juniors have moved from players to coaches under the scheme. This season saw two recent juniors move on to the UKCC level 2 coaching awards. Lauren Megginson and Calum Watson first joined the club as junior players and recently qualified with their level 2 certificates.

2012 and Beyond

The most talked about aspect of the club's development has been the proposed creation of a new Academy ground to provide enhanced junior training and playing facilities. This has been a rollercoaster ride for the club in recent months but we can now announce that a suitable ground has been found. The club was approached by Robin Niven of Loch Leven's Larder with the fantastic offer of developing one of his fields for the new ground. Discussions took place during August and an agreement was reached which, hopefully, will see a new ground, training facilities and pavilion being built behind the existing Loch Leven's Larder facility, subject to planning permission. A more detailed article about the plans will be in next month's Newsletter.

In order to reflect the wide reach of the club and our work in schools across the area, it is proposed to change the club's name to Kinross-shire County Cricket Club at the annual general meeting in December. Looking forward, the club has a great future and will see many more children and adults getting fun and exercise from cricket.

As usual, full details of all upcoming events can be found on the club website, www.kinrosscc.co.uk

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Training Goals

“Rowing harder doesn’t help if the boat is headed in the wrong direction”

The importance of establishing training goals is encapsulated in the above quotation. Effort is often confused with results.

I work in different gym and exercise environments and I am surprised at the number of people who come into them with no clearly defined goals, or idea of what they are trying to achieve from their training.

Having invested both money and time in going to the gym or taking up an exercise class, one of the most important things to do is to establish a personal goal for that investment.

Establishing training goals is important as:

- If you don’t establish where you are now, how can you say objectively what has changed when you start your programme?
- Most people like to see a result from their effort and be able to measure it.
- Goals can be highly motivational
- They keep you on track when the temptation may be to change tack.

“SMART” goals are:

SPECIFIC: They are detailed enough to be able to measure. Losing weight is a goal but losing 6kg is a “SMART” goal.

MEASURABLE: They can be measured in some way, such as improvements in speed, endurance, strength, etc.

ACHIEVABLE: They should stretch your ability but not be impossible to achieve.

REALISTIC: Your goals should be directly related both to the amount of time and effort you have to achieve them and, of course, your natural ability. Unrealistic, unattainable goals are very demotivating.

TIME SPECIFIC: All goals should have some element of deadline associated with them. Goals should be set for the short, medium and long term.

For example if weight loss is a goal, a “SMART” goal would be to aim to achieve a 6kg reduction in body weight in the next six weeks, through a regular exercise programme which combines cardio and resistance exercises.

I would encourage all exercisers to set daily, weekly and monthly fitness goals that are realistic and measurable. These are your personal goals and do not need to be related to others in the gym, even if they are doing the same exercise and using the same equipment. We are all different and our bodies respond differently to exercise. There is no one best way.

It’s important that you “stretch” yourself in your exercise programme every time you exercise. These may only be small improvements, such as burning another 50 calories or running 10 minutes longer or at higher level. Pushing yourself is part of a successful exercise programme.

Try to establish what it is you want out of your exercise regime and train specifically for that. Look closely at your current position and habits. When starting out, it’s extremely important to put some markers in the ground regarding your current ability. Progress can then be measured against these benchmarks. It’s easy to lose sight of where you have come from, particularly when you start.



These training targets should extend to other areas that have a major influence on successful results such as diet, hydration and lifestyle. Changes here are sometimes more difficult to make and I have found that it is better to encourage clients to make small changes which they can maintain, rather than trying to make dramatic changes. A small positive change in each of these areas once a week has a significant cumulative effect.

Monitor your progress. A training log is a good idea but why not take a photo and see your body shape change? Regardless of whether your training goal is to lose fat, gain muscle, sports conditioning or improve your overall health, strong self-discipline is the bridge between goals and accomplishment.

You will need to persist, particularly when the going gets tough and the motivation wanes, which it will! Keep those goals in mind and you will reap the rewards of your efforts.

So, next time you are in the gym or at a class, ask yourself some questions. What am I trying to achieve today? This week? This month? Avoid meandering, treading water or going around in circles! Focus your effort on clear goals and celebrate success and reap the rewards when you achieve them!

Next month: Sports Conditioning

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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Out & About

Vane Farm



Weel, weel, anither month past awready. By the time ye read this, we shid be jist aboot finished the wetland renovation joab, or near enough it. As am lookin oot the windae the noo, the diggers, dump trucks n bulldozer are shifin' soil aboot at a great rate o' knots.

Because we hiv hid tae drain awthin' doon, the flood is noo a sea o' muddy glawr cos the rain is howfin' doon at the minute which is makin' things a bit weet 'n' a bit skitey, 'n' a bit mair glawry. The local herons are fair lovin' it, mind, cos they noo hiv access tae whit wid hae been the boattom o' the flood and we hiv a baker's dozen – that's thirteen birds, if ye didnae ken. They hiv strange coontin' methods, them bakers!

An' there's me thinkin' twelve wiz a dozen! Must be some explanation fur it? Whit wiz ah sayin? Aye, herons: they are fair probin' awa, swallyin' up whatever is in the mud, puddicks mibbees? We hiv also seen otter tracks everywhere; think they hiv been efter the sooster swan mussels that will be doon in the glawr as weel, Ho, ho! Tea's up! Dae otters gan "ho, ho?" Mibee no, but hey mibbees aye in otter lingo. Wha kin tell, unless yer Doc Doolittle ah suppose.

Loads o' Ospreys passin' ower as weel, daen' a bit o' fishin' oan the wey. So, sorry folks, it means Autumn is jist roond the corner cos that's the bird migration startit. Peregrines hiv been beltin' around takin' advantage as weel, since ducks dinny hae deep watter tae dive intae noo.

Kid be a guid thing, awe this mud though: shid be a bit o' a magnet fur passin' migrant waders, so, though the access tae the furthest twa hides is cut aff at the minute, ye micht see some rarer birds through the scopes fae the café windaes or the first hide.

Wance the work is done we will re-sow the area wi sterile ryegress which will bind the soil thigither until the natural regeneration comes back in.

The kids' summer events programme will be finished when ye are readin' this, but we still hiv things oan the go tae keep ye entertained n gie ye yer fix o' things outdoorsy. Please check wur website or ask at Vane tae see whit ye kin get up tae. Vix in the shop is also daen a Facebook page fur Vane as weel noo – dinny ask me, no a clue whit tae dae wi that! Long as she kens tho, that's hunky-dory.

A couple o' the things comin' up this month:

Oan **Saturday 3 September**, fae 10am-4.15pm, it's **Digital Photography for Beginners**, the popular coorse tae help ye get the best oot yer camera. Drinkypoos, grub etc providit oan the day, so jist bring yersel n yer camera alang. This coorse suits only digital type cameras. Costs £32.50 for members, £40 non-members. Advance bookin' essential since we only hiv eight places per coorse.

Oan the weekend o' **10 and 11 September** the shop will be getting ye up tae speed wi' optical assistance n improvement aids – that's things binocular 'n' telescopy when we hoad an **Optics Weekend**. Runnin' fae 10am-5pm baith days, if yer needin' tae fund oot aboot binoculars or telescopes come in and see us fur some expert advice. It of coorse is free, weel unless ye buy sumthin' then it's no, strangely enough.

OK then, that's it till the next time, keep on keepin' on.

Ta ta,

Colin

Loch Leven NNR



Despite the far from ideal weather, we are busy with ongoing habitat management, cutting bracken and mowing the wildflower meadows at Burleigh, Orwell and Findatie. Whilst bracken is good for some species of insect, it is also invasive, so we are cutting it at Findatie to allow other wildflower species to get a toehold. Also we are removing the remnants of the Boathouse hide boardwalk; much of the timber will be recycled for elsewhere on the reserve. Unfortunately because of the damage caused by two successive winters, the Boathouse hide will not be replaced but we are awaiting planning permission to re-site the Burleigh hide on the shoreline so it is safe from the ice this time!

Wildfowl numbers are increasing on the reserve: they come to Loch Leven not just for 'loch'al' cuisine but as a safe place to moult their plumage (change their feathers) away from predators and disturbance. During some of their moult, wildfowl are unable to fly so Loch Leven provides a safe haven away from predators and disturbance for them. Some of these birds will stay with us for the winter, however many will disperse again to surrounding areas, making way for the arrival of our real winter visitors whose return is not all that far away now.

To give an indication of how our numbers are swollen by these 'moult flocks', during the last fortnightly bird count there were 2270 tufted duck on the loch and we also counted 665 mute swan; in each case, almost ten times the numbers that breed here.

The archaeological dig out on St Serf's island has now finished; shards of mediaeval pottery were found and more detail relating to the layout of the earlier settlement was obtained through the course of the two-week project.

Autumn Events

We are continuing to run a programme of free events through the year on the reserve: for more information, watch this space or visit www.nnr-scotland.org.uk and click on News and Events.

Fungal Forays: Join SNH staff and local mycologist Tony Wilson to explore the diversity of fungi around the loch. Prepare for tales of mischief and destruction as we learn more about this fascinating group of organisms.

Sunday 18 September, 2pm-5pm, meeting at Burleigh Sands car park.

Sunday 16 October, 2pm-5pm, meeting at Findatie car park.

Pink Sunsets: Join SNH staff on an evening stroll to see the loch's many species of wildfowl and watch the spectacle of pink-footed geese as they return to the loch to roost under the setting sun.

Saturday 8 October, 5pm-7pm, meeting at Burleigh Sands car park.

Sunday 23 October, 4.30pm-6.30pm, meeting at Burleigh Sands car park.

Booking is essential for these events; please phone 01577 864439.

Finally, Scotland's NNRs are now on Facebook, so you can keep up to date with Loch Leven and all of Scotland's other National Nature Reserves at <http://www.facebook.com/pages/Scotlands-National-Nature-Reserves>

That's all for now folks,

Joanna

Farming



Well, the days are really shortening now and still we are waiting for a reasonable spell of seemingly elusive settled weather for making hay, silage or getting the cereal harvest done. The past couple of months have generally been quite unsettled which has made it tricky to gather in the coming winter's feed stocks in good conditions. It hasn't been particularly warm, either, which has been particularly noticeable with the sheep, here at Backward Farm. The ewes weren't clipped until the beginning of August but there were very few days in July where you could see them pecking in blazing sunshine, wondering when their barbers were coming. Certainly, since being clipped, they have often looked miserable and you could almost hear them asking if they could have their jackets back.

This is the first year I haven't clipped the ewes myself since I felt that our numbers had reached such a level (about 140) that it would have taken me forever and a day to get the job done due to my lack of skill and experience of the task. I enlisted the talents of local shearing magnates Calum and Alister (who are also champion competition shearers) and it almost left me feeling embarrassed when I thought how long it would have taken me. Our flock was little more than a slight warm-up for them as they can easily get through two or three hundred a day each, all clipped to perfection. It was a bit of a 'Sep' experience for me.

Throughout the catchy weather we managed to get our winter barley combined and straw baled. The yield was disappointing, which was probably due partly to the severe winter weather and also partly because the conditions in which it was sown were far from ideal last autumn. As a teacher's report card might say – 'could do better'. The rest of the harvest looks like it will be relatively late with the lack of sunshine slowing down ripening of cereals.

Still, it's an ill wind that doesn't blow any good and the damp conditions have meant that recently sown grass seed and a winter fodder mixture of stubble turnips, fodder rape and Italian ryegrass have germinated well, although there have been puddles of water on one of the fields at times which doesn't do young plants any favours.

The extreme rain of the past couple of weeks has also slowed down growth on the grazing fields and has resulted in some poaching of the land. I bought some extra fertilizer to spread on some fields to help boost grass growth in the coming month to hopefully keep up with the appetites of the cattle and sheep. I have also started giving our calves some supplementary feeding to help keep them growing while their mothers' milk supply will be now reducing. This will help prepare the calves for when they are weaned in a couple of months' time.

Keep the wellies handy.

John

Images of Kinross-shire

Photographs can be downloaded free of charge from the www.kinross.cc

Photo Library

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

Weather



July Weather Report From Carnbo

The weather of July continued the showery unsettled weather experienced during May and June, the only difference being the showers were much heavier and thundery at times, this leading to some local flooding.

Rainfall for month	121mm (120% of average)
Heaviest fall	20.9 mm (19th)
Rain days	13
Dry days	10
Highest temperature	22°C (27th)
Lowest temperature	5°C (23rd)
Average temperature	13.5°C
Ground frost not recorded	
Total cloud cover	75%
Sunless days	5
Days with thunder	1 (16th)

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 Adult	Disabled Child Access	Contact Number
Falkland Palace & garden (NTS)	to 31 Oct	Mon-Sat Sun	1100-1700 1300-1700	£11.00	£8.00 gdn only	0844 4932186 0844 4932186
Hill of Tarvit mansion & gdns (NTS)	1 Apr-31 Oct	Thu-Mon	1300-1700	£9.00	£6.50	
Hill of Tarvit grounds only (NTS)	all year	daily	to dusk		yes	0844 4932185
Kellie Castle & garden (NTS)	29 Aug-30 Sep	Thu-Mon	1230-1700	£9.00	£6.00	partial 0844 4932184
Kellie Castle garden & estate only (NTS)	to 31 Oct	daily	1000-1800	£3.00	£2.00	yes 0844 4932184
Culross Palace, study, town hse and gdns (NTS)	1-30 Sep	Thu-Mon	1200-1700	£9.00	£6.50	no 0844 4932189
Culross Palace gardens only	1-30 Sep	Thu-Mon	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 September

There aren't any gardens open under SGS particularly close to Kinross in the coming weeks: the following are all around a 50-minute drive from Kinross.

Balcarras, a superb 19th century formal garden at Colinsburgh, KY9 1HN, is open on **Sunday 4 September** from 2pm to 5.30pm. There are extensive woodland gardens with a wide variety of plants. Route: ½ mile north of Colinsburgh off A942. Admission: £5 (40% to Colinsburgh Primary School Parent Council), children free. Full disabled access, homemade teas. Sorry, no dogs.

The garden at **Avonmuir House**, Muiravonside, by Linlithgow, EH49 6LN is open on **Sunday 4 September**, 2pm-5pm. A walled garden with fruit trees, also shrubs, young trees, a walk by a ruin and burn. From 2pm until 4.30pm, the Linlithgow Union Canal Society will run short canal trips every half hour. Admission £4 (40% to Combat Stress), children free. Partial disabled access, plant and produce stall, homemade teas. Sorry, no dogs. See SGS website for route.

Tayfield and Willowhill gardens at Forgan, near Newport on Tay, have a combined opening on **Sunday 11 September** from 2pm to 5pm. **Willowhill** is an evolving three-acre

garden which has mixed, vibrantly coloured borders of bulbs, shrubs and herbaceous perennials. Also alpiners, vegetable plot, grassland area with a wildlife pond and trees. Route: 1½ miles south of Tay Road Bridge. Take the B995 to Newport off the Forgan roundabout. Willowhill is the first house on the left hand side next to the Forgan Arts Centre. The grounds at **Tayfield House** have a wide variety of trees established over 200 years. Route: 1½ miles south of Tay Road Bridge. Take the B995 to Newport off the Forgan roundabout. Admission: £4 for the two gardens (40% to RIO Community Centre). Partial disabled access, refreshments and plant stalls. Sorry, no dogs.

SGS Plant Sale and Autumn Fete

Hill of Tarvit Mansion House

(2 miles south of Cupar, off A916)

Sunday 2 October 10.30am – 4pm

A wide range of interesting and unusual plants for sale at bargain prices. Cookery demonstration and stalls selling local produce. Demonstrations of country crafts, nature quiz trail. A fun day out for families and gardeners alike. Admission: £2 (40% to Season of Ceres), children free. Partial disabled access, refreshments. Sorry, no dogs.

• Gardens info on our website •



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

Congratulations



Both families are pleased to announce the engagement of **VALERIE**, youngest daughter of Alma and Robert **BIRRELL**, and **ELLIOT**, only son of Helen and Roy **GILMOUR**, both Kinross, on 16 July 2011.

David and Willis **COLLIAR** of Kinross are delighted to announce the engagement of their son, **DAVID**, to **EMILY**, daughter of Mervyn and Patricia **McNEILL**, Ardrossan. Congratulations to you both.

MICHAEL C THOMSON of 4 Macdonald Avenue, Kinross, former pupil of KHS, has graduated from Dundee University with 1st Class Honours in Economics, having been awarded the Coulter memorial prize in 3rd year and the Bowie memorial prize and the D.F. Macdonald prize on graduation day. Michael now begins a Master's degree at Edinburgh. 'Well done and good luck' – Mum, Dad, Lauren, Gran, Di and all the family.

Jim and Grace Drysdale, East Netherton, Milnathort, would like to congratulate their granddaughter **HANNAH HENDERSON** on achieving 6 A Grade Highers, 3 A Advanced Highers & Merit Awards for Chemistry and Psychology at Kinross High School. Hannah is off to Edinburgh University in September to study Veterinary Medicine.

MHAIRI OGILVIE from Milnathort and her teammates Annabel Wilson, Josh Ryder, Phoebe Amot and Sophie O'Neil from the Strathearn branch of the Pony Club Senior Mounted Games team have qualified for the final of the Prince Philip Cup at the Horse of the Year Show, 5 - 9 October at the NEC, Birmingham.

At the Kinross Show, **DAVID COLLIAR** of Milnathort was presented with The Royal Highland and Agricultural Society of Scotland long-service award for 50 years' service with the Alexander family as a general farm worker. (See also *Kinross Show Report p.12*).

The following were successful at the Perth Show:

DUNCAN & MARY MacNIVEN, Glenfarg: Blue-faced Leicester Sheep – Reserve.

Mr & Mrs A HAY, Blairview, Milnathort: Ridden Mountain & Moorland Pony - Champion.

CATHERINE MARSHALL, Struie View, West Mains of Condie, Forgandenny: Shetland Ponies - Standard Reserve.

SWRI success: **ALISON MESSENGER**, Glenfarg - Best entry in Sections 4 and 5.

Subscriptions to the Newsletter

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

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

subscriptions@kinrossnewsletter.org

Thanks



BOB & ANNA GRAHAM, 18 Emslie Drive, would love to thank family, neighbours and friends for the lovely cards, flowers, gifts and donations on their Golden Wedding and also to everyone for making their party at Portmoak Hall a swinging success. Thanks also to Nigel Kellett for his surprise visit; his tunes were much appreciated by our American friends, it was lovely. Thank you all once again.

HEARING DOGS FOR DEAF PEOPLE: Elsa and Sheila appreciate very much the support given by friends and neighbours who baked, gave raffle prizes and donations, brought and bought, and backed us up generally in our efforts to raise money for this very worthy cause. The incredible sum of £597.92 was raised.

REIKI AWARENESS WEEK: Lyn Haworth would like to thank all those who contributed/took part in raising the fantastic sum of £430.00 during Reiki Awareness Week. All the proceeds went to the **Wormit Hedgehog Care Centre**, which does such a brilliant job caring for and rehabilitating these wonderful wee creatures.

ORDER OF ST JOHN PERTH & KINROSS (Scottish Charity SC000262): Public charitable street collection at Kinross Show: The total proceeds of the collection on 13 August 2011 for Rachel House, CHAS, Kinross were £522.74. There were no expenses, so this sum has been paid to the Order of St John Perth & Kinross for Rachel House. Grateful thanks to all who donated so very generously.

*R M Webster MBE, Organiser;
A G Nicol, Independent Auditor.*

THE DAY CENTRE would like to thank everyone who attended our Open Day on 10 August; it was a great success. It was a very wet day and we really appreciate the effort everyone made to come along. We had pictures of our holidays, and activities on display as well as artwork from our art class. Visitors took part in our exercise class and our fun quiz. A great day was had by all.

We would also like to thank those who supported and attended our Prize Bingo Tea on 16 August. We had a great fun evening, even when the bingo caller (myself) made a few mistakes, everyone laughed. We raised nearly £300 for our funds, which is just brilliant. Thank you all again for your continued support.

All the staff and users of Kinross-shire Day Centre

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Kinross-shire Churches Together



Kinross Parish Church of Scotland

10 Station Road, Kinross KY13 8QR (Charity number SC012555)

Rev Alan D. Reid MA, BD

Tel: (01577) 862952

Reader: Margaret Michie

Tel: (01592) 840602

Session Clerk: Jaffrey Weir

Tel: (01577) 865780

Church E-mail:

kinrossparishchurch@hotmail.co.uk

Church website:

www.kinrossparishchurch.org

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

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

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

helenacant@aol.com

Would you like to know more about Kinross Parish Church?

You may want to know more about the events and organisations listed below, many of which are restarting after a summer break. If so, look at our web site, or ask our office for the church magazine which has articles on all aspects of the church's life.

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.
- Mon** 8pm Housegroup (contact Brenda Fraser 862000).
- Tues** 10am Pram Service.
- Wed** 10.45 am Midweek Worship: Reading Room, Church Centre.
12 noon Mid-week and Mid-day: Time to Pray
1.30pm Craft Group.
7.30pm Various Housegroups (contact Margaret Michie).
- Sat** 10am- 12 noon Church Centre: 2nd hand book stall and café.

Special Services and events

September

- Sun 4** 10.30am Quarterly Communion Service.
2.30pm Afternoon Communion. Open to all but particularly aimed at those who have difficulty attending the longer morning service. Contact church office if you require transport.
The retiring collections will be on behalf of the international disaster relief charity ShelterBox (Charity No. 1096479).
- Mon 5** 8.00am Time for Prayer: Silent Meditation (30min).
- Tue 6** 2.30pm Whyte Court Service.
- Thu 8** 7.30pm Thursday Group, Church Centre.
- Sat 10** 8.30am Prayer Breakfast (numbers in advance to church office).
- Thu 15** 9.00pm – Time to Pray: late evening service of Compline (20min).
- Sun 18** Newcomers Lunch in church centre after morning service: for all those who have started coming to Kinross Parish Church over the past year or so (numbers to church office).
- Sun 25** 10.30am Harvest Thanksgiving Service (with harvest appeal for Shelter Box).
6.30 Informal Evening Service: An Alternative Look at Harvest.
- Tue 27** 2.30pm Causeway Court Service.
8.00pm Bible Study and Prayer Meeting.
- Fri 30** 7.30 Home Bru Concert.

Looking for a Job?

Check the situations vacant page at

www.kinross.cc

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

11 September – Sole Nominee, Rev. Dr. Angus Morrison will preach. All members of the congregation are welcome to come and hear our prospective new minister.

Dates for your diary

Saturday 10 September – Sale in Portmoak Hall

10am till noon. Come along and bag a bargain.

Macmillan Coffee Morning with Bring & Buy table.

Come along to support this worthwhile cause.

Friday 23 September – 10am till noon.

at Arnotlea, Kinnesswood.

Friday 30 September – 10am till noon.

at Guide and Scout Hall, Church Street, Milnathort.

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

ShelterBox: Harvest Appeal

ShelterBox is a relief charity (charity no. 1096479) that delivers emergency shelter, warmth and dignity to people affected by disaster worldwide. The charity was set up by Cornish Rotary Club and is already strongly supported locally by the Kinross and District Rotary Club.

Kinross Parish Church has now adopted it for this year's Harvest Appeal and the retiral collections at the Communion services at 10.30am and 2.30pm on **Sunday 4 September** and at the Harvest Thanksgiving services at 10.30am and 6.30pm on **Sunday 25 September** will be on behalf of this charity.

The concept is simple: every £590 allows a ShelterBox – typically consisting of a relief tent, blankets, water storage, water purification equipment, cooking utensils, a stove and other essential items – to be delivered to a family in urgent need after a disaster.

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

September

Sun 4 11.15am Sacrament of the Lord's Supper.
 3.30pm Sacrament of the Lord's Supper.
Sun 11 11.15am Preacher, Rev. Joanne Finlay.
 6.30pm King James 400th Anniversary
 Celebration service.
Sun 18 10-10.30am Early Birds Service.
 11.15am Sacrament of Baptism.
Sun 25 11.15am Guild Dedication Service.

Tuesday 20 September, 7.30 pm - Kirk Session.

Monday 26 September, 7.15 pm - Guild (meets in village hall).

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

September Services

Sun 4 8.30am Holy Communion, 11.00am Sung Eucharist.
Sun 11 8.30am morning prayer, 11.00am Sung Eucharist.
Tue 13 7.30pm Informal worship in meeting room.
Sun 18 8.30am morning prayer, 11.00am, Sung Eucharist.
Sun 25 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.

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

SAFESTORE, KINROSS

A SUBSIDIARY OF David Sands Ltd
 Alligin House, 2 Clashburn Close, Bridgend Industrial
 Estate, Kinross KY13 8GD
 Telephone: 01577 865141/Fax: 01577 865104
 SAFESTORE, KINROSS offers containers which are
 available for customers to utilise. As it is self-storage, you
 will be required to load and unload the container yourself,
 thus keeping costs to you down.
 The containers will accommodate the contents of an
 average 2-3 bed house or are suitable as storage facilities
 for a small business..
 Min rental period one month. Long term available.
 Opening hours – Monday to Friday 7am – 7.30pm
 Saturday 7am – 3pm Sunday 7am – 1.30pm

Fossoway Parish Church**Church of Scotland**

Rev Joanne Finlay Telephone: (01577) 850231
 E-mail joanne.finlay196@btinternet.com
 Reader: Mr Brian Ogilvie Telephone: (01592) 840823

Sunday Services at 9.45am

Junior Church, crèche and teens group every Sunday at 9.45am.

Tots Music: Friday mornings in hall, 9.30am
Café Refresh: Every Thursday, church hall, 2-4pm
Yoga classes: Mondays 7pm
Joint Choir: Wednesday evenings, 7.30pm.

September

Sun 4 9.45am: Preacher, Rev. Joanne Finlay.
 Profession of faith, Sacrament of the Lord's
 Supper.
Sun 11 9.45am: Preacher: Rev. Joanne Finlay.
 6.30pm: Cleish Church, King James 400th
 Anniversary Celebration service.
Sun 18 9.45am: Preacher: Rev. Joanne Finlay.
Sun 25 9.45am: Preacher: Rev. Joanne Finlay.

Thursday 8 September, 7 pm, Stewardship meeting.

Thursday 22 September, 7.30 pm Kirk Session

Tuesday 27 September, 2 pm, Women's Group: "Pilgrims
 Progress in the Holy Land"

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 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.

Lochend Farm Shop Scotlandwell

Fresh seasonal vegetables
 carrots, turnips, cabbage
 and lots more harvested daily
 Maris Piper potatoes available now
 Apple Pies, scones, hot from the oven
 Menu changes daily

Open seven days 9am-6pm

Tel: 01592 840 745

**Outside catering buffets lunches
 or book the shop for private functions
 Phone for further information**

biblefresh

It could change your world

The Biblefresh initiative is raising funds for Bible translation in Burkina Faso, where seventy distinct languages are spoken and only five have adequate Scriptures. It's hard to imagine what it would be like if we could not read the Bible in English, but hear the voices of some who long to have the Bible in their mother tongue.

Francois L Sare, aged 51, is a subsistence farmer with two children. His language is Bissa Barka. He lives in an unspoilt area where travel is by bicycle or donkey. 'I became a Christian in 1989. During all those years I haven't been able to read the Bible in my own language. I've got a French Bible and, recently, the New Testament in Bissa Lebiri. I now understand much more than in the French version, but if the Bible was in Bissa Barka it would be much easier for us. I think about how long it will be until we have the New Testament. I'm in a hurry! I would say to people in Britain, I hope that the Lord will help them and give them the strength to support this project.'

Jacob Tarnagda is 45. He became a Christian 20 years ago 'I have no translation experience so it's difficult to reach people with what I know. They reject what I say. My faith is trapped inside me. So I will be happy to have the Bible in Bissa Barka, because in the churches we use the Bissa Lebiri Bible and we don't understand it. It is hard. If we have the Bissa Barka Bible it will make it easier to teach people at church and spread the gospel to those who are outside the church.'

What happens when the Bible is translated and available? 'The Bible has changed my life,' says **Philomene Compaore**, a subsistence farmer from Niaoghou. 'It's made me really happy. What I've learned from the Bible has been incredible. There's everything in the Bible concerning taking care of others and even about your own thoughts. The Bible is concerned with every aspect of life. Without the Bible, life is dark. If you haven't got a Bible when times of trouble come, then it's difficult really. If you have got a Bible, you can read it and it can give you comfort. So, the first time I read the Bible I was very happy.'

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



Yoga Breathing Space

Monday evenings - Crook of Devon Institute

7.30pm - 8.40pm - Beginners Ashtanga

Build strength and flexibility. Just come along!!

FIRST CLASS FREE!!

Saturday Mornings at Baxters Kelty

9.15 - 10.45am - all aspects of yoga

For more info:

Anna: 01383 851468 annajohnsyoga@gmail.com

annajohnsyoga.co.uk

Kinross Gospel Hall

Montgomery Street, Kinross

Website: www.kinrossgospelhall.info

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



Mundell Music are now promoting Live Music at The Green Hotel, Kinross. The Venue is called 'Backstage' and has a capacity of just over 100. It is situated at the rear of the Hotel and has a separate Bar Area with an amazing collection of Rock & Roll Memorabilia. For full listings please visit the website below and details of our Music Club can be obtained at any show. This enables members to enjoy discounts and some free GIGs.

Tues 20th Sept Tanita Tikaram
Mon 10th Oct Rodney Crowell
Fri 14th Oct John Jorgenson
Sat 15th Oct Curved Air
Tues 25th Oct Toyah
Sat 5th Nov Electric Strawbs
Thurs 17th Nov The Webb Sisters
Sun 20th Nov The Zombies
Sun 27th Nov Steve Gibbons Band
Sat 10th Dec Martyn Joseph

Upcoming shows include Jackie Leven, Gallagher & Lyle, The Blues Band, Glenn Tilbrook and many many more!

BOOK TICKETS ON TEL 01577 863467
WWW.MUNDELLMUSIC.COM

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Cats and small animals
Also groomed

For an appointment or further enquiries

TEL: 0771 647 2733

or email

kirstenk9@blueyonder.co.uk

Hall Bookings

A list of halls and contact details can be found at
www.kinross.cc

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 us
on 07989 795259

or e-mail milnathortbt@gmail.com
or facebook milnathort toddlers.

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

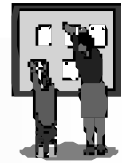
Coffee/tea & biscuits for carer

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

Lawson's School of Dancing

Classes resumed on **31 August 2011**.

Classes for children aged 4 upwards on Wednesdays (Ballet), Thursdays (Tap) and Saturdays (Highland).

Any enquiries, phone Jacqueline Crawford on 01577 861501 or 07827855965

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

See also Articles p. 16

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

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

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



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

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.

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

Milnathort & Kinross Scottish Country Dancing Class

every Wednesday at 7.30pm

in Milnathort Town Hall

New season starts **28 September 2011**

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

Milnathort Town Hall AGM

Monday 12 September 7.30pm

in Milnathort Town Hall Ante Room

Interested in what we have achieved in the last year?

Please come along and find out.

This is a much loved facility which needs a lot of investment for the future.

Join us and help if you have the time and the opportunity.

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

The Floral Art Club

will meet in The Windlestrae Hotel

on

Thursday 22 September

at 7.15pm prompt

Title "Bring me Sunshine"

by demonstrator Mrs Shirley Henderson

All welcome to come and join us for a fun evening

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.

Milnathort FILMHOUSE

SEPT 2011

Milnathort Town Hall

Sunday 4th Sept 3pm

Disney • PIXAR

WALL • E U



**IN SPACE NO ONE
CAN HEAR YOU CLEAN**

TUCK SHOP

Tickets available NOW

Wall-e (U) tickets available in advance through our Facebook page

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

Other info email milnathortcinema@btinternet.com

JOIN US ON FACEBOOK just search 'Milnathort Filmhouse'

BOOK SALE at the A K Library, Perth

A sale of withdrawn stock of fiction, non-fiction, children's books, CDs, videos etc. Rock-bottom prices.

Saturday 17 September, 9.30am – 2pm

Admission £1.00 per family.



**Adopt A
Greyhound**

**Tel: 01592 890583
Mob: 07826 244765**
email: ferniefimmyf@aol.com
www.greyhoundrescuefife.com

*Adopting just one Greyhound won't
change the world, but the world will
surely change for that one Greyhound*

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



Volunteers needed at our Kennels
16 years and over please

BODY BLISS

"Therapies to Enhance Your Life"

REFLEXOLOGY / REIKI
SWEDISH BODY MASSAGE
AROMATHERAPY MASSAGE
REMEDIAL SPORTS MASSAGE
ON-SITE MASSAGE

Contact: **Morag Abel / Powmill**

Tel: 01577 840171

GIFT VOUCHER AVAILABLE

Men & Women Welcome!

Member of the International
Council of Holistic Therapists



Business Breakfasts

Open to all Kinross-shire Businesses

Kinross-shire Partnership is launching a series of three Business Breakfasts at Lochleven's Larder this autumn.

They will take place from 7am to 8.30am on

Wednesday 5 October, Wednesday 2 November and Wednesday 7 December

The aim is to allow local businesses of all sizes to network and to share business goals.

The cost of attending will be £10 per person and will include a full Scottish Breakfast. Pay by cash on the day.

Please bring your business cards and any brochures you wish to display.

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

The Thursday Group

6 October:

Jewellery and Colour Analysis with Lesley Bruce

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



Young Leaders aged 14-16

interested in helping out the new

Brownie Unit

in Milnathort on a Monday Night,
phone Alison (01577) 864262

Light Up Kinross

VOLUNTEERS

are required for the Light Up Kinross Committee.

We meet around five/six times each year, building up to the Switch On of the Christmas Lights in November/December. Anyone interested will be made most welcome and should contact M Scott, telephone 862945 or mbs21@btinternet.com.

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
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

Dr Donald Duncan Bequest Committee

Educational Grants

The above Committee has, for many years, provided Grants for educational purposes for persons whose parents were resident in Kinross at the time of their birth and who have received some of their education in the County of Kinross. In recent years, the Committee has followed a policy of providing awards only for University Degree Courses. The Committee has also followed the policy that once one award had been received, no further awards would be given.

The Committee has, for the last few years or so, been prepared to consider a more flexible approach to awards: the Committee will in future consider applications not just for University courses and will contemplate making more than one award in certain circumstances. Awards will still only be granted, though, for educational purposes.

Application forms can be obtained from Andersons LLP, Solicitors, 40 High Street, Kinross KY13 8AN

School Holidays, Academic Year 2011-2012

Academic year	Tue 16 Aug 2011 - Wed 27 Jun 2012	
Autumn Holiday	Sat 8 Oct 2011	- Sun 23 Oct 2011
In Service Days	Thu 17 Nov 2011	- Fri 18 Nov 2011
Christmas Holiday	Sat 24 Dec 2011	- Sun 8 Jan 2012
In Service Day	Wed 15 Feb 2012	
Occasional Holiday	Thu 16 Feb 2012	- Fri 17 Feb 2012
Spring Holiday	Sat 31 Mar 2012	- Sun 15 Apr 2012
In Service Day	Mon 16 Apr 2012	
May Day	Mon 7 May 2012	(tbc)

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Specialising in hand-pleated, interlined curtains

Full fitting service available

Free quotations

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Tel 01383 724607

Mob 07799 204739

MUCKHART GOLF CLUB

27 hole golfing complex run as an 18 hole 'designated' course and 9 hole non-bookable course on a rotating basis

OPEN DAY – Sunday 4 September

Great membership deals available eg pay the 2011 subscription rate and play until the end of 2012 - try the course for £10 on the day – phone for further details

****NO JOINING FEE IF YOU JOIN ON 4 SEPT****

*Practice Area

*Course in great condition

*Well-stocked professional's shop

*Excellent catering and bar facilities

*Free professional coaching available

Tel 01259 781423 or e mail enquiries@muckhartgolf.com

Drop in to the Skills Zone

Community Learning & Development
Adult Learning can support you to:

- Complete application forms
- Put together a CV
- Search for jobs
- Use the computer
- Practise interview questions
- Brush up with spelling, grammar and numeracy
- Learn new skills

Weekly, from **Wednesday 24 August**
Loch Leven Community Campus
Library ICT Rooms
6pm – 7.30pm

If you need further information, please phone
Roseanne Gray: 01577 867216 / 867177



Funding Workshop

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

- Guidance about who Grants Direct (PKC) 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
Thursday 22 September 6.30pm – 8.30pm
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



World's Biggest Coffee Morning
In aid of

Macmillan Cancer Support

Coffee Morning and Bring and Buy

Friday 23 September
10am – noon at Arnotlea, Kinnesswood
Saturday 30 September
10am – noon at Guide & Scout Hall, Milnathort
Please come and support this worthwhile cause.



Life Drawing

Wednesdays 7-9pm with tutor Simon Reekie
www.simonreekie.com
in Loch Leven Community Campus

7 Sep – 5 Oct	£40 / pupils £25
26 Oct – 30 Nov	£48 / pupils £30
18 Jan – 29 Feb	£56 / pupils £35

To book, please send a cheque payable to: Perth & Kinross Council with your contact details (tel / postal address & email) to:
Arts Development, Blackfriars, North Port, Perth PH1 5LU.

Enquiries 01738 477834. First come first served.

All abilities welcome. Easels and basic materials provided.
Subject to a minimum 11 participants.

Note: a discount may be available on written application



GARDEN STEPS & MORE...

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& stone work etc.
Steps, paths, walls, patios, paving,
repairs/pointing

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William Morris
01592 840095
07866 961685 (mobile)
william.morris18@btinternet.com

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Conversions, Kitchens, Stairs Made to Measure
Replacement Windows, Doors and Conservatories
Sash and Case Windows Hard and Soft Wood
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Fencing and Decking
All Fully Qualified and Certified Tradesmen
Fully Insured and Guaranteed
Free Quotations Upon Request
Tel: 01577 862532
Mobile: 07956570342

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

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.

ADULT LITERACY & NUMERACY

Free local and friendly support

With reading • writing • spelling • numbers

"I can enjoy books now"

"I feel more confident"

"Filling in forms is less scary!"

"I passed my driving test"

If you would like further information please contact:



Roseanne Gray
Adult Literacy Worker
Loch Leven Community Campus
Email: rgray@pkc.gov.uk
Tel: 01577 867216



Music in Kinross Parish Church

Friday 30 September

at 7.30pm in Kinross Parish Church:

The first Home Bru Concert. A whole host of local talent!
Free entry, with retiring collection.

Scottish National Blood Transfusion Service

The next blood donor sessions at the Millbridge Halls, Kinross will take place on

Monday 17 October, 4pm to 8pm

Tuesday 18 October, 4pm to 8pm

The Service is most grateful for the support received from Kinross-shire.

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

Loch Leven Community Campus Partnership

As a member of the Community, your views and ideas in the development of this facility can be represented through the Partnership.

Contact the Loch Leven Community Partnership on campuspartnership@kinrosshigh.pkc.sch.uk

English as a Second Language

**Free
Local
Friendly
Support**

**With
English for
Speakers of
Other Languages**

Would you like to improve your ability to:

- ✚ Talk to friends and neighbours
- ✚ Understand what people say to you
- ✚ Give information
- ✚ Talk on the phone
- ✚ Fill in a form
- ✚ Apply for a job

For further information please contact:



Roseanne Gray
Adult Literacy Worker
Loch Leven Community Campus
Email: rgray@pkc.gov.uk
Tel: 01577 867216



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: fcoffice@btinternet.com

Regular Library Sessions for Young Children

At Loch Leven Community Library.

No need to book, just come along.

Story Telling

every Monday morning 10.15 – 10.45 am

and every Thursday afternoon 2.15 – 2.45 pm

Bookbug Rhymetimes

every Saturday 10.30 – 11 am

and every 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 7 and 21 September

Blairingone 9.30am - 9.45am

Westerloan, Milnathort 2.10pm - 3pm

Bridgefauld Road, Milnathort 3.05pm - 4pm

Any queries telephone AK Bell Library 01738 444949

Loch Leven Community Library

Loch Leven Community Campus, Muirs, Kinross, KY13 8FQ

Telephone: 01577 867205

Email: lochlevenlibrary@pkc.gov.uk

Opening Times

Monday 10am – 6pm

Tuesday, Wednesday, Thursday 10am – 8pm

Friday 10am – 6pm

Saturday 10am – 3pm

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

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
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**



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

Blythswood Care

Sainsbury's Car Park

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

Tuesday 20 September

between 10.30 am and 11 am

Further details from 862258

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:

13 and 27 September

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.

JOE BURNS

Computer Repairs & Servicing

Computer slow, virused,
needing upgraded or internet problems?

If you suffer from any of the above or just need advice,
give me a call.

Local collection and delivery, competitive rates, call-outs
and evening visits available.

01577 862399 (24hr Ans Mc)

07850897924 Mobile

JBcomputing@btinternet.com

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').

Homecare Assistants (full time), Carr-Gomm Scotland

Recruiting to our service in Perth & Kinross, providing support to people who have undertaken a period of re-ablement and support them to maintain their personal outcomes and independence at home. We are seeking to employ people from rural communities who can work within their community. We offer opportunities for training and completion of SVQ2. Salary £12,315 - £13,140.

Application forms from website: www.carr-gomm-scotland.org.uk or tel: 0131 659 4770

Weekend Staff (part time), Heaven Scent, Milnathort

Weekend waiting staff and kitchen staff. Experience preferred but not necessary.

To apply contact Heaven Scent, South Street, Milnathort.

Supervisor (full time), Heaven Scent, Milnathort

Full time member to join and supervise our busy team. Working weekends and week shifts, working in all aspects of the business from kitchen, to floor to food vending production. Experience essential. The role is to lead, motivate, and maintain.

Submit CV to Heaven Scent for the attention of Andrew Scott.

Sales Assistant (full time), Loch Leven's Larder

Looking for an enthusiastic and bright person with an eye for detail to join our team. Our retail area includes food and lifestyle gifts. The right candidate will be involved in merchandising and retailing working alongside an energetic and dynamic team. The position is full time hours and available from end August.

Email CV to emma@lochlevenslarder.com or request application form. You can also pick up a form in-store.

Hope Pregnancy Crisis Centre, Perth

Part-time: 16 hrs pw for a fixed term initially of 6 months

If you have a passion for supporting people, can organise and motivate volunteers and have good communication skills with professionals, then YOU could be the person for whom we are looking!

For full details contact Lynn Ballantyne on 07910 227761.

Mindspace Counselling Service



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

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

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



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, subject to space.

Items for Sale

Lincat hot water boiler £150.00
10.3 litres 600x275x315 output 25 litres per hour. Plumbing supplied 3/4in flexible pipe 13 amp single phase.
Seller details: Richard Philp 07821 350573
richardlochfitty@yahoo.co.uk

Heidi and Little Bo Peep Porcelain Dolls £20.00 pair
16 inch Heidi and Little Bo Peep porcelain dolls from same collection. Immaculate condition. Heidi has blonde plaited hair, traditional Swiss clothing. Little Bo Peep has blonde curly hair, straw hat and a crook with a pretty floral dress.
Seller details: Natalie Smith 07900 495820
nataliesmith@hotmail.co.uk

Fridgemaster Table Top Freezer £30.00
Model MTRZ502. 45 litre capacity. Good condition. 50cm wide, 49cm deep, 48cm high.

Card Table by Eastcraft Scotland £25.00
Table 65 x 45cm x 63cm high fold out playing surface 90 x 65cm. Storage shelf under.

Dyson DC07 Bagless Vacuum Cleaner £35.00
Silver and yellow with tools and user guide. Good condition.

Square Barley Twist Gateleg Table £125.00
Dark wood (oak) barley twist legs and scalloped edges. Good condition. 120 cm x 92 cm – height 73cm.

Oval Oak Gateleg Table £30.00
Lovely oak gateleg table in need of TLC. 118cm x 94cm – height 74cm.

Television 32" Free
Silver 32" JVC analogue TV 100hz screen. Includes stand. Good condition. Free to good home.

Four vintage dining chairs £20.00 each
2 pairs dark wood chairs.
For above items contact: Caroline Flory 01577 865103
carolineflory@yahoo.co.uk

Leksvik Extendable Bed Frame £30.00
Ikea extendable bed frame with slatted base, antique satin. Ideal as child's first bed. Have mattress but would recommend new one from Ikea currently available for approx £100. Assembly instructions available online or could print out if needed.

Dora the Explorer girl's bike £25.00
Girl's bike suitable for ages 3–6, good condition, hardly used.
For above items contact: Donald Fraser 07883 021588
donfraser@tiscali.co.uk

Selection of books for girls age 8-12 £25.00
Very good condition. 22 books, some in the same set. Price ono.

Selection of Rainbow Fairies books £15.00
Suitable for ages 6–10 approx. Great condition. 16 books in total. Price ono.
For above items contact: Susan Bathgate 01577 864742
susan@kleo.org.uk

Gazelle Freestyle XL Air Walker £70.00 ono
Used, but durable, air walker, in good condition. Can be folded for easy storage.
Seller details: Anne Sutherland 01577 864843
william.sutherland843@btinternet.com

For more classified adverts see the Classified page on the www.kinross.cc website.

Diary

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

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