



Kinross Newsletter

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www.kinrossnewsletter.org www.facebook.com/kinrossnewsletter

Founding editor,
Mrs Nan Walker, MBE

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DEADLINE

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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 or hand in to:

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Commercial Advertising in the Newsletter

Our advertising terms and conditions have recently been updated.

They are available to view at www.kinrossnewsletter.org.

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Rates shown are for new advertisers

	<i>Eighth page</i>	<i>Quarter page</i>	<i>Half page</i>
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Colour (internal)	£19.00	£38.00	£76.00

The above prices are per issue, based on a six-month run of advertising being placed. One-off adverts are charged at a higher rate. The Newsletter welcomes advertising enquiries. We do not have a waiting list for adverts.

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These adverts are text only. The price is the same per insertion whether the advert is placed for one issue or several issues.

Up to NINE lines (including blank lines)	£8.60	per insertion
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As a guide, eight words is the maximum that can be fitted on a line. To place a Typed Advert, contact our Advertising Manager, Julia Fulton (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.

For full information on advertising in the Newsletter, including terms and conditions, please go to our website www.kinrossnewsletter.org and click on 'Advertising'.

The Newsletter reserves the right to refuse or amend any advertisement or submission and accepts no liability for any omission or inaccuracy. No part of this publication may be reproduced or used in any form without the express written permission of the publishers.

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Editor's Page

Cover photo by Wallace Shackleton.

Design by Lee Scammacca of Cree8.

Letter from The Editor

As I look out of my window, there is no doubt that summer is almost here. Despite what feels like weeks of rain, I can't help but be optimistic about the possibilities that summer may bring: long lazy days at the beach; barbecues with friends; camping trips; and a plan (as yet unfulfilled) to actually walk all the way round the loch in one go. Every summer, I tell myself, I will have time...

My summers as a child seemed to go on forever. Then, we made ice-cream floats to drink sitting on a rug in the garden, dipped freshly-picked sticks of rhubarb into an egg-cup of sugar (before we knew, or cared, how bad sugar was for us) and spent hours jumping across the burn, trying not to get our clothes too wet; a tell-tale sign of what we had been up to.

Summer now always seems to be over in a flash. While work doesn't stop in the summer, we prioritise life. We take to the grassy outdoors, we relax our schedules, and we fall into a vitamin D-induced happiness. Like summer, this Editor's Letter is brief—a reminder to take a breath, get some sunshine and peel away the layers of what makes you tick, before you have to cover up again.

Hannah Phillips

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 or indeed other 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

Cllr: Councillor

CC: Community Council

CCllr: Community Councillor

About the Kinross Newsletter

The Newsletter has been informing and supporting the community for over 40 years.

It began as a way of letting residents know what Kinross Community Council was saying and doing, but soon expanded to be so much more.

Readers use the Newsletter to find local trades and services, and our loyal advertisers support the community by enabling us to publish local clubs' reports and essential community information free of charge. Readers, when answering an advertisement, please say you saw it in the Newsletter. Thank you.

The Newsletter is published by Kinross Newsletter Limited (company no SC374361). Any profits are transferred to charitable company Kinross Community Council Newsletter Limited (charitable company SC040913) to be given away to local good causes.

Hedgehogs on holiday?

I have followed with interest Newsletter correspondence asking 'Where have all the hares gone?' and I am pleased to report they are all in our garden!

Single houses in the countryside are a bone of contention with many, but since we built our house and turned two acres of farm land into a garden the wildlife has thrived. Every day is like an episode of Springwatch.

Initially we had very few garden birds but plenty of deer, pheasants, rabbits and hares nipping the tops off young plants as fast as I planted them. Ten years on both the garden, the birds and the wildlife are thriving.

We planted hedges of mixed native species which are now well established, and attract wild birds providing places to nest and hips and berries to feed on in the autumn. A bank of *Cotoneaster horizontalis* literally hums with bees and the dark and damp space beneath is a haven for toads. Birds are stacked up on the fruit trees waiting for their turn at the feeders and the buddleia, when in flower, are thick with butterflies.



Where have all the hedgehogs gone?

Voles tunnel under the hedges and red squirrels are welcome visitors. Stoats think nothing of coming right up to the house and peering in through the patio doors and we often see signs of foxes though only occasionally do we get to see them.

Rabbits graze contentedly on the lawns and we have a large resident population of hares which live in scrapes or shelter from the wind behind tussocks of grass. Living in a rural location we do see a large number of raptors, but our hare population seems to have expanded with this year being particularly healthy.

By planting bee-friendly flowers, we have swarms of bees busily harvesting pollen and playing a vital role in our ecosystem. Perhaps because of the mild winter we have seen a huge increase in the ladybird population this year. Sadly, they couldn't fend off the sawfly, which in a matter of days stripped the leaves of my gooseberry bushes.

In the early years we looked forward to the arrival of the house martins which nested under the eaves. Sadly, in the last two years none have taken up residence though a few still fly round the garden each evening feeding on midgies and flies. Also missing are the hedgehogs that we used to see regularly wandering round the garden in the evening.

We have the hares and the bees. What happened to the house martins and hedgehogs?

Jo Chisholm
Loanhead, Carnbo

Kirklands Garage Demolished

On Tuesday 4 June, developers demolished the former Kirklands Garage at 10, High Street, Kinross (opposite the Courthouse). Many residents of Kinross took to social media to express their dismay, as they believed the retention of the building was important. Many are upset by the loss of the sandstone building and are keen to see it restored to its original state.

advised to withdraw that application and amend their proposals.'

In their email to Perth and Kinross Council published on Friday 7 June, available to view on the planning portal) Historic Scotland indicated that they believe the original part of this former manse was probably dated earlier than the mid-nineteenth century. The windows, eaves cornice, and pitch of

Even though the manse was altered in the mid-nineteenth century and in the twentieth century, Historic Scotland were of the view that it made a positive contribution to the character and appearance of the conservation area on account of its age, traditional construction, and architectural characteristics.

The application for complete demolition was based on an apparent requirement by the Health and Safety Executive that the seven fuel tanks buried within the site needed to be removed, and that this removal would cause the building to collapse. In their email of 6 June 2019, Historic Scotland requested more information to demonstrate that the size and proximity of the tanks would make complete demolition unavoidable.

As the proposals did not raise historic environment issues of national significance they did not lodge an objection, but stated their decision not to object 'should not be taken as support for the proposals'.

The council have now put a stop notice on the building work.



Prior to demolition, the developer submitted a planning application for permission to demolish. This was received and validated on 17 May, 2019 (19/00818/CON) At the time of demolition, this application had not yet been decided.

Permission had been previously granted for the site to be developed, on the basis that the East and North walls of the original building would be retained. The report of handling for the application stated: 'A previous scheme was submitted for this site, which included six flats to the rear of the site and included significant demolition work to the traditional building at the front of the site. That scheme could not be supported and the applicant was

the roof indicate that it was likely to be the house shown on Wood's Kinross town plan of 1823.



The Newsletter on Facebook

We use our Facebook page to announce:

- our deadline and publication dates
- what's in the next issue
- reminders of some local events
- occasional breaking news

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Residents Respond to Pitdownies Plans

A group of residents in Milnathort have formed a campaign group to fight what they are calling 'crazy' proposals for a housing development which, they say, will cause chaos in their community. Larbert-based developer Springfield Properties PLC wants to build 59 houses and eight flats at the Pitdownies, on land formerly owned by the Church of Scotland.

But the land was originally earmarked for just 20 houses, which was later increased to 40, and, with the construction of nearly 80 houses under way at Pace Hill, less than half-a-mile away, protesters say the village's roads and infrastructure will be unable to cope.

Over 160 objections have been lodged to the plans and around 60 people turned up at a recent meeting of Milnathort Community Council to air their concerns. Chief amongst these was access to the proposed development, which would be via a quiet residential street off Wester Loan, already a notorious bottleneck.

Jessica Kinloch, who is spearheading

the campaign, said: 'It is absolutely crazy to build another 67 properties without considering alternative access to the site. Wester Loan is a narrow route originally used by farm vehicles and is already very congested. There have also been a few near-misses at the mini-roundabout at the bottom of the road. The original plans included two access points and now the developer is proposing only one. Both Pace Hill and the proposed Pitdownies development would be accessed via Wester Loan, both during the construction stage and once the properties were occupied. With many households now having two cars, the result would be absolute chaos.'

Ms Kinloch continued: 'I was also shocked to discover that the emergency services aren't consulted as part of the planning process and a fire engine would find access almost impossible. On top of that, some 300 properties are being built at Lathro Farm, putting enormous pressure on schools and medical services. This latest proposal is the final straw and we are determined

to fight it all the way'.

Councillor Willie Robertson said, 'This development is likely to have a major impact on the quality of life of residents living in the affected streets. I have written to the planners in Perth and voiced my concerns about the ability of our education and primary health care services to cope with the volume of houses being built. I think we should be putting the brakes on until we know the impact that the houses currently being built are going to have. I have been assured that they will take my worries seriously.

Springfield's chief executive Innes Smith said, 'We have submitted a design for this development in Milnathort, which is informed by Perth and Kinross Council and meets all planning requirements and legislation. It will deliver an attractive development, with highly energy-efficient homes and appealing landscaped areas in a location where people would like to live. The development will contribute to the local economy with job opportunities for local trades and suppliers.'



Some of the protesters pictured at the foot of Wester Loan, Milnathort. Photo: Ted Milton

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Constructors Under Fire for Unauthorised Road Building

Perth & Kinross Council issued a warning that unauthorised roads being constructed at the Persimmon Homes development site at Lathro Farm, Kinross would be fenced off and taken out of use on Thursday 13 June 2019. Persimmon Homes are currently building homes at the Lathro Farm site in Kinross under planning consent granted on 31 March 2017. The roads forming Phase 1B at the west side of the site are being constructed without Road Construction Consent. This constitutes an offence under section 23 of the Roads (Scotland) Act. The roads affected are between the houses which have already been built and the motorway. A notice warning of the closure was placed on the site to allow time for trade vehicles to be removed.

The closure will remain in force until Road Construction Consent has been granted, which could take several months. The roads concerned will be fenced off and periodic checks will be made to ensure the integrity of these are maintained. The council stated, 'We are aware that some properties within this phase of housing have already been sold, with move-in dates imminent. A short section of the unauthorised road which provides access to these properties will not be included within this closure for the benefit of these new householders.'

Town Centre Cash For Kinross

Roseanna Cunningham MSP has welcomed the news that Crieff and Kinross are to benefit from a share of the area's £1.9m slice of a Scottish Government fund for town centres. £800,000 is to be spent boosting tourism in Kinross. The money will go towards improving links between the town centre and the Loch Leven area.

Ms Cunningham added: 'Tourism is an important and continually growing sector of the local economy. The history associated with Loch Leven and the beauty and ecological importance of the area make it a magnet for visitors. Improving the links between Kinross and Loch Leven not only improves the experience of visiting Loch Leven – for tourists and locals alike – it also helps ensure that businesses in the town will benefit from any increase in tourist numbers.'

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.

Mary Queen Of Scots Is Coming!

Our local festival celebrating The Great Escape from Loch Leven Castle is going to be on 1 September in Kirkgate Park. This year we plan to make it a bumper one! We're having a conversation with the organisers of the Solheim Cup at Gleneagles about getting support from them, since Mary is believed to be the first female golfer ever – see Wikipedia if you'd like to know more about her history. If successful we'll have a golfing Mary, golf activities for kids and a team from Gleneagles.



Some of the Marys

The most important thing is that we need teams to sign up now from local businesses, sports clubs, other organisations and anyone else who would enjoy this bonding activity. It's the friendly competition that makes it fun, so get a group of five people together and get in touch. It's a great team-building activity, for good causes.

No previous rowing experience is necessary, though it will help of course. It's not too strenuous an activity – each race lasts about 5 minutes on average. And Mary doesn't have to be female – 'she' just has to look the part!



The boat race in full swing

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Kinross Show Companion Dog Show

RSPB Loch Leven, Saturday 10 August

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It's not long to wait now until the annual and much anticipated Kinross Show on **10 August, 2019**. See your *Newsletter* next month for details of how to get to the show, public transport schedules and other important information about the big day. Perhaps the biggest family event in Kinross-shire, it's always a great day out for all the family, including your much-loved canine friends, so put the date in your calendar now! June's *Newsletter* had details of the Flower Show and this month we are pleased to provide the details of the Companion Dog Show.

Taking Part

Entries will be taken on the Field at the Dog Show Marquee from 10.30am until 12.30pm **PROMPT WITH STRICTLY NO LATE ENTRIES**. Judging starts in the Dog Ring at 1pm prompt.

Convenor: Alasdair Cox

Judges: Mr T and S Caldwell, Kinross

Entry Fee: Adults £1 per class, children 50p per class

Prizes
First £3
Second £2
Third £1
for classes 6-10

Special Prize £10 for Best in Show

Novelty Classes

- Class 1. Novelty class: dog/bitch from crossbreeds such as Labradoodles, Springadoos, and mongrels etc.
- Class 2. Open: any variety, dog/bitch – confined to Kinross-shire.
- Class 3. Dog or bitch with Waggiest Tail.
- Class 4. Dog or bitch with Most Appealing Eyes.
- Class 5. Dog or bitch, any variety – handled by a child 14 years or under.

Prizes for all dogs that enter in Classes 1-5.



Trophy Classes

- Class 6. Kinnesswood Quaich: Puppy, any variety, dog/bitch (6-12 months).
- Class 7. Balkello Quaich: Sporting, any variety, dog/bitch (Hound, Gun Dog or Terrier).
- Class 8. Farmer Trophy: Non-Sporting, any variety, dog/bitch (Pastoral, Toy, Working or Utility).
- Class 9. The Cairns Cup: Open, any variety – dog/bitch.
- Class 10. The Walls Cup: **BEST IN SHOW**, from unbeaten first-prize winners (Classes 6-9).

Prize tickets will be given after each of the Trophy Classes and monies can be collected in Secretary's Marquee until 4.30pm. Trophies will be presented at the Dog Show Marquee. Only undocked dogs and legally docked dogs may enter for exhibition at this show. Your dog is vulnerable and **AT RISK** if left in a vehicle in high temperatures and even on days considered as slightly warm. Please take care of your dog. If your dog is found to be at risk, forcible entry to your vehicle may be necessary without liability for any damage caused.

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What does Kinross Show mean to you?

In anticipation of the big event, which takes place on Saturday 10 August, we asked some of the visitors, exhibitors and volunteers what a day out at Kinross Show means to them. Here are some of our favourite responses.

Heather McDougall, Cleish SWI member, Competitor

I joined Cleish SWI when I moved to Kinross-shire and was encouraged to enter the SWI section at Kinross show almost immediately. The marquee is full to bursting with produce and craft entries. It's the first tent as you enter the show from the car park and is really popular with visitors.

I like the challenge of getting things as near to 'perfect' as I possibly can, over the last few years I have made everything from eccles cakes and brownies to a celebration handbag cake for the community section. Whether I win or lose it's always nice to see how they have compared to other more experienced ladies.

Kinross Show is a great family day out but also very exciting as we are all competing in some part of it. My husband, Stuart, shows his Blackface sheep and the girls also enter the children's competitions so if we are lucky, we bring home a few rosettes between us.

Craig Williams, Stovestuff, Kinross, Trade Stand Exhibitor

The Kinross Show has been instrumental in showcasing my stove and firewood business to the local Kinross-shire community. It provides a unique environment in which to engage with existing and prospective clients alike. We like to have a bit of fun on the stand and have been fortunate enough to have Robert de Niro drop in to see us.

The views over Loch Leven make the day worthwhile alone, a poignant reminder of how fortunate we are, doing business, in this fantastic area of Scotland. Don't forget to come along!



Robert De Niro(!) with Craig Williams of Stovestuff

Morna Hunter and Family, Visitors and Competitors

For us, Kinross Show is one of the highlights of the year. All three generations look forward to it each summer.

Grandpa has attended for as long as he can remember. It's a day to meet and greet lifetime neighbours and local friends, to admire the best of the local livestock, to check out the most up-to-date machinery and tools and an opportunity to display his prize possession – his vintage tractor. He is there for the gates opening, parks up at ringside, and leaves when the gates close.

Eilidh (15), Angus (14) and Laurie (11) share many happy memories of the show. Initially the children's merry-go-round and teacups were very popular but as they got older their focus moved to producing craft entries for The Flower Tent. They enjoyed designing miniature gardens, fruit characters and decorating a welly. They also collected fresh eggs from our hens and polished them to submit for entry – they've quite often been successful with prize-winning and whatever their results, always enjoyed some fun with their friends and silly string in the afternoon.



Fancy Dress on horseback

More recently, our daughters have developed an interest in ponies and have entered the fancy dress on horseback and this year they hope to enter the Working Hunter in the equestrian classes.

For my husband, Pete, the highlight of the show is the social aspect. The beer tent is a fantastic place to catch up with old friends – from school days and agricultural college. For me, the show represents the last weekend of the summer holidays.

Brian Timms, President of Kinross Rotary Club, Volunteer

The Rotary Club of Kinross and District have a long association with the Kinross show as volunteers. Each year about 20 of our members support the show by manning the public entrance gate. We arrive early and have a rota set up to meet and welcome all the visitors who arrive in cars or on the shuttle bus. In recent years we have also taken over the car parking and regularly park about 500 cars. We've now established an area as close to the entrance as possible for disabled parking so please let our members know if you require this service. Our Club, part of Rotary International, is a volunteer organisation working to help communities both locally and abroad. We value our association with the Kinross Show, which allows us to demonstrate locally our motto 'Service above Self'. Many of our volunteers also enjoy a wander round the showground after their shift.

KPS Summer Fayre not a Washout!

Thank you so much to everyone who attended the Kinross Primary Parent Council Summer Fayre at Kinross Primary School on Saturday 8 June.

Despite a torrential downpour halfway through, the event was extremely well supported by pupils, parents and the wider community and the Parent Council would like to offer their grateful thanks to everyone who attended.

A team of volunteers sorted donations, ran stalls, cooked burgers, made home-baking, painted faces and made sure that everyone who visited had a fantastic time. Special thanks to the family of one of our pupils who run Allan's Butchers of Auchterarder, who provided all the BBQ food and spent several hours in sometimes challenging weather conditions flipping burgers and feeding the hungry hordes! Thanks also to the Rotary Club of Kinross & District and The Court House Coffee Bar & Restaurant for allowing us the use of their barbeques.

The Summer Fayre is a fabulous fundraiser which helps to provide a range of activities, experiences and events which enrich the learning of every pupil at KPS.

Last year the Parent Council fundraising helped to provide an app which allows the school engage with parents and carers more easily, digital learning resources such as laptops and a new PA system among many, many more resources that the school could otherwise not provide.

One of our biggest and most popular programmes is that run by the Arts & Culture Committee. This parent-run service has given pupils the opportunity to try circus skills, host visiting performances in theatre, dance and music and the chance to meet and work with authors.

Our raffle was a huge success thanks to our tireless team of raffle prize finders who left no stone unturned when looking for donations. With nearly 1000 tickets sold and over 60 prizes, there were many happy winners!



*All the fun of the fayre!
Photos by V J Mclean*

We would like to thank all our donors for their generosity:

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Your Views Sought by Loch Leven Community Campus

Loch Leven Community Campus first opened its doors to the community in 2010. Since then it has flourished as a hub for public services. The Campus Management Group – comprised of local councillors, a community councillor and campus partners – meets regularly to focus on strategic development.

As the campus approaches their tenth anniversary, they have developed a vision for the future which focuses on providing Kinross-shire with a hub to support education, inclusion, culture and well-being to enrich all aspects of community life. Kinross High School remains at the heart of campus life. Our community benefits from a symbiotic relationship with the school in that the expansion of Kinross-shire has led to an increase in the school roll, allowing us to offer an enhanced curriculum. In turn, our reputation for being able to provide our pupils with a more diverse educational experience, our success in achieving excellent results and the school's contribution to helping young citizens become assets to the

wider community have been major contributing factors in the growth of the local community.

The community has embraced the increased sports offering with one in four local people now having a Live Active card. The library has also proved to be a focal point for the community, amassing over 20,000 visits per quarter! Library staff and volunteers are excited to continue offering events, author talks and clubs that will appeal to all ages.

CCMG will continue to work together to maintain the balance between the needs of Kinross High School and the development of the campus as a hub for the local community whilst meeting commercial targets.

They would like to find out more about how the community uses the campus and what regular activities and events you would like them to consider for the future. You can provide feedback by completing a short survey. Paper copies can be collected from the campus reception or library. The survey is also available online: www.surveymonkey.co.uk/r/JY5593Z

Congratulations

Congratulations to all the team from Kinross High School who took part in the 2019 Rock Challenge Scottish Open Final and scooped first place, for the second consecutive year. The event was held in the Caird Hall, Dundee on Friday 14 June. Presenting the prize, the Chief Executive of NHS Highland, Iain Stewart said: 'It was an amazing show. What this does for those people is amazing, it gives them so much confidence, leadership qualities and skills. They're so passionate about it

and they work as great teams together. They were fantastic!' Stacey MacNab, from Kinross High School, commented, 'It was an absolutely amazing day and night; our young performers demonstrated self belief, positive attitude and resilience in bucket loads, and we could not have been prouder! This was a fantastic performance for Mrs Byrne and I to end on. We are looking forward to seeing where the team takes it next.'



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New Outdoor Nursery Opening Summer 2019



FossoPLAY Outdoor Nursery is a woodland-based children's nursery opening in summer 2019 at Fossoway Stables in Drum, near Kinross. The passion project of Christopher McConnell, FossoPLAY is offering a play-based and child-led approach

to early education in the wonderfully abundant and creative natural space at Fossoway Stables. A sheltered base under the canopy of mature trees has been developed specifically with inquisitive children in mind and provides a magical environment for them to explore. With a custom-built yurt offering an indoor space to retreat to, a campfire to sit round for story time, endless paths to follow, and bridges to cross the site offers limitless adventures for the children who attend.

Christopher, who has over 15 years of experience within the education and children's services sector, is passionate about providing children with access to the natural environment and exposing them to its opportunities for play, growth, learning and development. There are copious research papers and studies supporting child-led outdoor play and education, and through his role in local authority projects, Christopher knows how beneficial this approach can be.

Initially, FossoPLAY will be open to children aged 3 to 5 years, but there are plans to extend this in time to a larger age group offering holiday clubs, after school clubs, and family sessions. For enquiries, call 07711 202436 or visit www.fossoplay.org.



FossoPLAY has created a magical environment for children to explore

Fun at the Fossoway Gathering

On 25 May, 13 years after it was last held, the Fossoway Gathering came back with a bang!

In our 2017 Community Survey, many residents referred to the loss of the Fossoway Gathering and expressed the wish that it be reinstated as a way to bring the community together. An active group of volunteers from different local organisations has worked over the past year to organise the Gathering. Assisted by grants from the Kinross-shire Fund, the Fossoway and District Community Benefit Fund and the Scott-Davidson Trust, we were able to put together a programme with something for everyone.

The event was very well attended and very well received, despite the weather. Scores of people turned out to see the dance demonstrations, children's races, vaulting and the parades – in which the children came particularly well turned out in their own Fancy Dress Parade. Catering venues did a roaring trade and many community organisations were able to raise funds as well as awareness. Children noisily let off steam on the inflatables and loved the short pony rides. Vintage vehicles were on display and the local police as well as the fire and rescue services also took part. There was very positive feedback from the community and from the

participants; we are also very pleased that in the process of organising this event, local groups cooperated and learned about each other in the process.

The committee would like to thank everybody who was in any way involved in the Gathering. We thought it was a great success; so much so that we have decided to do it all over again next year – and make it bigger! The date will either be 23 or 30 May, 2020 – so watch this space.

If you, in any way – as an individual, an organisation or a business – want to be involved in the 2020 Gathering, please get in touch: fossowaygathering@gmail.com. The first planning meeting is on Wednesday 28 August, 7.30pm in the Stables in the Inn, Crook of Devon. You will be made most welcome.

Trudy Duffy-Wigman

(Chair, Fossoway and District Community Council)

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Councillor Robertson

Cycling Safety: I have been told about a near miss between a cyclist and a car at the crossing point near the Springfield Road and Station Road junction. A cyclist who had come down the pavement leading from junction 6 was starting to cross at the crossing point when he was almost hit by a fast-moving car that had come off the motorway and without slowing down had turned into Springfield Road. The cyclist managed to stop but the car missed him by inches. I had a look myself at the sight lines and it is difficult to see cars approaching from that direction especially if they are travelling fast.

This section of pavement is due for improvement. I have written to the Council requesting that the crossing point be placed further down Springfield Road.

Kirklands Garage: I am very concerned that the developer who is converting the Kirklands Garage site has demolished the fine sandstone building on the site without planning consent. The building which was once a manse faced onto the High Street. The Council has put a Stop Notice on the site because of this breach of planning. Although in a state of disrepair planning consent for the conversion to housing on this site was granted on the condition that the developer promised to safeguard the frontage which faces across to the County Buildings. It is my hope that the planners make the developer rebuild the sandstone frontage as this building was an important part of Kinross's built heritage.

Rubbish burning: I have been asked recently what the rules are with regard to bonfires. The Council has issued guidelines with regard to bonfires:

- Only burn dry material
- Never burn household rubbish, rubber tyres or anything containing plastic, foam or paint



- Avoid lighting a fire in unsuitable weather conditions: smoke hangs in the air on damp, still days. If it is too windy, smoke blows into neighbouring gardens and windows and across roads
- Avoid burning when air pollution levels in your area are high or very high.
- Keep your fire away from trees, fences and buildings.
- Never use oil, petrol or methylated spirits to light a fire. You could damage yourself as well as the environment
- Never leave a fire unattended or leave it to smoulder. Put it out

Alternatives to burning waste

It is an offence to dispose of domestic waste in a way likely to cause pollution of the environment or harm to human health. You should not burn waste that is likely to create excessive smoke or noxious fumes. If only dry garden waste is burnt, your bonfire should not cause a problem. There are alternatives for disposing of most materials.

How do I complain about a bonfire?

If bothered by smoke, approach your neighbour and explain the problem. You might feel awkward but they may not be aware of the distress they are causing and it will hopefully make them more considerate in the future.

If this fails, you can report a problem with a bonfire online which is either on domestic ground or an unauthorised bonfire on public ground. Alternatively phone the Customer Service Centre on 01738 476476 but if your property is at risk, contact the Fire Brigade on 999. The Environmental Health Team will investigate your complaint and issue a notice under the Environmental Protection Act 1990 if they consider a nuisance is being caused.

Anyone lighting a fire and allowing smoke to drift across a road faces a fine if it endangers traffic or causes injuries. If you see such an incident, contact Police Scotland on 101.

Willie Robertson

Open Farm Sunday

Smiles of enjoyment down at the Farm

Despite the weather predictions, over 700 people braved the Scottish elements to visit Hilton of Aldie Farm for Open Farm Sunday, where farmers Colin and Stuart Dawes had organised a packed three hour afternoon of farming activities.



Photo taken by Craig Stephen of his children Oscar and Freya enjoying their visit to Hilton of Aldie Farm

Professionals Callum and Ali Shaw from Saline, very quickly sheared 126 ewe lambs in front of an amazed crowd. Spinners and weavers were on hand to demonstrate their skills with wool and even seaweed. Storytime with Rosemount Nursery of Kinross was a packed house and many local farmers were on hand to answer questions. Pygmy goat kids, chicks, and ducklings created a lot of excitement as did this vintage tractor kindly loaned by Kinross Show President Andrew Turnbull from Fruix Farm.

PLANNING PERMISSION BUILDING WARRANTS

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Councillor Barnacle

Copies of two letters to Councillor Murray Lyle sent on 13 June, 2019.

Regional Parks in Scotland

Dear Murray

In my letter of July 2017 regarding LDP2, under Landscape Designations I stated that I would maintain strong objections to the plan if it did not contain a provision to review the case for the former AGLV areas of the Cleish Hills and Devon Gorge to be re-designated as Local Landscape Areas following their loss, as a direct result of accepting a deeply flawed consultant's exercise on landscape designation that I attended. This remains the case!

In Relation to Regional Parks, I stated that there needs to be a commitment to engage with neighbouring local authorities on my previous request for the Ochil Hills to be considered for Regional Park status and to look at extending the Lomond Hills Regional Park to Loch Leven. I also raised the issue of Regional Parks in Scotland at the last meeting of the Council of APRS, which I am a member of. I was appraised of a draft review, which I enclose. I would draw your attention to the review calling for a new park in the Ochil Hills and a re-launch of an expanded Lomond Hills Regional Park to include the Loch Leven area.

I find it interesting that my letter of July 2017 is mirrored by this draft review, the content of which I have only just been made aware of. Forward Planning at Perth & Kinross Council have always resisted my calls on Regional Parks issues that affect Kinross-shire, citing budgeting constraints. This enclosed review champions the value of Regional Parks to the country and conclusions give much food for thought. I would ask that your administration endorse this approach and you will note that I have copied this letter to forward planning officers in neighbouring authorities for their observations.

Yours sincerely,
Cllr Michael Barnacle



Lack of Policy on Sustainability of Rural Communities

Dear Murray

I am moved to write to you on the above, which I perceive to be the case, both locally in PKC and nationally in Scotland. The Independent Group have discussed this issue and are supportive of my stance. I also raised the matter at the last meeting of the Council of APRS (Association for the Protection of Rural Scotland), which I am a member of, in the context of two recent primary school closures sanctioned by your Administration at Abernethy and Blairingone. There was general agreement at the APRS Council AGM that this was an issue at the core of the objects in their governing document and should be pursued. The Lifelong Learning Committee's decisions on the above schools were very controversial, particularly given the closeness of the votes and the fact that in both communities the school was the last remaining public building for community use. I was not present for the Abernethy decision but did take a prominent role in arguing against the closure of Blairingone school, within my Kinross-shire ward.

I am attaching background correspondence in relation to Blairingone that highlights the closeness of the vote, the wrong advice given by PKC Officers on voting rights previously (now corrected belatedly by the Motion to Full Council on 24/4/19), the omissions and inaccuracies in the consultation report regarding housing development interest and the extent of the school catchment, the role of PKC's forward planning in the decision and 'the complete failure of your Administration to promote the sustainability of rural communities by such decisions'. In my representations on LDP2 of July 2017 and February 2018, I suggested the consideration of a new policy to protect hotels and inns from immediate closure and change of use, citing recent experiences in Glenfarg and Kinrosswood. In England, I believe that a community can register such establishments as an 'Asset of Community Value', which gives them an opportunity to put forward alternative proposals to closure before planning decisions are made. I suggest our policy on Residential Amenities should be enhanced and is currently not strong enough in seeking to protect community facilities generally.

During my time as ward councillor since 1999, Blairingone has lost all its facilities – namely its pub, post office, church and now its school; the latter should have been kept open pending the outcome of consultations on a masterplan and the possibility of enhancing its facilities for nursery and play provision. It is very disappointing that Scottish ministers did not see fit to call in this decision. The situation of villages like Abernethy and Blairingone is compounded by Tayplan policy that concentrates development to tiered settlements rather than rural villages; I believe this goes too far and results in a lack of sustainable development in smaller villages, particularly in relation to affordable houses. We need a fresh approach, if the continuing decline in rural communities and their transport connections are to be reversed, both locally and nationally. One could start by appointing a planning officer with a specific remit to promote and protect rural sustainability, as exists in some other local authorities I am aware of. I look forward to your response with interest.

Yours sincerely,
Cllr Michael Barnacle



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Liz Smith, MSP

It's the agricultural show season so it's an appropriate time to compliment all those who work so hard to organise such wonderful forums for showing the best animals and produce across the country.

We will be able to enjoy the **Kinross Show**, on **10 August**. It will feature many breeds of cattle, sheep, goats and horses. There will also be milking demonstrations, a dog show, a marquee, flower show, children's education marquee and numerous trade stands.

In addition, the Kinross Show will have a new farmers' market area and a grand parade of animals, followed by a gun dog demonstration.



Kinross typifies how agricultural shows can provide an entertaining day out for the whole family. The sites for these events normally stretch the length and breadth of the country, so they are usually not too far to travel to.

Many combine county fairs, horse trials and other equine events, with enough going on to keep children amused.

Agricultural shows showcase the heritage of essential elements of farming and rural life. Statistics show that, every year in the UK, agricultural and countryside shows are attended by seven million people. These shows, and their parent agricultural societies, highlight their own incredible longevity and are often supported by member-led committees.

Agricultural societies were first established back in the mid-eighteenth century, when their main focus was to improve agricultural productivity. Shows emerged as the main vehicle to deliver this objective by holding livestock competitions to identify superior genes and animals, along with the latest technology and farm implements being showcased to farmers and landowners.

In this day and age, the role of agricultural shows is far more diverse. They attract a wider demographic welcoming families, groups and individuals who are not from farming backgrounds.

Perth Show (2-3 August) promises to carry on those traditional aspects of agricultural shows, valued by generations of farmers, as well as attracting thousands of visitors.

The benefits of agricultural shows can't be underestimated and I must express my support for all the people involved who organise these popular events.

Liz Smith MSP

As ever, Liz appreciates the feedback of readers and can be contacted at the Control Tower, Perth Airport, Scone PH2 6PL or via email at Elizabeth.Smith.msp@parliament.scot or on 01738 553990.

Roseanna Cunningham MSP

Over the past couple of weeks, Citizens Advice Scotland have been running an awareness campaign urging people to STOP, REPORT AND TALK, encouraging people to talk about their experiences of scams in a bid to help them stop happening to others.

Citizens Advice Scotland launched their Scams Awareness campaign because in the last year their network has seen a huge increase in people coming to them for advice on reporting scams.

Indeed, research by CAS has found that 46% of people in Scotland have been targeted in some way or another by a scam at least once in the past year. And scammers are using increasingly sophisticated methods to trick people into parting with their cash.

This campaign has been about equipping people with the skills they need to spot scams, tackling the stigma that can surround scams, as people feel embarrassed at being caught out, and promoting the importance of reporting.

Although they hope that the campaign will have reached all kinds of people, there are two particular demographic groups that are being specifically targeted – precisely because they are the two groups that research says are particularly vulnerable to being targeted.

Interestingly, young people – who we generally think of as being tech-savvy – are targeted online and via their digital tech, with their confidence that they are children of the digital age, easily able to spot a scam, actually leaving them vulnerable – and often out of pocket!

The over-65s, however, are most often victims. Older people will often trust the contact they receive, whether that contact is over the phone, in person or online. Indeed, 38% of older people in the CAS survey reported being targeted by a landline phone scam in the last year.

Scams aren't just a minor inconvenience to people. Aside from financial loss, they can cause distress, misery and even if a scam has been avoided, it can lead to widespread loss of consumer confidence.

What is a scam? Well, something might be a scam if: it seems too good to be true – for example, a holiday that's significantly cheaper than you'd expect it to be; someone you don't know contacts you unexpectedly; you suspect you're not dealing with a real company – for example, if there's no postal address; you've been asked to transfer money quickly; you've been asked to pay in an unusual way – for example, by vouchers or wire transfer; you've been asked to give away personal information like passwords or PINs.

If you have been a victim of a scam, there are things that can be done. Contact your bank, change your passwords. Citizens Advice Scotland has excellent advice at www.citizensadvice.org.uk/scotland/consumer/scams/scams/scams/what-to-do-if-youve-been-scammed/

Above all, don't be ashamed. You are certainly not alone.

Roseanna Cunningham

Need to check something in an old Newsletter?

Consult our electronic archive at

www.kinrossnewsletter.org

Issues from September 2006 to two months ago available

Councillor Purves

Local Development

Kinross-shire continues to expand at a dramatic rate. While most recognise that there is a need for more housing, current residents have a right to expect that the infrastructure needed to cope will be in place and that disruption to their lives will be minimal. Unfortunately, that has not been the case.

As readers will be aware, there have been particular problems with the Lathro Meadows site. Permission for the development was granted when protected-species surveys required by environmental legislation had not been completed and there remains a conflict between the conditions attached to the planning consent and the site layout plans that were approved.

The Council has recently blocked off part of the Lathro site because the developers were building a new road without road construction consent, and have chosen to enforce a mere technicality when more fundamental issues have not been addressed.

We have also seen the demolition of the former Kirklands Garage, the façade of which was supposed to be retained as part of its redevelopment. The developers have said this was a necessity due to health and safety concerns but had yet to receive permission from the Council to demolish it.

A temporary stop notice has now been applied to the site, which means all work on the development must cease. The developers have indicated that they intend to restore and rebuild the façade. I very much hope that its restoration is a condition of granting their current application to demolish the building.

Milnathort is also facing significant levels of development. I have been in touch with Council officers to raise concerns about the Pace Hill site where work has recently started, including inconsiderate parking of construction vehicles near the poorly located site access and concerns about the impact of the vibro-compaction process on residents in the Linden Park area.

I have also been contacted by residents in Tillyrie who are concerned about the proposed development at the former Ochil Hills Hospital site. The original application was in 2005 but, since then, the site has become a haven for wildlife and is a popular walking route. While we await details of any new application, it would be disappointing to see this great community asset being lost.



Kinross Vehicle-Activated Signs

Last year, I managed to secure funding for vehicle-activated signs. In Kinross-shire, we have got more than our fair share of these signs and they seem to be having a positive effect on driving behaviour.

Five more will be installed in Kinross:

- One at either end of the long stretch of Springfield Road;
- One on the road heading into Kinross from Milnathort before the campus;
- One on Station Road heading into Kinross after the junction with Junction Road; and
- One coming into the bottom of Kinross near Old Cleish Road.

If you have any suggestions for other sites that might benefit from a vehicle-activated sign, please do get in touch.

Kinross-shire Youth Pipes & Drums

I have been working with the Kinross-shire Youth Pipes and Drums group who want to offer pipes and drums tuition to pupils in Kinross-shire primary schools and at the high school. This is not currently offered as part of the Council's Instrumental Music Service (IMS). The group would be a non-profit organisation and would provide support for those who struggled to afford the fees.

One might think that the Council would jump at the opportunity to expand the music curriculum. Unfortunately, they gave many reasons as to why this could not be done: primary school lets are not allowed during the day; it would be in competition with the IMS (despite pipes and drums not being offered), and so on.

However, as I have said before in the *Newsletter* our new Chief Executive is keen that we take a new 'Think Yes' approach and I suggested that the barriers being put in place do not fit with that ethos. The Council has now agreed to allow the group to offer pipes and drums tuition to pupils during the school day. I look forward to seeing the first pupils take up the opportunity.

Cleish Fibre Broadband Partnership

I recently attended a meeting hosted by Andrew Mitchell who is leading the Cleish community broadband project to secure fibre broadband to the premises for the properties serviced by the Cleish exchange. This is made possible by vouchers offered UK Government's Department for Digital, Culture, Media and Sport and a small amount of top-up funding from Perth & Kinross Council.

The UK Government's vouchers are worth £1500 to properties that receive less than 30 Mbps through their wired copper broadband connection. Andrew Mitchell estimates that there could be up to £3 million of vouchers available for properties in Kinross-shire. Other communities such as Cuthill Towers are looking to take a similar approach.

The Scottish Government's delayed R100 programme is, however, likely to make most Scots ineligible for the UK Government vouchers. It offers no guarantee of the same level of service provided by fibre broadband to the premises, so now is the time to take advantage of the support. If you are interested in taking a similar approach, please do let me know.

Town Centre Fund

At a recent meeting of the Council, it was agreed that Kinross-shire would get £800,000 of the town-centre funding that has been given to the Council by the Scottish Government.



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This will be used to improve links between the Kinross Pier and Kinross town centre, which will include new signage, a redevelopment of the car park at the pier and a better road and footpath leading to the pier. This can be seen as the first step towards an ultimate ambition shared by many of a visitor centre that would showcase Loch Leven.

Kinross Learning Centre

As readers will know, Perth College took the decision — without consultation of current users or the wider community — to close the Kinross Learning Centre. There is a strong desire to keep the building in the community and the Kinross & District Men's Shed have emerged as the group best placed to bid it.

There are a number of other community groups, including current users of the learning centre, who are keen to use the building. Councillor Watters and I have facilitated a number of meetings to work on a joint community bid that would see the Men's Shed owning the building, with other groups able to use it.

This would be a great outcome for the community. The College's Board have agreed to look at what would constitute 'best value' for a community bid. It is clear that the sale cannot solely be based on who can pay the most. The Board will meet again in August to make a decision.

Cut Tourism VAT

The tourism sector accounts for around 12% of total employment in Perth & Kinross and we have a wide array of fantastic food, accommodation, leisure and other tourism-related businesses in Kinross-shire. We need to do more to support this vital sector and I am pleased that the Council has no plans to introduce a tourist tax on local overnight stays. Unfortunately, in the UK, the standard level of value-added tax (VAT) of 20% is currently levied on tourism-related products. We are one of only three countries in the European Union that levies this higher rate and this means, for example, that tourists in the UK have to pay almost three times as much VAT as they would have to when on a holiday in France or Germany.

This leaves the UK distinctly uncompetitive in the European tourism sector and I believe that a reduction would help to create more jobs, provide growth to our local economy and increase exports. I brought a motion to full council to write to the Chancellor of the Exchequer in support of the cross-party campaign 'Cut Tourism VAT'. I was grateful to receive the support of a majority of my fellow councillors on this issue.

Casework

As always, I am more than happy to hear from constituents and do what I can to help. If you think I can be of assistance, please get in touch using the contact details towards the end of the *Newsletter*.

Councillor Callum Purves

ODD JOBS AND HOME MAINTENANCE

All types of odd jobs including: painting/decorating, flat pack assembly and joinery work. No job too small. Fencing: erected, repaired and maintained. All carried out by an experienced and reliable time served tradesman.

Contact Garry on 01577 531240 / 07475 174689
garrycb@hotmail.co.uk

Luke Graham, MP

It is now two years since I was elected as your MP. In that time we have achieved a great deal, whether it be national successes such as freezing spirits duty to help the whisky industry and securing £35m extra per year for Police & Fire Scotland, to bringing over £65m to Perth & Kinross through the Tay City Deal, including support for local projects such as Perth City Hall and a new recycling facility in South Perthshire, or smaller successes such as getting traffic calming measures installed in Carnbo and road and pavement improvements in Rumbling Bridge. There is still plenty to be done. I am working on bringing more investment to the area for projects such as the Kinross Aerospace Centre. It has been the greatest honour of my life to serve as your MP and I hope to be doing it for many more years, so we can all see these projects come to fruition and make a difference to everyone in Kinross-shire and beyond. I was delighted to see the Council approve an £800k investment into a cycle and walking path link from Kinross town centre out to Loch Leven. This isn't just an important financial investment into our area, but will bring health benefits too. I hope it will encourage more people to get out and enjoy the wonderful countryside that surrounds us.

A major issue that has cropped up since I was elected is the provision of rural broadband. The powers and funding to deliver broadband in Scotland were temporarily devolved to Holyrood. However, a recent announcement states that they are due to miss the target of rolling out broadband to 100% of rural Scotland by 2021.

This makes our success in securing a £1m investment in the Tay Cities Deal for investing in rural broadband throughout Perth and Kinross all the more important. This funding provides an opportunity to bring us up to speed with the rest of the UK in its broadband connectivity. If you are having issues with broadband, please complete the online survey on my website. It will help identify where broadband coverage is in most need of address. You can find it at: www.lukegraham.org.uk/campaigns/broadband-survey.

Finally, a number of local businesses have been in touch to express concerns over CCTV in Kinross. I am supportive of local efforts to get more CCTV provision. I will push for extra investment into providing greater security for our high street. *As always, if you have any issues or concerns please contact me at my office on 2 Comrie Street, Crieff, 01764 680 384 or by email at luke.grahamoffice@parliament.uk.*

Luke Graham MP



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Phishing

Police Scotland are supporting Team Cyber UK's forthcoming Phishing campaign. The aim of the campaign is to raise awareness around phishing attacks, which are now one of the most common security challenges that individuals and companies across the UK face on a regular basis.

Criminals and organised crime groups now launch widespread phishing attacks, targeting personal/business accounts either by email, social media, or text. They encourage users to click on malicious link/attachments which compromise their email or social media accounts, asking users to divulge banking information or access sensitive information.

The simple advice below describes how you can spot suspicious emails, and the steps you can take to ensure that you don't fall victim, both at work and home:

Confirm details of the actual email address it came from. You can do this by hovering the mouse over the sender's email address.

Many phishing emails have poor grammar, punctuation and spelling. Is the design and overall quality what you'd expect from the organisation the email is supposed to come from? Is it addressed to you by name, or does it refer to 'valued customer', or 'friend', or 'colleague'? This can be a sign that the sender does not actually know you, and that it is part of a phishing scam. Does the email contain a veiled threat that asks you to act urgently, or cause intrigue? Be suspicious of words like 'send these details within 24 hours' or 'you have been a victim of crime, click here immediately'. Look at the sender's name. Does it sound legitimate, or is it trying to mimic someone you know? If it sounds too good to be true, it probably is. It's most unlikely that someone will want to give you money, or give you access to a secret part of the Internet.

Your bank, or any other official source, should never ask you to supply personal information from an email.

Furthermore, we have recently become aware of a scam which targets senior citizens and which is becoming more prevalent. It involves cold callers convincing the victim that they are due a windfall but stating that they require a payment by way of an Amazon or other voucher before monies are released.

We would ask that shops selling such cards be vigilant for people putting money on such cards and to contact the police if they have any concerns.

Local Incidents

Overnight on Friday 14 June, a grey Honda Jazz parked in Montgomery Road and a gold Peugeot 208 parked in Bowton Road were damaged. (CR/15451/19). On the same date a bench was damaged in Kirkgate Park. (CR/15430/19).

Overnight on Friday 7 June, an attempt was made to gain entry to a domestic heating oil tank in Carnbo. During the same time, a quantity of red diesel was stolen from West Netherton, Milnathort. (CR/14836/19)

Between Monday 3 and Wednesday 5 June, a wheelie bin was stolen from Montgomery Road. (CR/14624/19)

About 10pm, Saturday 8 June, a window was broken at the Windlestrae Hotel (CR/14755/19)

Anyone with any information that may be useful should contact Tayside Division on 101 or any police officer, quoting the crime reference number listed at each incident. Alternatively, information can be passed anonymously via the charity Crimestoppers on 0800 555 111.

Police Scotland – local community

We would like to welcome a new Community Sergeant for Kinross-shire, Sgt Michelle Burns.

Telephone 101 for non-emergencies

Community officers for Kinross-shire:

PC Ben Clark and PC Douglas Stapleton.

Email: taysidekinross-shireCPT@scotland.pnn.police.uk

Community Sergeant (Kinross-shire): **Sgt Michelle Burns.**

Community Inspector for Perth South (Strathearn,

Strathallan, Almond & Earn, Kinross-shire): **PI Kevin Chase.**



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Website: www.scotland.police.uk

Community Watch

Receive email alerts about criminal incidents in your area, crime prevention advice, flood alerts and much more by signing up to Perth and Kinross Community Watch. The range of information received can be tailored individually; each person signing up can choose which partner agencies they would like to receive messages from. Visit this website for more details: www.pkcommunitywatch.co.uk

Crime Stoppers – Telephone 0800 555 111

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

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Planning a Community Event?

Check the Diary on www.kinross.cc to ensure that your event won't clash with another.

List your event as soon as you can to help others with their planning. Contact the website administrator by email: admin@kinross.cc

Sweet! Can honey cure all your ills?

Sticky and delicious and good for you, honey is, as we know, created by bees using the nectar of flowering plants. The type of flower that the bee visits can affect the taste, smell and texture of the final product. And, as a swift glance at the shelves of any supermarket or health food emporium will demonstrate, the many different varieties of honey – those mysterious names such as manuka, acacia, clover and orange blossom – can be enough to confuse all but the most ardent of consumers.



Bee-keeping at Cloverlea Apiaries

Its use and known benefits are as old as the hills – even those of the man-made variety. While excavating Egypt's famous pyramids, archaeologists found pots of honey in an ancient tomb. The honey is the world's oldest sample and, despite being approximately 3000 years old, was still perfectly edible. The secret behind honey's eternal shelf life is a range of factors; hydrogen peroxide, acidity and lack of water work together to make this sticky substance last for millennia.

For centuries, honey has been thought to have a role in speeding up wound healing and in treating gastric complaints. Many of us favour honey as a way to give symptomatic relief to a night cough or difficulty in sleeping with upper respiratory tract infections. Studies indicate many parents believe it does a better job of easing children's night-time coughs and improving sleep than popular cough suppressants.

The ancient Egyptians used honey for a multitude of purposes from a sweetener to an essential ingredient in embalming fluid. They revered honey so much that they even offered it to their gods. Its reputation is global; along with the Egyptians, the Greeks, Romans and Chinese used it as a salve for wounds and to treat fevers.

Honey enthusiasts have claimed all sorts of miraculous healing properties of honey, from the soothing of coughs and sore throats to preventing cancer and heart disease. There is even a school of thought that claims it improves athletic performance. But what is the scientific evidence?

There's no doubt honey has the power to kill bacteria. It has natural antibacterial properties and both laboratory studies and clinical trials have shown it to be an effective broad-spectrum antibacterial agent. Its effects on wound healing have also been well researched. It can destroy both *E. coli* and salmonella, while Manuka honey, from New Zealand, has been proven to fight the bacteria responsible for peptic ulcers, *H. pylori*.

What are the properties of honey that make it able to destroy disease-causing microorganisms? It is, perhaps, telling that the same factors that give honey longevity (its acidity, plus the hydrogen peroxide deposited by bees as they synthesize pollen) are also responsible for its antibacterial powers. Honey can be of great help to the body in stimulating new tissue growth and minimising scar formation, making it an effective weapon in treating ulcers, bed sores, burns, skin sores and inflammation. Honey has also been shown to help seborrheic dermatitis, when applied topically. However, any honey used in this capacity will be of medical-grade with the impurities removed: **do not** attempt to apply honey to your wounds at home.

Wounds that don't respond to antibiotics have even been known to heal through the application of honey. It is thought that darker, more concentrated honey may be more potent, and that its antibacterial qualities are influenced by the specific plants that have been harvested by the bee. Although there

has been plenty of research into the benefits of manuka and Tualang honey, scientists are now examining the properties of more locally grown honey in order to understand their potential benefits.

The consumption of local honey has also long been suggested as a hay fever remedy, but more evidence is needed before any firm conclusions can be drawn. It's been suggested that by eating local honey, hay fever sufferers can become immune to the irritating effects of pollen, which causes misery for so many in the summer months. The theory is that small doses of an allergenic substance can be administered in tiny amounts, with the aim of building immunity over time. Certainly many people swear that local honey helps control their hay fever symptoms. It's worth trying on a case-by-case basis. Where better to find local honey than the **Kinross Farmers' Market on Saturday 24 August**? Come along and meet some local apiarists (beekeepers to the rest of us!).



While honey is often thought to be better for us than refined white sugar, we should remember that Pooh Bear, whilst lovable and revered by us all, is probably not meeting his BMI targets. Honey is a natural product, but that doesn't reduce its sugar content: around 5.6g of sugar per teaspoon. The good news is, although it is higher in calories than sugar, it is also sweeter-tasting and so less is usually required.

Note: It must be remembered that **honey should never be given to children under the age of 1**, because the digestive systems of infants can't handle contaminants, such as the spores that cause botulism.

The Vet Who Wanted to Kill Himself

I was inspired to write this after the Networking Breakfast, where the speaker was Liz Sommerville of Loch Leven Equine Practice.

Liz set up her business from a spare bedroom. It now employs eight vets, nurses and admin staff. She spoke about mental health issues and the impact they have on her business. It was a surprise to learn that many vets are susceptible to mental health problems. In the last few years mental health has been a hot topic. There is still a stigma attached to suffering from poor mental health, and if you are in a high-profile profession, this can make your health even worse.

Vets are publicly perceived as pillars of society and as Liz explained, they are usually over-achievers. With status comes money, and when you have material wealth, it is hard to think of all you could lose. It may feel easier to end it all rather than facing the loss of extravagant possessions, which wrongly gets associated with loss of self. The truth is you only have your 'self', and it can never be lost.

Liz explained that for a high achiever, just one or two unsatisfied customers could trigger anxiety, causing a domino effect, leading to the vet reaching rock bottom.

Can you imagine the feeling of horror for the vet in this position? Imagine waking up one morning wanting to tell your partner and kids that you don't

want to do this anymore – but you can't. Imagine going to work, where a quarter-of-a-million-pound horse awaits surgery. You want to explain that you don't want to do this anymore – but you can't. Friends ask 'how are you?' to which you reply 'fine, thanks' – except you're *not* fine and you feel you can't reach out to anyone for help.

Vets are intelligent people who have more than an average understanding of science. But when it comes to learning about dealing with anxiety, often we have to learn after the fall.

In his book *Feeling Good*, Dr David Burns, states, 'scientists do not yet know the cause of depression or any other psychiatric disorder. There are lots of interesting theories, but none of them has yet been proven.'

The problem and the solution are intertwined. Maybe all the vet needs are a few inspirational words to set him on the right course.

Transformation could be the key to changing the vet from a statistic, to an inspirational leader of society.

Imagine if that vet were to realise that this is not the end, but a new beginning! Despite feeling like he is at rock bottom, he realises it's ok not to be ok.

He may go through a dark patch emotionally and physically. He may lose his job. But maybe he could write that book he always wanted to, perhaps even have fame. He may have to take medication and

attend CBT but transformation is the greatest experience he will ever have. After recovery, he could become a mental-health professional and have a new type of practice. He could give inspirational talks to community groups to help those who are on a downward spiral. The public love people who have it all, then lose it, only to bounce back again. Or maybe he'll go back to being a successful, confident vet again. The more the vet starts having such thoughts, the more that inspirational spark in him will grow.

Two books I can recommend are *The Monk Who Sold his Ferrari* by Robin Sharma and *This Is Going to Hurt* by Adam Kay. Both will inspire readers to attain transformation in their lives.

In our wellbeing classes we encourage and welcome people who are at different stages in their lives. For those who have hit rock bottom, maybe no amount of mindfulness will fix things. But there is the support network of a group where everyone is equal and sympathises with everyone else's situation. This really helps to lead people on a journey to recovery. Some people are recovering and the class helps to keep them on an upward spiral. Some have mild anxiety and the class helps to keep them from entering a downward spiral. We meet on Monday evenings from 7pm to 8pm at the Kinross Community Campus.

Vincent Johnston

News from the Health Centre



Advice hub @ Loch Leven Health Centre

The new Advice Hub is a partnership between Kinross-shire charity Broke not Broken, P&K Health and Social Care Partnership and Loch Leven Health Centre. It provides a much-needed local drop-in facility to support people with community connections, signposting to benefits services, foodbank support and community organisations.

- Community Connecting and signposting sessions every Thursday between 9.30am and 12.30pm. People can pop in to have a chat and find out more about local groups and organisations that can benefit their wellbeing. Appointments can also be made by calling **07896 280843**.
- Perth and Kinross Drug and Alcohol Support Services will be hosting drop-in sessions on Thursdays between 10am to 12.30pm to provide advice and support. Appointments can also be made by calling **07766 991570**.
- Broke Not Broken will offer support/signposting on topics such as receiving benefits, writing a CV or completing job application forms at drop in sessions on Fridays between 10am and 12 noon.
- A team from Macmillan Welfare rights will be on hand to offer advice on the first Friday of every month between 10am and 12 noon.

As the Hub is in the Loch Leven Health Centre, it is accessible to everyone and is based in a discreet and comfortable venue. Our location also means health centre GPs and staff can easily refer their patients if needed. As the hub becomes established, we hope other agencies will join us in providing information/support and would welcome suggestions from the community on what they feel would be useful.

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. Please note, the Community Council News is not a verbatim reproduction of CC minutes. Where there are two months' worth of reports, there will be a considerable amount of editing.

Kinross Community Council News from the June Meeting

Present at the meeting held on Wednesday 5 June were: Community Councillors (CCllrs) B Freeman (Chair), M Blyth, I Jack, T Stewart, D Colliar, D Cuthbert, D West and L McKay, minute-taker Mrs C Aird, Perth and Kinross Councillors (Cllrs) C Purves and R Watters, 10 members of the public, and Community Sergeant Michelle Burns

Apologies: CCllr J Bryson, Cllrs M Barnacle and W Robertson.

Minutes of meeting of 1 May 2019: There was a minor amendment to be made to item on the Sale of Kinross Learning Centre, to read '...to see if support could be gained from the CC to stop the sale of the building and to assist in the process of suggesting ways to fund the purchase of the Centre by the Community'.

Davies Play Park Refurbishment

The CC welcomed Diane Cassidy, Senior Community Capacity Builder, Community Greenspace at PKC to the meeting who was invited to discuss the refurbishment of Davies Park. Ms Cassidy advised that around 6-7 play parks are renovated each year and Davies Park was on the proposed list for this year. She was looking for suggestions and asked if there were any issues. Ms Cassidy was advised that the park was used for sledging and that it would be best to avoid disrupting this. CCllr McKay said the large slide was popular and should be retained or improved on and suggested a new cycling area. It would be good to see what residents would like. Vandalism is no worse than in other parks in the area. The crossing from Wilson Court to Davies Park needs reviewed, along with hedges which restrict visibility. It was suggested equipment could be moved further away from the road.

Ms Cassidy will be drawing up a questionnaire to ask residents what they would like, and once the results are reviewed, an architect will draw up a plan which would then go out for consultation. Work would be undertaken and completed within the 2019/20 financial year.

Suggestions were made for an electronic questionnaire (CC to put up on Facebook page and website), to be included in the *Newsletter* with paper copies to nurseries, schools, community groups. A MoP suggested that Ms Cassidy link in with the Community Hub who had information from previous questionnaires about sports facilities the community would like to see.

Ms Cassidy advised that she had recently met someone from the Friends of Wallace Park group who had requested sight of the plan for the whole park as the group are currently raising money for additional requests and although it was not a problem to share the plan, PKC only had funds available to refurbish the play park.

CCllr D West suggested that a group which had been formed to oppose H46 in the Local Development Plan might be interested in becoming involved. He said that he would approach them on this.

The CC thanked Ms Cassidy for attending the meeting and it was suggested that if anyone wish to contact Ms Cassidy they could do so via email at Dcassidy@pkc.gov.uk.

Police Report

Sergeant Burns advised that she was the new Community Sergeant at Kinross and although she had been in post for around two months, this had been the first opportunity to attend a CC meeting.

Sgt Burns advised that there had been three accidents in the area (one drunk driver, two no insurance), two thefts (cones and garden items/flowers), five youth annoyance calls in the Talla Park area and one incident of vandalism to a Stagecoach bus (stone thrown at window).

Speeding: a new process is being brought in where a percentile check will give an average speed depending on the number of cars going through a specific area.

A MoP raised an issue with speeding from the area around the Car Mart over the bridge – cars are regularly driven at around 60mph from around 4pm onwards every day. Sgt Burns agreed to get her colleagues to patrol the area on a regular basis.

Cllr Purves advised that five vehicle-activated signs would be placed in the town very soon, with two allocated to Springfield Road, one on Old Cleish Road, one on The Muirs and one on Station Road.

Sgt Burns thanked everyone and asked people to contact her directly with any issues.

Cllr Purves had forwarded copies of the proposed locations for these signs and CCllr Cuthbert pointed out that these had been corrupted and asked that they be resent so that they could be copied to the Community for comment.

Matters Arising

Sale of Kinross Learning Centre: letter had been sent to Perth College requesting a meeting, and the meeting had taken place.

Kinross Town Centre Regeneration: a decision had been taken outwith the meeting not to escalate the issue to the Chief Executive at PKC. CCllr Cuthbert indicated that a letter had been received from David Littlejohn immediately after the last meeting advising that a review would be complete by the end of May/beginning of June. The CC felt that if the review had been completed then this should be shared with the public for comment. CCllr Cuthbert agreed to forward the letter from Mr Littlejohn to Cllr Purves for him to ask Mr Littlejohn to incorporate comments from the community into the review.

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Former Kinross High School Site: Cllr D Cuthbert confirmed that a letter had been sent to Ms McCall at PKC.

Venue for meetings: Cllr I Jack confirmed that he had written to the Masonic Hall confirming that the CC would meet in the Hall from the June 2019 meeting.

Common Good Fund: An update from the June meeting would be given at the next meeting of the CC.

Provost's Lamp: Cllrs D Cuthbert, D Colliar and C Purves had met with the Council's Lighting Officer in regard to the siting of the Lamp and Cllr Colliar reported that two possible locations had been identified, and that it had been agreed that costings would be supplied for these by the Council. This information would be brought back to the Community Council for a decision to be made once it was available. The CC were advised that provisional costs of £2000 + VAT had been suggested. A MoP suggesting using solar power to power the lamp and it was agreed that this suggestion would be made.

Kinross-shire Forum Meeting

The next meeting is scheduled for 24 June in ICT 2, Loch Leven Community Campus and 7pm. Two members of the CC were invited to attend. The agenda includes Community Transport Survey Results, Kinross-shire Area Committee Proposal, Community Speed Watch Initiative, People's Parish Project (KLEO). Additional items which Cllr Purves agreed to add to the agenda were: Discussion on community buildings, Community hub, Litter campaign. It was noted that the meeting clashed with the Newsletter meeting and members agreed to attempt to reschedule this meeting.

Planning Matters

Planning Applications Received since last meeting:

19/00646/FLL Extension to dwelling house at The Lodge, Gellybank Farm.

19/00653/FLL Use of building as Class 5 general industrial, 198 High Street, Kinross.

19/00853/FLL Alterations and extension to garage at Twin Pines, Tillyochie, Balado, Kinross.

19/00818/CON Demolition of buildings (in part retrospect) at Kirklands Garage, 10 High Street, Kinross.

19/00778/FLL Alterations and extension to dwelling house at 12 Talla Park, Kinross.

19/00777/LAW Alterations and extensions to dwelling house (proposed) at Craigwell, Milnathort, Kinross.

19/00742/FLL Alterations and extension to dwelling house at Strathardle, Cockairney, Cleish, Kinross.

19/00736/FLL Alterations and extension to dwelling house at 13 St Mary's Place, Kinross.

19/00720/LBC Internal alterations at Town Hall, 110 High Street, Kinross.

19/00653/FLL Erection of 8 floodlights at British Car Auctions, Kinross.

Planning Applications Determined by PKC

19/00355/FLL Extension to dwelling house at Hawthorn Cottage, Gairney Bank, Kinross, withdrawn.

19/00322/FLL Remove condition 2 (hours of operation) from **16/01289/FLL**, approved.

19/00074/IPL Land 80 metres South East of Twin Pines, Tillyochie, Balado, removed.

Cllr D Colliar advised that the demolition of Kirklands Garage had taken place due to a health and safety issue as it had been necessary to remove the fuel tanks from the front of the property. It was also part of the planning application that the property would be returned to its previous state. Cllr West indicated that he had previous experience with buildings and the former Kirklands Garage was probably beyond economical repair. A MoP asked whether the original sandstone would be used as the machinery being used to dig up the fuel tanks was not being particularly sensitive about this work. The CC could not answer this question but Cllr D Cuthbert felt that the application should be objected to by the Community Council on the basis that a condition should be placed on the developer to rebuild the building to its original form, shape and finish. This was not discussed.

There were no comments made on the above applications.

Former Kinross High School Site

Cllr D Colliar asked PKC councillors what was being done to bring the former school back to its past state, i.e., sundial windows and doors in the old design. Cllr C Purves advised that the doors and windows which had previously been fitted had met with approval by PKC.

Other Planning Matters

A member of the public raised the issue of a walkway in McDonald Avenue being blocked off and residents with children having to walk them to school via a circuitous route. Cllr D Cuthbert advised that the CC had written to PKC in February about this issue and Cllr C Purves confirmed that he had also written to Steve Cowan at PKC.

No other planning matters were raised.

Councillor Reports

Cllr R Watters: The SP & R Committee are meeting on 12 June with a proposal being put forward for funding for the car park at the pier to be redone, with two-way links to the town, and clear signage which will benefit the economy. Cllr C Purves sits on this committee so will provide an update at a future meeting.



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There is a motion for PKC to improve their strategy on climate emergency and a paper on more affordable rental payments has been submitted to the Council for consideration at a future meeting. Cllr Watters will provide more details at the next CC meeting.

Cllr C Purves: Thanked Cllr Watters for submitting the paper to the Town Centre Fund.

Vehicle activated signs – as mentioned earlier in the meeting, five new signs will be erected in the town. Cllr Watters raised concerns about the siting of the signs in Springfield Road, especially in relation to McBayne Park and accessibility issues for wheelchair users and parents with pushchairs, and requested that a site visit be arranged. Cllr Watters is to write to PKC requesting this. It was also suggested that the sign at the Muirs be relocated.

Primary care improvement plan – changes are imminent in respect of appointments at GP surgeries, with changes to venues and the different types of services provided in non-normal settings. More information to be provided when it is available.

Reports from CC representatives

Kinross-shire Fund: Cllr D Colliar reported on the June meeting when £1050 was awarded to Friends of Wallace Park, Glenfarg, for architectural services to upgrade Wallace Park.

Website: Cllr D Colliar had attended a meeting in May where the upgrade of the website had been raised. A quote of £10,000 had been received to update the website to a suitable standard, and after discussion it was agreed that a specification should be completed and this would then be circulated for bids. A further update will be given after the sub-committee meeting in August.

LLCC: Cllr D West advised that the campus management were looking for feedback on how they were doing in the community and advised that he would circulate the papers once they were available.

Correspondence

Letter to CC – delivered to LLCC but unfortunately it was anonymous and therefore the CC could not act on it.

Heart 200 – a concern had been received in respect of this event and Cllr W Freeman asked if anyone had any comments to make. Cllr D West reported that he had only heard positive comments but was aware of issues with the North Coast 500 in respect of the amount of traffic on single road. No other comments were received.

Any Other Competent Business

Rear of Parish Church: Cllr I Jack asked if the land which backs onto the Persimmon Homes site had been adopted by the Council. Cllr C Purves agreed to look into this.

McDonald Avenue: Cllr M Blyth advised that there was a crevice in the road outside No 11 and children were being soaked when cars went through puddles. Cllr C Purves agreed to report this issue.

Road surfaces: Cllr L McKay commented on the 'patchwork' of road repairs in the town. Cllr C Purves advised that he had met with the Roads Dept. a few weeks ago and advised anyone with concerns on any topic to report these via the 'My PKC' section on the PKC website (<https://my.pkc.gov.uk/>). It was agreed that the link would be uploaded onto the website and Facebook page.

A member of the public raised the issue of the road from The Boathouse to the main road (opposite Hunters) and felt that this needed a stop sign before someone was seriously injured. Cllr W Freeman advised that the CC had written to PKC about this issue and confirmed that the local police were supportive of this.

Minutes of Meetings

A MoP raised the issue that the minutes from the last CC meeting, along with an agenda for this meeting, were not on the website. Cllr W Freeman advised that the agenda and minutes were sent to the website for uploading but would investigate why this had not happened.

Cllr W Freeman opened up the meeting to questions from the audience, who were mostly present to discuss the Kinross Learning Centre. The CC were asked for an update on their position re the Learning Centre and also from any meetings between the CC and the Men's Shed.

Cllr D West advised that there had been a long conversation with the Men's Shed and the College and the CC, at the meeting with the College, a request had been made that the closing date for any sale be extended to 16 August – this was requested in order to give the Men's Shed the opportunity to put together a community bid for the Learning Centre, and not for the CC to submit a rival bid. The audience were advised that the CC did not have funding to allow them to submit a bid for the purchase of the Centre.

Maureen Lyall commented that she, Joyce Parrie and Margaret Monkton had attended the last CC meeting unaware of the actions being taken by the Men's Shed in respect of a bid for the Centre – a lot of conversations were taking place although there appeared to be a lack of conversation between the different groups. She thanked Cllr D Cuthbert and Cllrs C Purves and R Watters for the help and advice they had given previously and again sought confirmation that the CC would not be submitting a competing bid for the Centre.

The CC again confirmed that they would not be submitting a bid to purchase the Centre but did support the bid being prepared by the Men's Shed in combination with the current users of the Centre.

The next meeting of the Kinross Community Council will be held on Wednesday 3 July 2019 at 7.30pm in the Masonic Hall, The Muirs, Kinross.



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Fossoway and District CC

News from the June Meeting

Present at the meeting held on 4 June were: Community Cllrs (Cllrs) S Bruce-Jones, T Duffy, C Farquhar, G Pye and R Young; P&K Cllrs (Cllrs) M Barnacle, C Purves and R Watters, and nine members of the public (MoP).

Apologies: Cllr W Robertson; CCllr A Cheape.

Police report

Community Sergeant Michelle Burns attended the meeting and introduced herself. There were no incidents to note. Sgt Burns told the meeting that an abandoned caravan had been reported to PKC and will be removed shortly.

Speeding checks have been carried out in the area, in addition to checking for offenders, analysis of 100 vehicles was made to assess the average and maximum speeds at each point. On 22 May in the evening on the A977 the average speed was 29mph. On 30 May in the morning, also on the A977, the average was 28mph with a high of 35mph, warnings were given to offenders. During a check on the B9097 at Crook Moss a driver was stopped doing 70mph. Sgt Burns stressed that any issues could be reported either through calling 101, or by email to TaysideKinross-shireCPT@scotland.pnn.police.uk.

Sgt Burns also left a number of leaflets about avoiding scammers, and said that the Police were available to give talks on this subject to local groups. CCllr Pye asked if Police Scotland had a process for submitting dash-cam footage of potential offences. Sgt Burns said that she wasn't aware of any system currently, although the Traffic Officers may have one. Meanwhile, reports should be made to 101 in the first instance. Sgt Burns explained that the Police Community officers have changed their duty rotas so that rather than being on duty throughout the day and night they concentrate on hours that are more likely to be of benefit to the community. A MoP asked what to do if you detect speeding, Sgt Burns said that the most important thing was to take care of yourself and avoid confrontation; however she added that it's actually very hard to tell when a vehicle is really speeding. Wheelie bin 30mph speed limit stickers are being deployed in Angus and Sgt Burns will try and get some for our area too. A MoP asked if the new traffic lights in Blairingone are working correctly, Cllr Barnacle answered that they were still under test and are not yet set to detect pedestrians as designed.

Minutes of the previous meeting: The minutes of the April meeting were signed off without amendment; the minutes from the May meeting were updated to include a correction to Cllr Purves' report about VAT.

Matters Arising

Blairingone School Estate Transformation: The CC was advised on 21 May that the Scottish Government had granted consent to the closure of the school. Consequently this, sadly, was probably the last CC meeting in this building. Cllr Watters has contacted the relevant PKC department to establish the process for a possible Community Asset Transfer to purchase the building. Officers from the department would come to this CC, or a meeting of any local committee established to take it over, to explain the process. If a transfer were to go ahead, then the building would be valued, and then its value to the community would be subtracted to arrive at a final price. Cllr Watters went on to describe some of the funds available to help with purchase.

A MoP asked what would happen to the school building if it was not transferred to the community. Cllr Purves said that eventually the building would be sold, although based on what has happened in other areas, this might not happen for some time.

Cllr Barnacle said that he was really upset about the process by which the school was closed, both the way the vote was taken, and the late planning department decision to ask for a master plan from the developers, which included playing fields, having previously told the education department that there was no demand for housing in the area.

CCllr Duffy wondered what would happen to all the school's equipment. Cllr Purves said that some of it will go to other schools and then the residue might be available to community groups.

Powmill in Bloom: CCllr Farquhar reported that there was a good turnout for the working group at the weekend, and the refurbished trailer has been put in place, and is ready to be planted.

Crook & Drum Growing Together: CCllr Duffy reported that there will be a planting day on 15 June. All help is welcome.

Hydro Scheme Fund / Rumbling Bridge Gorge Bridge: CCllr Duffy said that plans for the two possible locations are being drawn up. Both the Community at large, and now also SEPA, have expressed a preference to reuse the old location.

Fossoway Gathering: CCllr Duffy noted that the event was quite successful, and financial reports will be presented to the CC when all monies have been finalised. CCllr Duffy hopes that the event can be repeated, although more helpers on the day of the event and immediately before and after were needed.

Fossoway Area Transport/DRT: The Community survey has been analysed and a report published. Cllr Purves stressed that activity is focused on travelling from the rural areas into the towns, and that was reflected in the responses. Two meetings have been held between local councillors and the Public Transport Unit, and it appears that providing three routes would address the majority of needs.

A group needs to be set up to organise the service, which could either be run by volunteers purchasing a vehicle and operating it, or the three routes could be put out to tender to local bus companies, concentrating on out of school hours to get a better price. If grant funding could be obtained for the first couple of years then demand for the service could



be confirmed and council funding might be obtained going forward.

A MoP asked if adults were allowed on current school bus services, Cllrs answered that only if it was a regular service scheduled to suit school hours, dedicated school services were for children only.

Other options, e.g. car sharing are also being considered by Cllr Watters who added that the Action Partnership will be active in promoting any new service.

Blairingone War Memorial: Cllr Barnacle has spoken to Neil Kinnell of Profile Projects who has confirmed his commitment to the project. Cllr Barnacle is scheduling a meeting with interested parties. Profile Projects are planning to relocate their office to the old church building.

A977 Mitigation: Local resident Sara Campbell has collected a petition from residents in the Crook of Devon area of the A977. The residents are requesting that a 20mph speed limit be enforced through the village to ameliorate the problems caused by speeding goods vehicles. A trench in the road dug by Open Reach has dropped and causes noise and vibrations to buildings as HGVs cross it. Open Reach have been contacted but say that as it's over two years since the work was done, fixing the road is no longer their responsibility. The petitioners have also asked for the road drains to be replaced with the type set into the pavement edge so they don't cause noise as vehicles pass over them, and the road needs to be properly resurfaced rather than patched.

Ms Campbell has spoken to an audiologist who informed her that if traffic noise exceeded 80dB then PKC would have a duty of care to residents and so would need to address the problem.

Cllr Barnacle has contacted the Roads Department about repairing work done by utilities, and although the department is aware of the problem, the work hasn't been done yet. It was noted that some drains were changed to the side-mounted style in the past.

Cllrs explained that the overall mitigation measures for the A977 are designed to dissuade HGVs from coming through the villages at all, although there was general agreement from the floor that this was never going to be completely successful.

Cllr Watters pointed out that this year's road budget was already agreed and doesn't include enough to resurface the whole road, so the various contractors should be pressured to fix their defective repairs. Next year's budget could include enough to surface the road properly. Cllr Purves wondered if

priorities could be changed so planned top dressing in other areas could be replaced by more work in the village.

The CC will write to Stuart D'All supporting the petition.

Cllr Barnacle wrote to the roads department about the B9097 issues raised at a previous meeting of this CC. Unfortunately he received a disappointing response: the police should be asked to enforce speed limits, and it would not be appropriate to extend the 40mph limit further out from the A977 as the road is in a rural area.

MoP Pete Trace had written to Cllr Barnacle pointing out the potential for road accidents on the A977 to A91 Loop Road – this road is substantially single track and the section between Newbigging and Claysyke has very poor visibility – this would be helped by the addition of slow signs, etc. Additionally the passing places are very potholed and rutted. Cllr Barnacle noted that the road is going to be top-dressed this year, and it would be useful for Mr Trace's email to be forwarded to Stuart D'All so he is aware of the requirement to improve the passing places whilst the top-dressing is being done.

Ivy Cottage Powmill: Cllr Barnacle has spoken to PKC's Empty Properties team. They have not received any response from contacting the US owner, although he is paying Council Tax, so they wanted to Compulsorily Purchase the building. Head of Planning David Littlejohn is against this idea. The CC will write to him to press the case for a CPO.

Carnbo Bus Shelter Path: Cllr Robertson has asked PKC to fix the overgrown verge, but has received no answer yet. Meanwhile, Cllr Purves has contacted Margaret Roy of PKC's Transport Unit, who is arranging for the school bus to stop in a safer place as a temporary measure.

Powmill Play Park: CCllr Farquhar has contacted PKC to check progress against their previous promise that it would be upgraded by summer; it's now planned to be done by the autumn.

Community Council Business – Meetings Attended

CCllr Duffy attended a meeting of the Kinross Partnership where the latest tranche of investment funding for combating inequalities was discussed. There have been no applications for funding from this CC's area.

P&K Councillors' Reports

Richard Watters: The Kinross and District Men's Shed are trying to put together a bid to acquire the Swansacre Perth UHI Learning Centre as a community asset, both for their own activities and for other groups seeking suitable venues.

Callum Purves: The next meeting of the Kinross-shire Forum will be on 24 June; agenda items include the transport survey results and a potential community speed watch.

Mike Barnacle: Cllr Barnacle wants to promote a litter campaign in the area; There are now three parties involved in land ownership discussion around car parking near the Church, meanwhile the Church is now in favour of a new car park on land to the south of the cemetery.

At a recent meeting of Rural Scotland, Cllr Barnacle discovered that the Ochil Hills is a campaign target to become a Regional Park.

Planning Matters

19/00631/FLL Erection of a dwelling house and office (Class 4) at Land 180 metres south-west of Powmill Cottage, Rumbling Bridge. **This application was only received on the day of the last meeting, the CC later decided not to object.**

19/00622/FLL Erection of a shed at Fairview, Drum, Kinross, no CC comment.

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19/00700/AML Erection of 10 dwelling houses, associated infrastructure and landscaping (approval of matters specified in conditions of 18/01855/IPL) at Land 100 Metres north-west of Schiehallion, Crook of Devon. **CC Object: No flood study; inappropriate type of housing proposed.**

19/00710/FLL Erection of a dwelling house and garage at land 50 metres south-east of 4 Pitcairnie Lane, Carnbo, no CC comment.

19/00826/FLL Erection of a dwelling house and garage at Land 40 metres south-east of Croit Oran, Carnbo, no CC comment.

Decided Applications

19/00026/FLL Change of use of equestrian land to form outdoor children's nursery, siting of a yurt and associated works on land 70 metres north of An Darach, Fossoway, approved, no CC comment.

19/00427/FLL Erection of replacement garage Cocklaw House, Powmill, Dollar, approved, no CC comment.

19/00445/FLL Erection of 2 dwelling houses (change of house type - plot 2) Land 30 metres south of Crook of Devon House, Main Street, Crook of Devon, approved, no CC comment.

Correspondence

All correspondence was available for viewing: In response to a request from a MoP to this CC, Cllr Purves had asked for dog poo bins to be installed in the Naemoor Road area. The request has been rejected on the grounds that there are already enough bins at the entrances to the Gorge walk.

AOCB:

School Lets Process: Cllr Pye noted that the process for booking school rooms is being changed to an online system which is obviously desirable. However it is currently intended that the CC will no longer be invoiced and make payment by BACS transfer, rather a cheque will need to be submitted as, like most organisations, the CC does not have a credit or debit card. The online system requires a registration process that appears to be aimed at individuals rather than organisations.

Powmill Notice Board: Cllr Pye had assessed what was required to repair this board and received approval from the CC to spend £30-£40 on improving it.

Draft Agenda for Next CC Meeting

Welcome and Apologies, Declarations of Interest, Community Policing, Minutes of last meeting.

Matters arising: Powmill in Bloom, Crook & Drum Growing Together, Rumbling Bridge Gorge Bridge, Fossoway Area Transport, Blairingone War Memorial, A977 Mitigation. Community Councillors: Meetings Attended, PKC Councillors' Reports, Planning, Correspondence, AOCB

There is no meeting of the Fossoway and District Community Council in July. The next meeting will be on Tuesday 6 August, 2019 at 7.30pm in Carnbo Village Hall. All welcome.

Fossoway & District CC minutes are posted on the website **www.fossoway.org** and on their Facebook page, along with other community related information. Search for Fossoway & District Community Council on Facebook.

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Milnathort & Orwell Community Council News from the June Meeting

Present at the meeting held on 13 June, 2019 were: Community Councillor (Cllr) C Williams (chairman); Cllr D Flory (treasurer/planning); Cllr M Leach (roads and safety); Cllr S Colebourn (police matters); Perth and Kinross Councillor (Cllr) C Purves and R Watters; minute-taker Elizabeth Rougie and 10 members of the public. PC Ben Clark of Police Scotland joined the meeting at 7.45pm.

Apologies were received from Cllr C Flory (vice-chairman/secretary) and Cllr M Barnacle.

Matters arising

Jessie's Park: Cllr Leach is to meet an official from PKC at the park to assess its condition and in particular to look at the damaged handrail.

Burleigh Road sign: The stop sign has now been repaired.

Finances: Cllr D Flory reported that a successful audit had been carried out on the CC's finances.

Police matters

Cllr Colebourn highlighted a new campaign aimed at raising awareness among motorists about the dangers of passing too close to cyclists. He also drew attention to the new Domestic Abuse Act which is now in force in Scotland. Recent crimes included the theft of three traffic cones from Church Street on 13 May and the theft of a quantity of red diesel from a property at West Netherton.

PC Clark introduced himself as the new contact for the area. He said there had been a number of housebreakings in Milnathort recently, along with an increase in rural thefts and three incidents of scamming. Members of the public are urged to report any suspicious activity and take note of registration plates wherever possible.

A member of the public expressed concern about a recent incident of fly-tipping at Tillywhally. PC Clark advised that police can investigate such illegal activities and PKC can impose hefty fines.

PC Clark will also follow up an issue raised by another member of the public, namely problems caused by plant pots being placed on the only pavement at the junction of New Road/Victoria Avenue/Back Loan, which is frequently congested. Following discussion, the CC agreed to formally ask Cllr Willie Robertson to request double yellow lines at this location.

Pitdownies and other new developments

Pitdownies: There was a discussion about the ongoing concerns surrounding the planning application. There is little that can be done at present but the CC and all other objectors will be informed when the application becomes due for consideration by the planning committee. Cllr Purves advised members of the public to form a delegation to attend the meeting and to write to every member of the

Residents can contact the Planning and Development Management Committee Members by sending any comments to committee@pkc.gov.uk and asking them to be circulated to members of the relevant committee.

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Perth,
PH1 5PH.
Email: committee@pkc.gov.uk

planning committee. He agreed to send a link to Cllr D Flory containing the list of names and to include the list in the *Newsletter* (see p. 36).

Cllr Leach advised that he had written to Craig Beattie at PKC in relation to the congestion caused by parking in Marshall Place but had also passed on the concerns expressed about the congestion that was likely to arise due to the new developments taking place. Access for the emergency services was of particular concern. It was noted that Persimmon had been ordered to stop construction of certain roads at Lathro for failing to get the necessary consent, effectively leaving some householders stranded. There followed further discussion about the Lathro development in relation to illegal actions that had taken place. Cllr Purves advised that he had had a meeting with the council's chief executive, Karen Reid, with a view to carrying out an investigation.

Cllr Purves also advised that he was a member of a PKC working group looking at alternative ways to deliver council services. Amongst these is the successful Wigan Deal, whereby local communities in the borough work in partnership with the council.

Pace Hill: Cllr Purves is following up concerns by residents in Linden Park about the use of wooden retaining walls by the developers at Pace Hill as well as incidents of poor parking on the bridge at the entrance to the development.

Planning matters:

Applications submitted:

Alterations to Hattonburn House, **19/00762/LBC**, noted.

Extension to Te Papa, Hays Court, **19/00863/FLL**, noted.

Extension of a house on land 20 metres north-west of Sithean Mor, East Netherton, **19/00885/FLL**, noted.

Change of use and alterations to office and storage buildings to form three houses; formation of parking area and associated works at Market House and Hatrick Bruce Garage, South Street, **19/00834/FLL**, noted.

Erection of three hangar buildings and formation of hardstanding at Balado Park, **19/00844/FLL**, noted.

Siting of a modular building for visitor reception and air traffic control facility at Balado Park, **19/00845/FLL**, noted after brief discussion.

Applications decided:

Change of use and alterations from hotel, public house and residential flat to office, bakery and café, and flat, **19/00672/FLL**. The CC had written in support of this application, which was approved.

Erection of three houses, formation of landscaping and associated works at Redhouse Wood, Tillyrie Farm, **18/01970/FLL**, approved.

Roads and transport:

Speeding issues: Cllr Leach highlighted the issue of speeding at Tillyrie and in North Street. He is looking to progress the installation of a vehicle-activated sign in North Street. PC Clark will arrange for speed checks to be carried out. He said that more spot checks were being carried out in the area generally, targeting areas about which concerns had been raised. This included the 20mph zone in New Road. PC Clark will also find out the cost involved in installing life-sized cut-out police officers, which have been used to deter speeders in other areas with great success.

Cllr Leach had received a letter from a resident of the Stackyard about cars entering the village at excessive speeds; a caravan crossing the central white line on the bend at Burleigh Castle and a minibus being parked on the same bend. PC Clark considered that this would be an appropriate location for a mobile camera unit. However, he warned members of the public not to take their own photos of speeders as it could lead to aggressive behaviour.

The new Heart 200 route is due to launch on 1 July and while it was felt it would benefit the local economy, there were concerns about the additional traffic it would create. Both Cllrs are to seek meetings with officials to discuss.

Councillors' updates:

Cllr Watters:

The installation on WiFi within local halls is being taken forward and officials are awaiting final costs. A broadband scheme recently launched by the DCMS in Westminster (Department for Digital, Culture, Media and Sport) offers vouchers of £1500 per household, or £3500 if a property is used for business purposes, in areas where broadband speed is low. Several schemes are currently under way in Perth and Kinross, including the Cuthill Towers development. There is a plan for the Scottish Government to replace this with the R100 scheme due to commence in December; however, this has been delayed.

Kinross and District Men's Shed are taking forward their plans to take over the former Kinross Learning Centre in conjunction with the SPARKS group.

Cllr Purves:

Plans first lodged in 2005 for the development of the former Ochil Hills Hospital site are to be revived.

PKC's Primary Care Improvement Plan, a health and social care initiative that delivers services within the community, is working well.

There is no meeting in July. The next meeting of Milnathort and Orwell Community Council will be at 7.30pm on Thursday 8 August, 2019, in Milnathort Town Hall. Members of the public are invited to attend.

Find Milnathort CC minutes, agenda and other information at:

- www.milnathortcommunitycouncil.org
- www.facebook.com/milnathortcommunitycouncil
- twitter.com/milnathort_cc
- Loch Leven Community Library
- Milnathort Church Office

Deadline for all Submissions
5pm, Friday 12 July
for publication on Saturday 27 July

Portmoak Community Council News from the reconvened May Meeting

Present at the reconvened meeting held on 21 May 2019 were: Community Councillors (CCllrs) M Strang Steel (Chairman), R Cairncross (Secretary), B Calderwood (Treasurer), D Morris, and T Smith; and 16 members of the public. Andrew Sinclair, owner and developer of the site, participated in the latter part of the meeting.

Apologies: CCllrs G Cox, S Forde and A Muszynski

Planning

New applications

19/00559/CON Demolition of building Former Lomond Hotel, Kinnesswood.

19/00558/FLL Erection of a dwellinghouse and garage (Lomond Inn), Kinnesswood.

The Chairman welcomed all to this reconvened meeting of the CC and explained that the CC had to consider the two planning applications before it. It could object; make comment; or take no action. The CC then considered two documents:



The Lomond Inn. Photo By Bill Kasman

The Residential Development Appraisal by DM Hall, Chartered Surveyors. This report had been commissioned by the owner at the request of PKC and was first presented in an un-redacted form on the PKC Planning Portal on 5 May 2019. The CC acknowledged that the report had concluded that retention and restoration of the old Inn would incur a significant loss for the overall project to build five houses. Replacement of the old Inn with a new build would enable the overall project to produce a profit. In the Chairman's view this could be broadly correct. The CC acknowledged that it was not competent to analyse the DM Hall Report. It would be for Perth and Kinross Council and not the CC to confirm and consider the validity or otherwise of this evaluation.

A letter from Historic Environment Scotland (HES) dated 8 May 2019 to PKC as a response to the planning applications.

This letter made several points:

The DM Hall's Development Appraisal was for PKC to verify and consider.

Because the building still makes a significant contribution to the streetscape of the conservation area, the [HES] preference is that it should be retained and converted.

Planning authorities are expected to treat [HES] comments as a 'material consideration.'

The [HES] view is that the proposals do not raise historic environment issues of national significance and therefore [HES] does not object. However, our decision not to object should not be taken as our support for the proposals.

The CC noted HES Interim Guidance on the 'Designation of Conservation Areas and Conservation Area Consent' and in particular paras 18-20 which dealt with Conservation Area Consent for demolition of Unlisted Buildings.

18. If the building is considered to be of any value, either in itself or as part of a group, a positive attempt should always be made by the planning authority to achieve its retention, restoration and sympathetic conversion to some other compatible use before proposals to demolish are seriously investigated.

19. In some cases, demolition may be thought appropriate, for example, if the building is of little townscape value, if its structural condition rules out its retention at reasonable cost, or if its form or location makes its re-use extremely difficult. In instances where demolition is to be followed by re-development of the site, consent to demolish should in general be given only where there are acceptable proposals for the new building.

20. Decision makers are required to have regard to the desirability of preserving or enhancing the appearance of the conservation area in exercising their responsibilities under the planning legislation, and this statutory duty should always be borne in mind when considering demolition applications (Scottish Planning Policy, paragraph 143).

The CC recognised that if planning consent was not granted for demolition then the second application for a replacement building would also fall and that the converse was also true. The CC considered application **19/00559/CON** (Demolition of building Former Lomond Hotel, Kinnesswood). Notwithstanding the outstanding PKC evaluation of The Residential Development Appraisal by DM Hall, it remained of the view that it would object to the proposal to demolish the old Inn. It was aware that: it was asked to comment on two 2019 applications; it had been some seven years since the Inn had stopped trading; and that since then there had been nine applications. The fabric and structure of the old Inn had now deteriorated significantly and some believed it was beyond retention and development. The CC agreed with HES that the building made an important and significant contribution to the streetscape of the conservation area and that if possible, that should be preserved. It was unfortunate that alternatives to demolition did not appear to have been explored and separate funding sought to support its retention.

The CC considered application **19/00558/FLL** (Erection of a dwellinghouse and garage (Lomond Inn), Kinnesswood). The CC had two principal concerns: a) it was a large house in a prominent part of the village; and b) its size and scale meant that it would impact on the streetscape. While there may be advantages in turning the front elevation towards Main Street and setting it back from the Street, concerns remained on how it would be perceived by those approaching it along Main Street from either direction. It was unfortunate that there was no photo-montage available of views from Main Street. The CC would object to this house in its current form.

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 June Meeting

Present at the meeting held on 11 June 2019 were: Cllrs M Strang Steel (Chairman), R Cairncross (Secretary), G Cox, S Forde, D Morris, and A Muszynski; and Cllr R Watters; and 3 members of the public.

Apologies: Cllr B Calderwood; and Cllrs M Barnacle, C Purves and W Robertson. The CC offered its best wishes to Cllr Calderwood recovering from a recent stay in hospital.

Approval of minutes: The minutes of the meeting held on 14 May 2019 and the same meeting reconvened on Tuesday 21 May 2019 were approved subject to the following amendment. In Reports, Planning, line 6 of the penultimate paragraph should read 'The fabric and structure of the old Inn had now deteriorated significantly and some believed that it was beyond retention and development.'

Matters Arising:

School Access: to achieve clear access for large vehicles (including emergency vehicles) to the school and, separately, to secure safe access routes for children. The CC agreed to suspend its Standing Orders so that it could revisit its decision of 14 May where it 'had determined at the suggestion of Cllr W Robertson, that the Chairman would write to the Convenor of the Environment and Infrastructure Committee seeking that an "Arngask solution" to restrict all traffic movement around the school at entry and exit times be considered.' It now noted that: 'at its meeting of 9 April and in respect of school access and possible associated road markings, a Report was to be presented shortly to the Environment and Infrastructure Committee for decision; and that, in respect of the safe walking routes for children in the vicinity of the school (improved red strip and possible build-out at the school) a separate design brief has been commissioned.' This situation followed correspondence between the Chairman and the Convenor of the committee and a meeting attended by Cllr Purves. The CC also noted that in February the PKC CEO and deputy CEO had undertaken a ward tour which had included a site visit to the school. They had acknowledged that parking restrictions had been awaited for a considerable period of time, following a community consultation that had resulted in a couple of objections. The CC agreed that no further action in respect of access to the school would be taken by it until the Report had been considered, and a decision made, by the E&I Committee. The ward councillors should take steps to make sure that the Report gets onto the E&I Committee agenda with a minimum of further delay. The CC asked if it could comment on any proposals before they are placed before the Environment and Infrastructure Committee.



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Resilience – being better prepared for risks. Community Emergency Plan. Subject to some minor adjustments to the Emergency Plan it was now effectively complete. Cllrs Muszynski and Cox confirmed that in line with other CCs the intention was to have it placed on the CC website but before doing so it would have to be modified to reflect public interest.

Review of Scheme of Establishment of Community Councils.

The CC noted: 1) PKC had acknowledged the support of both Milnathort and Orwell CC as well as Kinross CC in adjusting CC boundaries to reflect the respective interests of the three CCs in Loch Leven; and 2) the Flowchart of 'events' recently circulated by PKC detailing changes to the Scheme of Establishment of Community Councils and the forthcoming CC elections set for Thursday 7 November.

Rural Transport. There had been around 250 responses to the questionnaire. It was possible that there was capacity to support rural transport during school hours. Unfortunately, that may not be when there could be demand. The views of children and the young appeared underreported in the returns made. The matter would be reviewed at the forthcoming meeting of the Kinross Forum.

Supplementary Guidance: PKC Consultation: Guidance on Airfield Safeguarding and on Delivering Zero Waste.

The CC would make no comment in respect of Airfield Safeguarding. It felt unable to comment on the Guidance Delivering Zero Waste until it had clarified how PKC currently disposed of its landfill waste. The draft Supplementary Guidance stated that in 2017 38% of household waste had been sent to landfill. It also confirmed that 'there is currently only one landfill site with capacity within Perth and Kinross at Binn farm. The site still has capacity for 687,255 tonnes of waste but it is not currently operational.' Despite disparate attempts the CC had been unable to find out how PKC currently disposed of its landfill household waste.

Police Report

1) No local report; and 2) The CC also noted the Area Commander Bulletins of 15, 22 and 29 May and of 5 June.

Treasurer's Report

The balance at the month ending 31 May was £0.00 in the General Account; and £1144.41 in the Michael Bruce Way Account giving a total of £1144.41. The administrative grant for the forthcoming year was anticipated shortly.

Planning

New applications:

19/00721/FLL Extension to a dwelling house. Rowan Tree House, Auchmuirbridge, no CC comment.



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Progress with Developments:

19/00558/FLL Erection of a dwelling house and garage (Lomond Inn), Kinnesswood.

19/00559/CON Demolition of building Former Lomond Hotel, Kinnesswood.

The CC's letter of objection had been submitted. The matter now lay with Perth and Kinross Council to determine.

Westfield FIFE: 16/0366/EIA; 17/03377/FUL; and 18/02342/ARC. The CC noted the forthcoming meeting of Community Liaison Group set for Wednesday 28 August. If anyone, including members of the public, wished to raise a matter then please contact the Chairman or leave a message on the CC webpage www.portmoak.org

Roads:

Road Safety Projects Assessment Criteria (with Appendix 1). Following the last meeting of the CC the Chairman had written to Angus Forbes, Convenor of the Environment and Infrastructure Committee, setting out a number of flaws in the strategy and offering to meet to discuss them.

Heart 200: establishment of a new tourist route including the status of safety improvements at Balgedie Toll junction. It was noted that PKC had made a development grant of £45,000 to support the Heart 200 initiative. The Chairman had written to Mike Dale of Hart 200 regarding the concerns for the route as it passed around the Balgedie Toll junction and had received a positive reply.

State of the roads within the original phase of Whitecraigs. PKC had confirmed their intention to effect repairs this November.

Vehicle parking adjacent to traffic-calming islands. This primarily concerned the build-out on the Leslie Road near its junction with Main Street Scotlandwell. Recently a number of vehicles had been parking on the left hand side of the road facing east and beyond the build out. This had made passage of the build-out potentially dangerous. Solutions could include roadside parking restrictions.

Hedges. 1. Poor sight lines looking to the left obscured by large hedge at foot of Bruce Road, Kinnesswood. The matter had been raised at the CC meeting on 9 April. The CC noted that PKC had subsequently made no progress in resolving the matter. 2) The CC noted that the hedge at the junction of Friar Place with the B920 in Scotlandwell remains a potential problem.

Paths Group: The CC welcomed an updated Report for June 2019 submitted by the Paths Group. Significant progress had been made and priorities for the coming year set. It was

good to see the gate on the Dryside Road had now been erected and to learn that the route was proving popular. Two matters were of immediate importance: 1) The Path linking Lochend farm-shop to the Loch Leven Heritage Trail and 2) Access issues on Bishop Hill following the erection of electric fencing by the farmer and the part removal of a well-used stile. Separately the CC noted that a short section of the path from Wellside Park, Scotlandwell, leading into The Green remains too rough for a mobility scooter to negotiate. It was thought that a local Scotlandwell solution could provide the way ahead in the first instance.

Councillor Reports

Cllr Watters: The following were raised: 1) Pavement upgrading in Kinnesswood would start shortly. This came as surprise to the CC. 2) Sterling work was underway to secure ownership for the Kinross-shire community of the building which had previously been the Kinross Learning. Securing the building as a 'Community Asset Transfer' was not straightforward. There were several interested parties who could make use of the facility. It appeared that Kinross and District Men's Shed was in the best position to lead the build. 3) PKC and the Kinross-shire Local Action Partnership has funding to install Wi-Fi in village halls across Kinross-shire. It appeared that Portmoak Village Hall had not as yet signalled an interest in the venture.

Matters previously notified to the Secretary plus matters raised from the floor.

The CC noted that applications were invited to access this, the second year of the of the Community Investment Fund. Applications are requested by 21 August and 12 December.

The next meeting of Portmoak Community Council will be held at 7.30pm on Tuesday 13 August, 2019. Unless reasons arise to convene a meeting in July then the meeting set for Tuesday 9 July is cancelled.

Portmoak CC minutes can be viewed:

- on the notice board in the village hall
- in a file in Kinnesswood Village Shop
- on the website www.portmoak.org



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Club & Community Group News

Portmoak Paths Group

The purpose of the group is to protect, improve and promote the network of local paths. We meet at 2pm on Thursdays at the car park by Portmoak School, Kinnesswood throughout the summer months. We are a small but dedicated group of volunteers happy to wield loppers, shears, strimmers, mattocks and spades in the pursuit of keeping our paths clear of vegetation for public enjoyment. No prior experience or special tools are needed as we provide training and equipment.

We are delighted to report that after many months (even years) of cajoling PKC, we now have the ancient Dryside Road route from Easter Balgeddie to Glenlomond and Glenvale signposted with a new gate installed to replace the old stile. This is designated as a core path and is part of an old 'right of way' stretching round the hill to Strathmiglo. It's a very scenic route with great views over Loch Leven as well as the green fields and slopes of Bishop Hill. Add this to your list of local walks. If you'd like to help maintain our local paths come along any Thursday or, for more information, contact Anne Macintyre on 07547 457046.



The Dryside Road Path

Kinross Marshall Museum

The new exhibitions at the museum: 'Signed, Sealed and Delivered': the History of the Postal Service in Kinross-shire; the 50th anniversary of The First Moon Landing; and Wally Herbert's crossing of the Arctic Sea will all be ready for viewing during July, when the Friends of the Museum will be invited to the opening evening.

The recent donation of a Milnathort grandfather clock made by W Watters has pride of place in the display area. Do come to see it.

During June, Museum volunteers were delighted to attend events through their links with local primary schools. The first was an invitation by Milnathort Primary to Perth Museum to attend a presentation of work done supported by the Gannochy Trust and Culture Perth and Kinross. The second was to Kinross Primary School for a Business Breakfast organised by the World of Work [WOW] group of pupils.

Over the summer the volunteers hope to get back to graveyard surveying, this time in Orwell graveyard, Milnathort. This will be the fourth local graveyard to be recorded. If you would like to help, do get in touch with the museum.



Kinross Beavers

The summer term is always a busy one for the beavers as they get outside and take advantage of the lighter evenings. At the beginning of May the beavers received a visit from the firefighters at Kinross Fire Station who very kindly came down to talk to them about fire safety and what their job involves. It was a very informative session for the beavers and they had great fun especially when they got to have a shot of the water hose!



Beavers at Kinross Fire Station

Following on from that, the beavers practiced what they learned about fire safety as they were making campfires and roasting marshmallows.

Congratulations to Mungo, Rory and Jamie who were presented with certificates this term for having a 100% attendance at Beavers last term. Also, congratulations to Eilidh who was presented with both her Chief Scout's Bronze Award and also a special recognition award for being kind and helpful last term. Well done all!

This term we said goodbye to Oscar, Eilidh, Caitlin, Jamie, Mungo and Muir who are moving on to cubs. Good luck with the next stage of your scouting journey!

With several of our older beavers now having moved onto cubs it meant new lodge leaders for three of the lodges had to be appointed. Congratulations to Charlie, Ruairidh and Tom who were appointed to these positions.

We have also been delighted to welcome six new members to the Colony this term as Cameron, Callum, Ryan, Andrew, Ben and Finn joined us. They were all invested into the colony in May.

To help the beavers to complete their Book Reader badge they visited Loch Leven Community Library at the end of May. It was a great session as they learned about the different types of books you can get, how they are stored in a library and also how to find a book on a topic they have an interest in. A big thank you to the staff at the library for taking time to run this session.

Other activities this term include visiting the local woods to do some den building and a visit to Lochore Meadows Country Park for some pond dipping and to practice orienteering.

We have plenty more activities planned before the summer holidays. This includes our summer sleepover which will involve a visit from some beavers from the 1st Merton Park Scout Group in London.

As you can see there's a lot going on. If you would like to have the beavers help your community group, or are interested in volunteering with Scouting, please contact us on kinrossbeavers@hotmail.co.uk.



Kinross-shire Local Events Organisation

www.kleo.org.uk



Artie's Tartan Tales at Kinross-shire's Winter Festival

We are delighted to announce that the Singing Kettle's creator and former star, Artie Trezise, is part of the Kinross-shire Winter Festival and Bookweek Scotland 2019. He will be appearing with his exciting storytelling production, Tartan Tales, on **Tuesday 19 November** at 4pm at Kinross Parish Church. All of the old favourite songs and stories will be included in an action packed interactive show with lots of joining in for children and adults alike. Tickets £5 (adults), £3 (children)



Artie Trezise

Billy Kirkwood

Totally uncensored! This three time Scottish comedy award winner returns to Kinross-shire for his new hysterical, interactive, total rollercoaster of a stand up show on **Saturday 16 November** from 8pm at Milnathort Town Hall. Tickets £10.



Billy Kirkwood

Dougie MacLean in Concert

On Saturday 7 December at Loch

Leven Community Campus. Tickets £22.

Futher information

For more information and tickets for the above events go to our website or visit www.ticketweb.uk/search?q=kleo. There will be more events coming to the festival this year so keep an eye on our website!

Be part of the Kinross-shire's Winter Festival

This year we're hoping for an inspiring festival again and we'd love you to be involved! We'd particularly like to encourage local groups and businesses or individuals to organise events or activities that could be part of the festival. This can be a Halloween event, a Santa's grotto, Christmas concerts, film showings, dinners, ceilidhs, events at the festive street market or other festive celebrations. We can promote events (which happens at the end of October and during November and December) in the festivals brochure in the events calendar for free, or as a special feature. For more information and advertising please e-mail info@kleo.org.uk

Kinross Farmers' Market

There is no market in July. The next market dates are 24 August, 28 September and 26 October.

Leven Voices and Kinross Kacophony Orchestra

After the summer break community choir Leven Voices will start again on **Tuesday 3 September**, 7.30pm in the Kinross Parish Church with Horsecross Arts tutor Alice Marra. You pay as you go (£4 or £3 concession). There is a £6 'registration fee' which is used to pay for the hall for the 10-week period. Just come along, sing and enjoy!

The Kinross Kacophony Orchestra will start again with conductor Dougie Flower on **Wednesday 28 August**, 7.15pm at Loch Leven Community Campus. This is an orchestra for adults who like to play their instruments in a group. All abilities welcome. Reading music is handy. Weekly fee £5. For more information about KLEO events go to our website or e-mail info@kleo.org.uk

Kinross-shire U3A

No open meeting this month, but interest groups are running through the summer. These groups are really what the U3A is all about. The main features are that:

- Members form interest groups covering as wide a range of topics and activities as they desire; by the members, for the members.
- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers; they are all U3A members.

Basically, they are an opportunity to learn, laugh and live (as it says on the leaflets) and each group is pretty much self-defined. The best way to get to know what they are is to join one, but as a second-best way here's the end of season report from three of them.

The Craft Group meets on the third Wednesday of the month at 10am at various members' houses. So far different

members have led groups on sewing, scrapbooking and italics but we are all happy to try new ideas and share our knowledge.



The Book Group meets on the first Thursday of the month. We joined the Book Group facility with the library and order the copies from their extensive list. Twelve people signed up for the group, all avid readers. We have read diverse books such as *The Return* by Victoria Hislop, *Northanger Abbey* by Val McDermid and *Dreams of my Father* by Barack Obama. The discussions were all very lively.

The Genealogy Group currently consists of around half a dozen members meeting monthly at members' homes, around the last Wednesday of the month. We discuss the joys and frustrations of family history research, and the numerous approaches and resources available. We will be continuing our meetings over the summer.

If there is a group you would like to see, or even better one you would like to begin, please get in touch with Gareth Thomas, Secretary. Our email is kinrossshireu3a@gmail.com.

Milnathort in Bloom

Summer in Scotland, eh? We've had a really busy month at Milnathort in Bloom, but not much has happened if you know what I mean.

We managed to keep our baskets and plants alive in the polytunnel over the last month although the begonias in the baskets have been really slow to show any growth. We have our fingers crossed that being outside in the cooler weather and away from the heat in the tunnel will give them an extra boost. There's still plenty of time for them to put on a stunning display. We're thinking of moving away from begonias next year to something a little less fickle. When you're planting over 100 baskets, less fickle is good!

So the baskets are now out in Milnathort. Many thanks to the team who laboured round the village with a ladder to put them up; your efforts really are appreciated. We'd also like to pass on our thanks to the businesses in Milnathort who are helping us by buying baskets to hang outside their premises. You'll also notice that the tubs, boxes, planters and troughs have been planted up. We thought we'd try something a little different this year so you'll see the tubs have different plantings instead of the usual uniformity. We think it looks lovely, and the hostas bring a certain freshness to the look. There was a large team of volunteers who turned up to help on the day. Many, many thanks to you all; members both old and new.

There's still plenty of time to enter our scarecrow competition. Judging will take place at the end of July/beginning of August. The competition is open to anyone who fancies having a go, whatever your age. If you'd like to enter as part of a group, go for it. Entry forms are available from the lovely Corrinne at Light up my Heart in Milnathort.

For those so inclined, now is a really good time to get involved with Milnathort in Bloom. Apart from the hard work having been done for this year, we will be changing our leadership team at our AGM in November next year (2020). Teresa will have been our Chairman for five years by then, having been joined by Peter as Co-chair for three years. So, if you fancy a shot at leading a brilliant group of volunteers into the next phase of Milnathort in Bloom, get involved and see what we do and how we do it. It really is a rewarding experience. If you're interested in joining us, get in touch on our Facebook page. We're a friendly bunch!



Kinross and District Art Club

www.kadac.co.uk

Despite the threatening weather forecast and the dark clouds above, around a dozen of our members were warmly welcomed for an outdoor painting session at Lethangie in early June. Small groups found very pleasant, sheltered havens within the beautiful gardens where they were inspired to paint and draw. The sun came out at times and the event was deemed a great success by all who attended.

Again, after much finger-crossing for a dry day, a cheery group of members travelled to the Japanese Garden near Dollar in mid-June. This was the venue for the second of the summer outdoor painting days. The tranquil gardens provided such a delightful setting for members to sketch and paint as well as giving them inspiration for future artworks. What a serene and idyllic place!



John Tydeman, the club's outdoor painting coordinator, settling down to a day of painting at the Japanese Garden

The KADAC Calendar 2020 has now been produced and it is looking fabulous! It will be on sale at our annual exhibition from 11 to 14 September in Kinross Parish Church.

Regular club sessions resume on Tuesday 20 August. If you are interested in joining the club and developing your own creativity, you will find more information and contact details on our website. We meet on Tuesdays and Fridays from 2 to 4pm in Millbridge Hall.

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Kinross & District Rotary Club

www.ribi.org



Youth Activities

July is the month when two Kinross High School students, sponsored by us, head to Nethybridge for the Rotary Youth Leadership camp. This year Hannah Eadie and Robert Miller will be going to the girls and boys camps respectively. Have a great time guys! We look forward to hearing all about it when you get back.

Fellowship

The Presidents hand-over dinner took place on 1 July at the Kirklands. Sean Bolton handed over to Phil Teale. This is a fun evening of dinner and entertainment for partners and guests. This seems like a good time to say thank you to Shona and Anthony at the Kirklands for all they do for us during the Rotary year; we really appreciate it!

The Great Escape

Just a reminder to local groups and businesses to start thinking about your teams for our popular Mary Queen of Scots race and family fair at Kirkgate Park. It will take place on 1 September and we will try to tie it into the Solheim Cup as Mary is widely credited with being the world's first female golfer!

Recent Speakers

Alex Waterson, Mental Health in Australia

This talk was a fascinating insight into how complex challenges like integrating and simplifying multiple social benefits in a very diverse society can be tackled by applying innovative thinking and modern media techniques.

Alex is young Australian lady now living and working in Edinburgh. Her talk was about how, in 2016, the Australian Federal Government starting rolling out a completely new way of providing support for people with disability and mental health across the country. It was called the National Disability Insurance Scheme (NDIS) and would replace all other programmes and funding. It was designed to provide individually tailored support for people for their lifetime, be flexible and changeable to their needs, and focus more on community support and recovery and improvement. It was also created to fix problems with inconsistency in services between states across the country, and to ensure people received quality support.

Alex worked for a mental health service in South East Queensland whose focus was on supporting people with mental health in the Moreton Bay, Sunshine Coast, and Gympie areas. They engaged with individuals, their family members, carers and service providers. They performed multiple activities such as holding information sessions, forums, workshops, drop-in cafes, and one-on-one sessions. Various resources, such as a website, e-newsletters, brochures, magnets, radio ads, and videos, were also created. The organisation also worked with Indigenous people in the Torres Strait by engaging with locals and working with elders to create Indigenous resources. These included talking cards created by an Indigenous artist, a brochure in the main language of the Torres Strait Islands (Meriam Mir) and a video spoken in the same language by a local elder.

Kate Caithness OBE, CBE, President of the World Curling Federation

We were privileged to host Kate, who has been a curler since 1981. She started off as a keen competitor; for example when she led a Scottish team on a tour of the USA in 1991, they won

25 of their 27 games. Although Kate is a local person living near Edzell, she's truly a citizen of the world. Moreover she is the first female president of the World Curling Federation and the first female president of an Olympic Winter Sports Federation. Kate's list of achievements is amazing:

From 2005 to 2009, International Paralympic Committee's Sports Council Management Committee.

From 2006 to 2009, member of the Paralympic Games Committee.

In March 2011, appointed to the Olympic Programme Commission.

In April 2012, re-elected unopposed to the position of World Curling Federation President and again in 2014 and 2018.

In 2016, elected to the International Olympic Committee's (IOC) Coordination Committee for the Winter Olympic Games Beijing 2022 and to the newly formed council of the Global Association of International Sports Federations (GAISF).

Governor for the International Masters Games Association and an Honorary Professor of Beijing Sports University where she serves as the Dean of the curling college within the University.

Kate was bestowed the honour of an OBE by the Queen in 2013 for services to curling and international disability sport. Then, in the New Year 2019 Honours List she became a CBE.

Kate engaged us with great and diverse stories of meetings with world figures like Vladimir Putin. She also showed videos revealing how curling stones are made from granite harvested on Ailsa Craig. One of the videos was about curling in Kinross and featured Kinross Rotarian Jim Paterson!



Kate Caithness with President Putin

Additionally, we were delighted to be told that another of our club Rotarians, Mike Thomson, is to be inducted into the World Curling Federation Hall of Fame. This is in recognition of Mike's many years of work as secretary general for the federation.

Upcoming Speakers

1 July President's handover meeting.

8 July Update on the Ethiopia Medical Project from Jo Middlemiss.

16 July Breakfast meeting where Archie Hipwell will give us 'A Surprise'.

22 July Andy Middlemiss, 'The Battle of Arnhem, 75 years on Part 2'.

29 July Club discussion on miscellaneous topics.

To come and meet us please contact Brian Timms, club secretary, by email at secretary.kdrc@gmail.com. Also check out our Facebook page.

Kinross & District Inner Wheel

www.innerwheel.co.uk

Over the past year we have been actively fundraising to support charities, community groups and good causes both at home and abroad.

At our last meeting of this year we were very pleased to be able to hand over cheques to Anne McCormick from 'Broke Not Broken', and Belinda McDonald from 'The Uphill Trust'. Other recipients have been the British Red Cross, Marie Curie, and Wateraid.

Belinda McDonald then gave us a presentation of the work being done by 'The Uphill Trust' in Uganda; building a school to educate children who otherwise would not receive an education.

It was also our handover meeting. We said goodbye and thank you to outgoing President Elaine Matthew and welcomed Susan Teale as our new President for the coming year. As one of her last duties Elaine and Jenny MacLeod, our newest committee member, cut a cake which was shared among the members.

Our next meeting after the summer break is on **Monday 9 September** at Milnathort Golf Club at 6.30pm. Our speaker will be Rotary President Phil Teale, husband of our own president Susan. Keeping it in the family!

For more information about Inner Wheel contact us by email at admin@innerwheel.co.uk or have a look at our website.



Anne McCormick 'Broke Not Broken'



Belinda MacDonald 'The Uphill Trust'

SPARKS

Supportive Project for Activities & Recreation in Kinross-shire

Are you an adult with a disability? SPARKS meet on Thursdays at Loch Leven Community Campus from 1 to 3pm and offer a variety of activities. Alternatively, come along for a blether and a cuppa. We would love to hear what you would like to do.

In early May we had a great day out at the ten pin bowling in Dunfermline. It was great to throw a few balls down the lanes. We enjoyed two games and lots of fun. As for the scores; well, better luck next time! Thanks to volunteers and carers.

In the middle of the month we held our AGM. This included a review of activities, outings, finances, membership and election of officers for the forthcoming year. It was a lively and positive meeting agreeing the way forward for the next 12 months.



SPARKS offers a variety of activities for people with disabilities

We concluded May with a very interesting and appropriate presentation from David of Royal Bank of Scotland community banking. He outlined the many accessible ways of using banking services.

In June we held our first home Boccia competition with Strathern Building bridges. The competition consisted of nine games of four ends each. All players showed great skill, eagerness, sportsmanship and new found friendships developed.

Although enjoyment was the main aim of the day, we did compete and the match score was Kinross 6, Strathern 3.

The day finished with an excellent tea of sandwiches, cakes, tea and coffee and presentation of participation certificates. Strathern thanked Kinross for their invitation and hospitality. Chairman Duncan thanked everyone involved.

For further information contact Shona Fowler on 07896 280843 or by email at shonafowler@nhs.net. Alternatively get in touch with Roseanne Gray on 01577 867216 or by email at rgray@pks.gov.uk.

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Kinnesswood in Bloom

Much work has been going on in Benarty View in recent weeks including weeding, planting and mulching of the new beds. It was completely spruced up for the grand opening on Saturday 22 June. A plaque made by Jacqui Sellars has been installed on the Tom Buchan bench. There will be a report and photos on the day in the next *Newsletter*.

The area at the bottom of Buchan Avenue has been cleared and stones installed around the small area of ground. A bench will be installed soon.

We are active in working with the older children in Portmoak Primary and helping to maintain the grounds. The school have a plan to refurbish the quiet area and install a new shed which will serve the needs of both the school and Kinnesswood in Bloom. Children and parents will be involved in the redesign of the areas and the school is looking for funds to start the project.



Recipe

supplied by Kinnesswood in Bloom

Warm smoked haddock, bacon and parmesan dip

Ingredients

200g smoked bacon, chopped
2 shallots, very finely chopped
1 tbsp olive oil
1 tbsp plain flour
½ tbsp finely chopped rosemary leaves
150g smoked boneless haddock
400-500ml whole milk
200g mayonnaise
100g soured cream
40g parmesan, finely grated

Method

Heat the oven to 180°C/160°C fan/gas 4. Heat a frying pan over a medium to high heat and fry the chopped bacon for 8 to 9 minutes until crisp then transfer with a slotted spoon to a medium mixing bowl. Add the shallots and the olive oil to the pan and cook for 6 to 7 minutes. Then add the flour and rosemary and cook for another minute. Transfer to the bowl. Put the fish in the same pan and cover with milk. Bring up to a simmer and poach for 2 minutes on each side or until just cooked through. Lift out the fish with a slotted spoon and put on to a plate lined with kitchen paper. Discard the milk. Stir the mayonnaise, soured cream and half the parmesan into the bacon and shallot mixture, then season with a good pinch of pepper.

Remove and discard the skin and any bones from the fish, break it into flakes, then carefully mix it into the dip. Put into two 250ml baking dishes and top with the remaining parmesan. Bake for 12 to 15 minutes until golden and bubbling. Serve warm with toast, breadsticks or chopped vegetables.

Prepare the dip up to the point of baking up to four hours ahead. Keep covered in the fridge.



Teams have been working hard around Kinnesswood

One of the main tasks undertaken at the school this term was to clear the pond. Apart from the hard work of clearing a year's worth of excess plants and pond weed there was great fun looking for the wildlife and finding the frogs in residence. At the end of the afternoon they were left in peace to enjoy their tidied home. Other jobs being done this month are planting out sunflowers, begonias and weeding the vegetable beds.

As usual we have had extra work parties in June to keep the village looking at its best for the festival. Sometimes they have been prolonged (such as on the night we planted 97 plants in Benarty View) and others have been just an hour in the early evening. Anyone who wants to help out would be made very welcome. Most of our Saturday morning work parties have gone ahead despite some dubious weather. Local residents should have received their 'Friends of Kinnesswood in Bloom' letters by now. We really appreciate the support we get and the lovely comments from local residents.

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Club Correspondents

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

Kinross in Bloom

Recent Activities

We have been busy over the last few weeks. At the start of June 40 hanging baskets were planted and hung around Kinross with the help of the Rugby Club. The planters around the town were also all planted. Our thanks to all the volunteers who go out watering the baskets and planters throughout the summer months.

Our thanks again to the Fire Service who filled up our water tanks.

We'd like to thank all the local businesses and individuals who have sponsored a basket, planter or one of the four tier planters. Without their generosity we would not be able to do the work we do.



Hanging baskets ready to be deployed

We have finally managed to replace and plant up the damaged planters outside the Courthouse. We have moved the planters further in; hopefully out of the way of parking cars! Our thanks to Kieran and Craig from Kipper Hire who kindly allowed us to use their hoist to lift the planters. You may have noticed that we have been painting some of our street furniture around the town.

Lady Delia Montgomery

We were saddened to hear about the death of Lady Delia Montgomery who helped set up Kinross in Bloom. After she left the group she continued to take an interest in the work the group was doing. Our condolences go to Sir David and her family.



200 Club Winners June Draw

1. No 51 George Milburn. 2. No 75 Myrtle Urquhart. 3. No 2 Linda Band. 4. No 8 Jean Beveridge.

Crosswell Fountain

In the May edition of the *Newsletter* there was an article on the Crosswell Fountain which is situated beside the Town Hall. This is a listed C structure which was built in 1885.

Three years ago Kinross High Street was part of a Perth and Kinross regeneration project but the fountain was not part of the scheme.

Kinross in Bloom started planting in the base of the fountain when the Council stopped planting. However, the stonework now needs some conservation work. In August 2018 we commissioned a condition report from Addison Conservation. The fountain is structurally in good condition but does require work to get rid of the algae and needs pointing around the joints. The cost of this work will be around £16,000 plus VAT. Kinross in Bloom is working with Taking a Pride in Perth and Kinross to try and raise the money to complete this work. With this in mind we have started a Just Giving page where members of the public can help us raise the funding to restore this historic structure.

If you would like to give any amount, please visit the Just Giving page at www.justgiving.com/campaign/kinrossfountain

Next meeting and new volunteers

Our next meeting is on Wednesday 10 July at 7pm in the Church Centre.

We would welcome any new volunteers to help with the work of Kinross in Bloom. If interested, please contact susan.mitchell50@gmail.com



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1st Kinross Boys' Brigade & Girls' Association Awards 2018-2019

The following awards were presented at the Company's Annual Display and Presentation of Awards held in Kinross Church Centre on Friday 31 May, where Mr Callum Gillies was the inspecting officer. There was a good turnout of parents and friends who enjoyed a varied programme which highlighted the talents of the boys and girls within the company. The following awards were presented by Callum's wife Wendy:

Anchor Section

Promotion Certificates to Junior Section: Joshua Anderson, Flynn Ferguson-Walker, Murray Reilly, Max Ross & Andrew Thomson

Best Squad: Murray Reilly, Lewis Robinson, Callum Boath and Jack Penny

Best Anchor:

Best Recruit	3rd	Isaac Anderson
	2nd	Callum Boath and Jack Penny
	1st	Corey Haskal
Best 2nd Year	3rd	Samuel McKay
	2nd	Lewis Robinson
	1st	Catherine Savage
Best 3rd Year	3rd	Joshua Anderson & Flynn Ferguson-Walker
	2nd	Max Ross
	1st	Murray Reilly & Andrew Thomson

Junior Section

Promotion Certificates to Company Section: Harry Bland, Andrew Robertson, Gus Clark & Reece McLeod

Battalion Awards:

I.E Brown Cup – Junior Section Relay Winners – Gus Clark & Alysia Ross

Ritchie Memorial Shield (Swimming Gala Overall Winner): (29 times since 1974) Gus Clark & Alysia Ross

John A McGregor Swimming Shield (Best Swimmer) – Alysia Ross & Andrew Robertson

Junior Section Awards:

Best Squad: Squad 1:		Harry Bland, Ben Halkett & Andrew Robertson
Best Recruit:	2nd	Zara Webster
	1st	William Constable
Best 2nd Year:	3rd	Alysia Ross
	2nd	Luke Reilly
	1st	Ben Halkett
Best 3rd Year:	3rd	Andrew Robertson
	2nd	Harry Bland
	1st	Gus Clark
		Ben Halkett

Company Section

Battalion Awards

General Ralston Drill Medal: Callum Jack

Scripture Search: Junior Medal – Zoe Webster
Senior Medal – George Milne

Company Section Awards:

Company Section Target

Scripture Search: Elizabeth Savage



Wendy Gillies presenting Best Junior Ben Halkett with the 'Best Member' shield

Company Section Junior

Scripture Search:	David Savage
Ten Pin Bowling winner:	George Milne
Ten Pin Bowling winner (Officers):	Paul Coulthard
Most improved Volleyballer:	Grace Bland
Best Youngster at Camp:	Rebekah Roe
Nimmo Cup (Company Drill):	Callum Jack
Best Squad: Squad 1:	Sgt Callum Jack, Grace Bland, Zoe Webster, David Savage & Martha Harvey

Promotion to

Lance Corporal:	Grace Bland & Zoe Webster
Sergeant:	Jack Bland & Rebekah Roe
Staff Sergeant:	Callum Jack & George Milne
Neale Trophy (Citizenship) :	Jack Bland
Best Recruit:	Martha Harvey



Senior boys George Milne (left) who won the Melville Trophy for a record 6th time as well as the Senior Battalion Scripture medal; Callum Jack (right) with the Nimmo Cup for the best at drill and the Battalion General Ralston Drill Medal (1891)

Kinross-shire is a Fairtrade County

Continues over page...

Kinross Boys' & Girls' Brigade continued...

Best member (Melville Trophy):

3rd	Callum Jack
2nd	Zoe Webster
1st	George Milne
Presidents Badges:	Jack Bland & Rebekah Roe

Callum Gillies, inspecting officer, commended the Company for their efforts and achievements over the session, participating in Battalion activities with some success at Anchor, Junior and Company sections.

In recognition of many years' service to the Company as officers Callum presented Jack Boyter, David and Maureen Campbell and Lorna Mair with small exclusive gifts: unique timepieces so that will remind them of Kinross BB.

David Munro, Company Captain



Presenting Alysia Ross and Gus Clark with the Battalion Swimming awards, best swimmer, gala championship and relay championship

Scottish Handcraft Circle

The Kinross branch of the Scottish Handcraft Circle hosted an Exhibition of Work in Kinross Parish Church at the end of May. The exhibition showcased stitched textiles and a huge variety of other handcrafts worked by members of all three branches of the circle; Kinross, St Andrews and Glasgow. Kinross branch also produced a mini display called 'Full Circle' which showed how traditional crafts have come all the way from their origins to more modern items today.

The exhibition was an astounding success with over 220 people visiting during the three days. Visitors came from the local area and from Edinburgh, Dundee, Cupar and Elgin. The standard of work was fantastic. As well as viewing the exhibits, visitors were able to join in mini workshops making felted soap pebbles, folded kimono cards and watch demonstrations of spinning and lace-making. They could then retreat to the refreshment area for a welcome sit down and enjoy tea or coffee with scones and cakes. This was an opportunity to mix with other visitors before browsing the fabrics, books and handmade items on the sales table.

Each visitor was asked to vote for their favourite item in the exhibition which, for some, was too difficult a task. The winner at the end of the exhibition was Pat Freeth from Kinross for her embroidered cottage sewing box and accessories. It is a beautiful item indeed!

On behalf of Kinross Branch who hosted this year's exhibition we would like to thank the stewards of Kinross Parish Church for the use of their beautiful venue and their help in setting up and dismantling stands and tables. Thanks also go to everyone who donated items for the sales table and refreshment area, *Kinross Newsletter* for their generous grant and to everyone who entered exhibits. It all contributed to the overwhelming success of the event. Lastly thanks to Linda Chapman our chairman, Eunice Lacey and Maz Thorn; the small committee who worked so hard to organise, advertise and pull everything together. We look forward to the next exhibition in Glasgow in 2021.



A demonstration of spinning

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It's always a time for trepidation when the clock starts to reach 12 noon; we wonder, 'will this be the project lunch where our supporters don't appear?' However, we should not fear. Our loyal audience recently enjoyed an enthusiastic and informative talk from speaker Peter McEleny, Communications and Fundraising Officer from Signpost International. Numbers were slightly down as regulars were on holiday. However, in the words of Anne Milburn, one of our Project Co-ordinators, it was an 'elite group' whose generous donations raised £365. Very many thanks to our hard working team and loyal friends.



Presentation of £900 to Signpost International in April

We also welcomed our newest recruit. Rowan Harvey is already a useful asset in the coffee shop, as well as giving our average age a great boost in the right direction!

If you haven't yet visited us, please remember us when you're out and about. We offer cheery service, home baking, Fairtrade tea and coffee and books to browse through; what's not to like!

Projects: Our project for July won't be chosen until early July but details will be in the August Newsletter.

Our opening hours are still 10am-12.30pm Tuesday, Wednesday, Friday and Saturday at the Guide and Scout Hall, Church Street, Milnathort.

Contacts outside of opening hours are Elspeth Caldwell (Convener) on 01577 863350 and Linda Freeman (Secretary) on 01577 865045. Visit our website for further information.

Kinross Centre

June started off on a great note and hopefully July will bring some long awaited sunshine.

The last week of May saw us having an array of entertainment. We had a trip to Loch Leven and a trip for ice cream. We also had a couple of wonderful trips to the safari park in May and June where we saw all manner of wildlife, enjoyed the fantastic sea lion display, had a magnificent lunch and a few of us even went on the boat trip to see the monkeys. Everyone really enjoyed it.

We have been enjoying our trips out on the trishaws, taking in the changing scenery around Kinross and Loch Leven. We are looking forward to many more adventures on the trishaws. If you see us, give us a wave.

We also welcomed The Sabres one Monday afternoon. These guys are always very popular and everyone was up dancing. We hope to have them back again very soon. Although we have not had the best of the weather in June (it's been four seasons in one day sometimes!) we have still managed a few barge trips at Ratho, and have a few more planned for the next couple of months. This means that everyone can enjoy the peaceful sail up the canal where there are some lovely flowers and a few swans. If we are lucky we may even see an otter, according to the crew!

The Coffee bar (which is open to everyone from Monday to Friday) has been very busy. Our pancakes and baked potatoes are very popular. We also have home baking on a daily basis at very reasonable prices. Why not pop in and see us; we would love to welcome you.

As well as all our exciting days out we also have all our usual weekly activities in the centre. Our art group on Wednesday afternoons is particularly popular. We also have bingo on Monday and Friday afternoons along with dominoes and a singing group on a Tuesday afternoon. There are also various exercise classes so there's something to suit all tastes.

We would love you to be involved with the Kinross Centre, either as a service user, a volunteer or as a supporter. For further information please contact Nan Cook on 01577 863869.

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Grate Building, Tiling etc.

Portmoak Hall 100 Club

May Draw

1st	No 65	Clare Abbott Smith	Scotlandwell
2nd	No 68	Mike Holland	Kinnesswood
3rd	No 53	Ian McGratton	Kinnesswood

Sending photographs to the Newsletter

Contributors, if sending a photograph to the Newsletter, please send as a JPEG file and not embedded in a word document. Thank you.

Potager Garden

www.kinrosspotagergarden.co.uk

At our recent AGM, I acknowledged the help of all the volunteers at the garden. This assistance has enabled us to maintain the garden for visitors, and provide education for school children and other groups. We are financially self-sufficient through plant sales. Two of our volunteers have support needs and visit with their support workers; both are growing vegetables in their own patch this year.

The garden is important, giving a supportive experience of outdoor growing for anyone who wants to share it with us. It is also valuable to school pupils and the rest of the community.

Thank you to the staff and customers of Fossoway store in Crook of Devon, where we sell many of our plants. You can also call at the garden on Monday mornings between 10.30am and 12.30pm for plant sales or advice.

Miss McNicoll's P5 class visited this term. All the children are keen to learn and most of the vegetables are now planted out in the garden. We have also been supporting the Primary school's plans for an allotment within the school grounds and pupils from the outdoor learning group have sown wild flowers with us. These will be planted out in the Hayfield wildlife area. The Hayfield project has been granted £600 from the *Newsletter* fund. The plans are to develop it as an area for outdoor learning over the summer.

We also helped with the school's outdoor learning day, when two P3 classes visited the garden and learned more about the crops we are growing and composting. A group of parents also visited after school and asked a lot of interesting questions about growing their own food crops at home with their children.



We are grateful to Mel and her colleagues from Kinross Co-op who have again offered to help us with serving refreshments at our coffee morning for Marie Curie on Saturday 22 June. We will let you know how we get on next month.

The gates of the garden are open during the day if you would like to call in. For safety reasons, children must be accompanied by an adult please.

If your group would like to arrange a garden visit, please get in touch. We hope the members of the Sparks group will be visiting us soon.

We are planning to update our website. We also hope to launch a new Facebook page for the garden. Please follow us and hear about the latest developments over the summer. For further information contact Amanda James by email at amandajames1577@gmail.com or on 07963 476803. You can also check out our website.



The Potager Garden vegetable beds

Crook & Drum Growing Together

We hope everyone has been enjoying the spring flowers around the villages; from the daffodils along the verges to the tulips in planters and pink cherry blossom on the village green. We will be working on replanting the tubs and planters with summer flowers in early June.



Tulip planters brighten up the village green

We do not have the facility to water all of the planters every day over the summer and would be very grateful if any local residents would like to 'adopt' one near their home. It would involve watering and dead heading the flowers. Please get in touch if you think you can help. Thanks to the local businesses who take care of tubs at their premises.

We took part in the newly revived Fossoway Gathering in May with a plant sale and tombola. Many thanks to the local people who responded to our appeal for tombola prizes and to Andrew and Jean at Fossoway Store for collecting donations for us; everyone has been so generous! We raised £577 on the day, which we will use for our activities in Crook and Drum. In particular we are hoping to improve the area at the entrance to West Crook Way, in partnership with the Council, to make an attractive gateway area there.

Two of us recently attended the AGM of Take a Pride in Perth and Kinross in Bridge of Earn. It was good to meet members of other Bloom Groups and to share ideas. Judging for the Bloom competition will take place in early August this year. We will also be taking part in the Civic Trust's Well Kept Village initiative, with judging during September.

Please let us know if you have any suggestions about future developments in the area and also follow our activities on Facebook. Contact Amanda James on 07963 476803.

Kinross & Ochil Walking Group

(Affiliated to Ramblers Scotland)

We are a relaxed and friendly group who love walking. Why should you try walking with us?

Hippocrates said that walking is man's best medicine. It's great for getting your blood pumping, reducing stress and depression, weight loss, improving fitness and giving your health a boost. We have walks for most levels of fitness.

Walking is cheap and easy. All you really need is suitable footwear, waterproofs and a small bag or rucksack.

It's also a great way to meet new people. You can chat in a relaxed way on the walks or just have some space on your own to think. The joy of getting out into the open air and exploring new areas of the countryside is another benefit.

We would particularly like to have some new walkers join us on our weekend and Thursday walks and can guarantee you a warm welcome. Are there any men out there who would like to join us? We operate car-sharing but it is not essential to have a car.

Weekend Walks

Saturday 13 July: The Maan Road, 6.5 miles.

From Laggan car park to Twenty Shilling Wood and then on to Maam Road. Extensive views of Upper Strathearn. Return via west side of the dramatic gorge of Glen Lednock.

Sunday 28 July: Hill of Beath and Townhill circular, 8 miles.

Using core paths North East of Dunfermline, easy hill walk up to Hill of Beath with option to continue to the summit.

In case it turns cold and wet, you do need appropriate clothing, including boots or strong shoes and waterproofs. Bring water, a packed lunch and a hot drink.

For further details of where to meet us, or for general enquiries, please call our Group Secretary, Ann Eve, on 01577 863887.

New Midweek Walks

We are trialling a monthly midweek walk of approximately 6 to 7 miles on the **first Thursday of each month**. New walkers will be made very welcome.

Thursday 4 July: Meikle and Ardler loop, 7 miles.

Meet at 9am at Kinross Park and Ride to share cars. Alternatively, meet at Kinloch Memorial Hall, Dundee Road, Meikle at 10.30am. Moderately easy low level route following tracks, paths and minor roads through farmland and woodland.

Thursday 1 August: Glen Quaich, Amulree, 7 miles.

Meet at 9am at Kinross Park and Ride to share cars or at 10.30am at Amulree, just off the A822 (NN898363).

A circular walk on minor roads and track around Loch Freuchie, a beautiful highland loch.

In case it turns cold and wet, you do need appropriate clothing, including boots or strong shoes and waterproofs. Bring water, a packed lunch and a hot drink.

For further details regarding these walks, please contact Moira McCauley on 01383 839795.

Tuesday Short Walks

For those who are new to walking or want a shorter walk, come and join us on our Tuesday morning walks. These are usually a maximum of four miles followed by a sociable visit to a coffee shop, farm shop or pub for refreshments. We would be delighted to welcome anyone who would like to try walking with us.

Tuesday 9 July: Saline Heritage Trail.

Walk along pavements, farm tracks and narrow paths. Head towards Steelend then through grounds of Bandrum Nursing Home and Saline golf club.

Tuesday 23 July: Water of Leith from Balerno to Roseburn.

An easy walk following the path of the old Balerno branch railway line to Slateford. The walkway runs parallel to the river through Juniper Green and Currie before reaching Slateford.

For further details of where to meet us, or for general enquiries, please contact Edna Burnett on 01577 862977.

Kinross 50-Plus Club

The monthly meeting is on **Thursday 4 July** when the speaker is Mr S Niven who will give a talk on 'Polar bears and penguins'.



Away Days

11 July Cultybraggan, Comrie

25 July House of Bruar, Blair Castle.

The bus leaves the Green Hotel at 9.15am. Contact Mrs P Crawford, 01577 862962

Notices

Our summer outing is on Sunday 4 August and is a visit to Culzean Castle, Ayrshire. Contact Mrs P Crawford, 01577 862962. We are pleased to announce we have been successful in getting a new treasurer and welcome Mrs Helen Bradnum to our group and committee.

Friday Walkers

12 July Bridge of Allan to Dunblane and return (the pie walk)

26 July The Lednock trail at Comrie

All walks continue to leave from the Green Hotel. Contact Ian Simpson, 01577 863691.

Friday Hillwalkers

5 July Menstrie Glen Alasdair 9am

19 July Lady Mary's Walk, Crieff

Contact Pauline Watson, 01577 862685

Activities

Most activities have finished for the summer.

L.U.S.T. The slimmers meet each Thursday, 9.30am to 10.30am, in the Millbridge Hall. Contact Norma Anderson, 01577 863548.

Line Dancing every Tuesday and Friday at 10.30am in the Millbridge Hall. Contact Betty Fergus, 01577 866961.

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Loch Leven Community Library

Loch Leven Community Campus, Muirs, Kinross
Tel: 01577 867205 E: lochlevenlibrary@culturepk.org.uk
www.culturepk.org.uk

Opening Times

Mon* 10am-1pm
Tue, Wed & Thu 10am-8pm
Fri 10am-6pm
Sat* 10am-3pm

*Mon 10am-1pm & Sat 1-3pm. Limited service, run by volunteers.



Regular Sessions for Young Children

No need to book, just come along:

- **Bookbug Rhymetimes** Sat 10.30-11am. Wed 2-2.30pm.
- **Pre-school Story Time** Tues 10.15-10.45am.

Parents, grandparents or guardians and toddlers will be made most welcome at these free, open sessions.

- **Stay and Play** Wed 2.30-3.30pm Sat 11am-12.

Pop into the library where you can meet other parents, have a coffee, chat, read a magazine or just relax while your child plays. Toys provided. Family-friendly. These sessions are suitable for pre-school children and their parents or guardians.

Book Groups at the Library

We currently have three book groups for adults running at Loch Leven Community Library.

Crime: Once a month on a Tuesday, 6.45-7.45pm.

General: Once a month on a Friday 10.30-11.30am.

Café: Once a month on a Saturday 11.15am.

Summer break for Café books, resuming Sat 7 September.

Please contact the Library for the other book group dates.

Café Book Club choice for July

In Another Light by Andrew Greig

A moving story of a father and son and the two very different periods in which they lived. Edward Mackay's father was a very reserved man who did not talk about his life before he married and had a family at the age of 50. After a serious illness Edward decides to trace his father's early life as a doctor in Penang and to find out why he may have left under a cloud. Their stories are told in parallel and come together only in the last few pages. This is a book which holds one's interest from beginning to end.

Code Club: Code Club gives children aged 7-11 years an opportunity to learn to code, no matter who they are or where they come from. The project introduces coding concepts to allow children to build their knowledge incrementally. Every Thursday 4-5pm. New members welcome. Please contact the library to book a place.

Summer Break – resumes 22 August.

IT Help Sessions

Free sessions – booking essential. Monthly on a Thursday 2pm onwards. **Next session: 15 August.**

Coffee and Crochet

Fancy coming along to a crochet club? Chat, enjoy coffee and share hints and tips while working on your project. Weekly on Thursdays at 10am. Come along and join this small friendly group. Please note although help will be given this is not a teaching class for beginners.

Creative Writing Group

Always wanted to try your hand at creative writing? Come along, its free, interesting and supportive to budding writers. **Next meeting: Tues 27 August, 6-7.45pm.**

Upcoming Events

Summer Reading Challenge

Open to all children of Primary School age.

The theme of this years challenge is '**Space Chase**' and begins 22 June with a special launch event in the library from 10am -12. Participants will receive a special 'Mission Folder' and stickers along they way and for all those who are enthusiastic enough to follow the challenge through to the end we round it off in a spectacular medal ceremony with author Jonathan Meres. Remember 'signing up' for the challenge starts on 22 June but continues in the weeks following.

Foodbank: The library is now a foodbank collection point for '**Broke not Broken**'.

Free WiFi & Computer use for library guests and members.

Dog waste bags available.

Kitchen waste caddies available.

More information on all Library, Museum and Art gallery events at: www.culturepk.org.uk/whats-on

Mobile Library Service

Visiting on Tuesdays 9 & 23 July

Glenfarg	Main Street	1200-1300
Forgandenny	Rossie Place	1545-1615

Visiting on Wednesday 102 & 24 July

Kinnesswood	Opposite shop	0930-1000
Portmoak	Hall	1005-1020
Scotlandwell	Leslie Road	1025-1050
Portmoak	Hall	1125-1140
Scotlandwell	Leslie Road	1145-1205
Levenmouth Farm		1100-1120
Hatchbank Road	Gairneybank	1140-1200
Powmill	Mill Gardens	1320-1340
Crook of Devon	Village Inn	1345-1445
Carnbo	Pitcairnie Lane	1500-1530
Whyte Court	Kinross	1545-1615

For more information, see: www.culturepk.org.uk/libraries and click on 'Services in the Community'

Friends of Loch Leven Community Library (FOLLCL)

FOLLCL volunteers provide a service allowing you to visit the library in Kinross on Mondays (10am-1pm) and Saturdays (1pm-3pm) when other libraries are closed in Perth & Kinross.

The library's Summer Reading Challenge which launched on 22 June and continues until 19 August has as its theme 'Space Chase'. Every young library member is encouraged to choose six books by six different authors taking two books at a time over three visits.

Do come along and choose books to read even if you are not taking part in the Summer Reading Challenge.





Lomond Antiques and Collectors Club



Our April meeting was a Members' Evening, when members were asked to bring an item of interest, and tell us the background story surrounding it. We were shown two seventeenth-century maps, purchased many years ago but recently authenticated by a local historian. Next was a painting by the Dunfermline artist Joseph Noel Paton who was also an illustrator and sculptor. Then we heard the details behind the purchase in the 1950s of two beautiful wooden boxes. This was followed by three pieces of Mauchline ware connecting a story from Galloway and Stirling, some special pieces of taxidermy and Capo di Monte. Finally, we were delighted by a collection of ladies' silver items ranging from a chatelaine to a snuff box, an aide de memoire and a vinaigrette. Thank you to all members who contributed with tales of their precious items and to the hostesses for the evening.

In May members and friends visited Paxton House. We were met on arrival and supplied with tea/coffee and excellent shortbread biscuits, then split into two groups for tours. One group enjoyed a longer tour of the large art collection. A soup and sandwich lunch was provided and we were then at leisure to explore the grounds. A good trip and enjoyed by all, many of us preferring this rather smaller house to the grandeur of larger buildings.

In May we held our AGM at Moira and Alister's home in Glenlomond. Chairman's Report; Ian reminded us of our meetings over the year starting with our visit to The Scottish Conservation Studios at Hopetoun House, guest speakers, Graeme Cruickshank on ceramics, David Miller on postcards, Chris Walsh on Sir William Russell-Flint, Ken Miles on furniture, David Munro on maps and not forgetting our Festive Lunch at The Grouse and Claret and our trip to Paxton House. The Chairman thanked Gwyn and Marjory for help through the year. The Treasurer's Report was duly approved. The Chairman advised that he was willing to stay in post for another year and also Marjory would remain as a committee member. Gwyn was standing down as Secretary but nominated Chris Walsh to succeed her. This was agreed. The meeting then passed on to the 2019-2020 programme. Meetings will continue to be held at Fossoway Church Hall except where a hostess prefers to offer her home for the evening. Hostesses and helpers were arranged. AOB; after a debate about funding, Marlene unwrapped a beautiful book written and signed by Queen Victoria of her travels in Scotland. Gwyn was gifted a beautiful house plant, a journal and chocolates. The AGM concluded as ever with our delightful supper of strawberries and cream.

HIGH STREET SEWING

Clothing and Curtain Alterations/Repairs
Custom made curtains, Roman blinds, cushions

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Fri 09.30-12.30 and Sat 10-12noon

Location - behind Loch Leven Laundry and Baillies

Contact LINETTE MANN – 07732 902419

Portmoak Community Woodland

www.portmoakcw.org.uk

It's not often that the Newsletter itself becomes part of our news but, thanks to a very generous donation of £650 from the *Kinross Newsletter* Fund, we have been able to complete our play area project in memory of Chris Vlasto.

The levelled area in the Portmoak Community Orchard will now be known simply as Chris's Place. His widow, Charlotte, says he would have liked that. We think he would have been very pleased to see a dedicated area in our woodlands where children can enjoy being outdoors, playing games and learning about the countryside.

The area had already been terraced and reseeded. Now we have added a sturdy table and bench seats, made from green oak by Angus Turner, a fantastic joiner and footpath contractor from Kennet village in Clackmannanshire.

Chris, Charlotte and their daughter, Chloe, have all been very active members of the Portmoak Community Woodland Group, especially in helping out with the orchard and our annual apple day. So it will be lovely to celebrate Chris's memory with all our usual activities there, and much more besides. The Cubs, Brownies and Portmoak Primary School are already making good use of the site which we hope will be used as an outdoor classroom as well as a place for games. Pupils from the Primary School have also been doing some scientific survey work in Portmoak Moss. This is part of their effort to win an eco-award from the John Muir Trust. It couldn't be better; having the children take a serious interest in what's on their doorstep. We are looking forward to a presentation from them to explain what they did and what they discovered.

It's a busy old time. We not only have the official opening of Chris's Place but an all-day event for Woodland Trust Scotland volunteers from all over the country. We'll let you know how everything went in our article next month.

You can also hear first-hand accounts of what we get up to by joining us at 7.30pm on the third Tuesday of the month in the Well Country Inn, Scotlandwell. Everyone is welcome.



Table and bench seats in the Portmoak Community Orchard

Vets under the microscope at Networking Breakfast

The weather may have been uncharacteristically dreich for June but that didn't deter over 20 stalwart local businessmen and women from making their way through the early morning mist to Loch Leven's Larder for the final networking breakfast in the 2018/19 series.

As attendees tucked into a hearty plateful of bacon, sausage and egg, each was invited to briefly introduce their business (or organisation) and services. These networking events always attract a refreshing mix of old and new faces, and it was great to see David Conner, Chairman of Kinross and District Men's Shed, there for the first time this month.

The Shed's role in promoting men's mental health is well documented. This was particularly apposite given what Liz Somerville, the morning's invited speaker, went on to say during her post-breakfast presentation about mental health in the veterinary profession.

Liz is Practice Manager of the highly successful Loch Leven Equine Veterinary Practice, which she and her specialist horse surgeon husband Hugh founded from their home in June 2005. Since then, the practice has provided round-the-clock care, 365 days a year, for clients' horses and ponies throughout Central Scotland, and it is now based at a purpose-built equine hospital near Cleish.

In the early days, the work was relentless, as the couple had to cover almost every aspect of the business themselves. However, as their clientele expanded, they were able to take on staff, and today the team numbers fifteen in total; eight vets, two veterinary nurses and five administrators.



Liz recently completed a BSc (Hons) PgCert VBM (veterinary business management), and she was at pains to stress the important role of teambuilding and staff mental welfare in any business. Breakfasters were shocked when she referred to figures showing that veterinary surgeons are four times more likely to take their own lives than any other profession, and still twice as likely to do so as any other medical profession.



These figures are perhaps not as surprising as one might first think given that the veterinary profession is a high-pressure environment. Consequently, while the Loch Leven practice's mission is to provide consummate care to animals, the issue of human mental health is at the forefront of everything Liz does as a practice manager for her team.

To ensure her staff feel valued, she explained, there are monthly as well as annual appraisals. They have also set up a group WhatsApp (to ensure no one out on call feels isolated from what is going on in the practice). In addition, a healthy lunch is available to everyone daily in the staff room and kitchen, which Liz described as the hub of the practice.

It is important for any business or organisations to hear about, and learn from, the experiences of other entrepreneurs, and Liz's presentation gave the audience a lot to think about. If you haven't been to a Kinross-shire

Partnership Networking Breakfast before, email Karen Grunwell at mail@kinrosspartnership.org.uk now to book your place for the first in the next series of breakfasts at Loch Leven's Larder. The first session will take place on **Wednesday 4 September** at 7.15am. Meanwhile, we wish you a highly enjoyable summer. www.kinross-shirepartnership.org.uk

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Gacé Twinning Visit to Kinross, August 2019

A meeting will take place at Milnathort church hall, on Tuesday 9 July, at 7.30pm. All host families and any other interested locals are invited to this information meeting, where we will confirm numbers attending the planned visits listed below.

Twinning Visit Draft Programme, 2019

Thursday 1 August: 6-7pm arrival at campus followed by short reception.

Friday 2 August: Free time with families.

Saturday 3 August: Depart 9.30am. Day trip to Dundee via Fife, stopping at the South side of the Tay Bridge, on to the V&A or Science Museum (park at the Science Centre). Picnic lunch, then on to Cairn O'Mhor winery for 4pm. The Thistle Day tour, with tastings, will take 90 minutes.

Sunday 4 August: Free time with families. Option to join Dollar Twinning for an evening barbecue and friendly boules challenge.

Monday 5 August: Depart 9.30am for a day trip to Edinburgh. Guided tour of Scottish Parliament, picnic lunch followed by trip to South Queensferry for Forth boat trip and high tea at nearby hotel.

Tuesday 6 August: Optional 3pm visit to Cowden Japanese Garden, Dollar.

Wednesday 7 August: Afternoon bowling competition at Milnathort Bowling Club 2.30pm followed by boules 3.45pm at the campus. Our evening function at Milnathort Bowling Club will include a buffet meal. Those attending are asked to be at the Bowling Club at 7pm for a 7.30pm start.

Thursday 8 August, 8am: Assemble at campus for departure to Gacé.



Last year's visit to Gacé

Kinross-shire Volunteer Group & Rural Outreach Scheme



Sandy Smith, Chairman, welcomed the committee, many volunteer drivers, Councillors Barnacle and Purves, Stacey Caine and Kirsteen Ross to the AGM on 13 June. He then spoke about the sadness, felt by everyone, at the loss of Ann Munro. Ann, who died quite suddenly on 26 April, had been involved with Rural Outreach Scheme and then with Kinross-shire Volunteer Group for many years. When the two groups joined Ann became the co-ordinator, a position she held for 30 years. Her friends, colleagues and the service users are all missing her.



Carole Anderson presenting an award to Ann Munro

The AGM heard that due to the excellent work of Ella Ward, the relief co-ordinator, and the volunteer drivers, the service provided by the group continues. Over the past year KVG&ROS have helped 1790 people to attend medical, dental, hairdressing appointments, to visit friends or do their shopping. This has resulted in the volunteer drivers donating over 3000 hours of their time and driving approximately 38,000 miles. The drivers were thanked for all their work and commitment.

After the business part of the meeting Kirsteen Ross gave an interesting and enthusiastic introduction to the Kinross-shire Trishaws with an opportunity for people to 'have a wee shot'. We are now looking to employ a co-ordinator. The position was advertised in June with applications due in on 27; we hope to have a new co-ordinator in place by August. The contact phone number and the email addresses will stay the same so our regular users should not experience any change. Some of you may have noticed that a framed award has appeared on the wall in the Health Centre waiting room. The wording on the award states, 'Presented to KVG and ROS in recognition of inspirational service for older people in the community'. It was presented, at our fundraising concert in March, by Carole Anderson of Age Scotland to Ann Munro. What better tribute could there be to be Ann Munro, the lady who was the face, driving force and the voice of KVG&ROS?



Yoga Classes in Kinross
www.simpliyoga.com

Tuesday Evenings - Kinross Church Centre
@ 7pm - All Levels
@ 8pm - Active Yoga

Thursdays - The Millbridge Hall
Baby Yoga - Mums, Dads & Carers welcome
Pregnancy Yoga

enquiries@simpliyoga.com 07466 360152
Please contact before attending to ensure availability.



The Kinross-shire Civic Trust

Helping protect, conserve and provide a better built and natural environment

www.kinross-shirecivictrust.org

Find us on Facebook



Email: KinrossshireCivicTrustSecy@gmail.com

Recent News

More than 20 members enjoyed a guided visit to the Japanese Garden at Cowden in late May. The garden is beautiful and will be worth visiting at various times of year as different plants bloom and colours change.

Planning Issues

Kirklands Garage: The Trust was appalled at the recent complete demolition of the sandstone building that was part of the former Kirklands Garage in the town's conservation area. The developers had permission for partial demolition and conversion to two dwellings (plus four flats to the rear). The façade of the building, which was originally a manse, was supposed to be retained, along with the north wall.

The developers had submitted a new application for complete demolition, but demolished the building with a digger before this new application had even reached its deadline for comment.



The Kirklands Garage site shortly after the sandstone manse was demolished on 4 June

The Council has issued a Temporary Stop Notice because the developers have breached their planning consent. Historic Environment Scotland recently said of the sandstone building:

'... the original part of this former manse is probably earlier than the mid-nineteenth century date given to it previously. The size of its windows and their spacing, the finely-cut eaves cornice, and the pitch of the roof indicates that this is likely to be the house shown on Wood's Kinross town plan of 1823.' This part of Kinross became more developed with villas in the

1830s but the town plan and features of this building suggest that it may date from around 1800.

'Houses with cut-stone frontages were less common at this time than those built in the later nineteenth century. At the time, this would have been a very obvious sign of the status and quality of the manse to passers-by.'

The Trust is unable to find evidence on the PKC planning portal of the developer having fulfilled all the necessary conditions required before development on the site began and has written to PKC with various questions.

Programme

Kinross Show on 10 August: The Trust will have a stall at the show. Please come and have a chat with us.

Visit to the V&A, Dundee: Members of the Trust are taking a V&A Highlights tour on Friday 27 September at 11.45am. The cost is £6 per person. Members have been sent an invitation. If you have not received yours, or are not a member but would like to join, please phone Trust Secretary Eileen Thomas on 01577 863714 or send an email to KinrossshireCivicTrustSecy@gmail.com

Well Kept County Competitions Calling all Hamlets!

A message to residents of Balado, Blairingone, Carnbo, Dalqueich, Gairneybank, Gairneybridge, Hatchbank, Hattonburn, Mawcarse, Tillyrie and any other settlements where new housing is increasing the population:

Why not join Cleish, Glenlomond, Maryburgh, Keltybridge and Easter & Wester Balgedie and enter the Well Kept Hamlet competition? Nothing ventured, nothing gained!

Judging dates:

Hamlets on 10 September, Villages on 11 September
Date of Presentation Ceremony: 2 October (tbc)

Full details from:

David Hill
drhmarshbrook@gmail.com
Chair, KCT Well Kept County Committee

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Kinross High School

STEM Updates

Following on from Meaningful May, some pupils recently visited Fife Airport to see G-OASK, the product of the Build-a-Plane project. The students learned all about the aircraft's construction, how the controls and the control tower are operated and how to maintain communications with the planes in flight. Some even took the opportunity to experience a half-hour flight with Captain George.



G-OASK

Congratulations to our S2 pupil teams on coming both first and second of all schools taking part in the local authority's Faraday Challenge Day. This is an annual engineering-based competition for schools in which teams compete against one another to see who can design, create and promote the best solution to a given real-life engineering problem.

This year, the tasks related to the James Webb Space Telescope (JWST); all five teams agreed on prototypes of their choosing which would benefit the JWST engineers.

The competition was enriched with skills based on teamwork, planning, use of budget, construction, and delivering a team presentation. All of these skills were assessed by the host engineer Mick Dunne from The Institute of Engineering and Technology.

Kinross High School, Mick Dunne and STEM ambassador, Colin Cunningham, are very proud of the pupils' dedication to completing each task to a very high standard.

Participants said they enjoyed the event and they feel they are a lot more aware of the role of an engineer and the relevance of STEAM (Science, Technology, Engineering, Arts and Mathematics).

Performing Arts Trip to London

All S2 pupils who attended the Performing Arts trip to London were a credit to both their school and community. They had the opportunity to participate in a number of different activities which many had never experienced before. Initially, travelling on the tube seemed to be the most stressful point of the trip but after four busy days, they all became experts! The group was fortunate to have been blessed with sunshine whilst visiting the capital which made exploring the sights of London a pleasure. Seeing the fantastic panoramic views from the top of the Tate Modern was a high point!

Another highlight was the backstage tour of the National Theatre. Pupils learned about how the company builds all of their set and props, as well as gaining knowledge on the

uniqueness of the multiple theatres in the building. This opened the pupils' eyes to the possible jobs that can be gained through studying Performing Arts as well as how it can complement other subjects such as Craft and Design Technology and Art and Design.

The two West End shows were definitely the pupils' favourite part of the trip. *Come From Away* tells the story of passengers on flights diverted away from American airspace to Gander in Newfoundland during 9/11 and had the entire auditorium on their feet to give a standing ovation.

In contrast, *School of Rock* showcased the incredible musical talents of children not too much younger than our own pupils and left our students awe-struck.

All pupils were incredibly well behaved throughout and we have received a lot of very positive feedback in terms of the increased confidence and independence that the trip has given our students.

Volleyball

Primary School pupils served up an action packed day of volleyball during a festival held at Kinross High School last Friday. The 'Net-Set-Go' project, part funded by the European and the Scottish Open Volleyball Tournament, attracted 148 P7 pupils as coaching delivered to each primary school in the cluster came to fruition. The 48 teams involved played 3v3 introductory volleyball matches over eight courts, which followed a variety of warm-up activities after the festival was declared open by Scottish Volleyball's John Scrimgeour. A 'spirit of the festival' team award was presented to one of the girls teams from Milnathort Primary School.

Special Thanks from the World Challengers

Thank you to Anderson's of Kinross for supporting the three World Challenge teams who are travelling to South Africa, Mozambique and Swaziland. Over 30 pupils head off at the end of June for a life-changing experience helping communities on the African continent. We wish them the best of luck on this exciting venture and can't wait to hear all about it.



Winners of the Faraday Challenge 2019

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.

Sports News

Kinross Otters

www.kinrossotters.co.uk

Well, we have lots of news this month!

Otters have been taking part in Volunteers' Week by celebrating our poolside helpers, technical officials, coaches and committee members on social media. All of them are volunteers and our club couldn't function without their commitment and dedication. We are thrilled that our recent campaign to encourage more involvement has swelled the ranks of all our volunteers. This has been noted in particular by other clubs and Midland District officials who have highlighted the great number of volunteers we field at events we attend. Kudos to everyone involved.



Volunteers' week

We can also announce that Kinross Otters are finalists for the Scottish Swimming Club of the Year Award! Scottish Swimming believe that strong clubs can offer local communities a vibrant focus for volunteer and athlete development, essential for creating lifelong participants and local and national heroes. There is such a strong network of swimming clubs across Scotland and Scottish Swimming would like to recognise their achievements through this Award. This is due to our swimmers, hard-working coaches and committee and we are thrilled that a small club like ours can even compete at this level. We'll keep you posted on the outcome!

In order to help us maintain a strong team bond within Otters, we've been hosting a series of social events for swimmers and their grown-ups. Our recent bowling night was great fun and was hopefully the start of many events like this.

Our leagues have been continuing with the home meet on 1 June. We had 27 swims and finished up with 17 PB's including an absolute stormer from James Taylor in the 50m backstroke who took 7.65 seconds of his previous best. Well done everyone!

The first division had 26 swims. We were unable to field any swimmers in the older boy's age group which lost us points, but the team still managed 18 PB's! Angus Ewan in particular had a great day with a massive 9.44 second PB in his 100 free. In other news, Struan Bennet achieved two silver medals in Scottish Schools Commonwealth Pool representing Kinross High School. Also Emily Cumming achieved a time at the East Lothian Open Meet which saw her gain a place on the District Regional Programme where she joins Ben Smallwood. Well done to both!



The DCA 'Stars of the Future' saw Tom Pritchard coming home with a trio of bronze medals in 100m IM, 50m Fly, 50m Breast stroke. The rest of the squad also performed with a brace of new PB's across all age groups. This is a meet aimed at those aged 10 to 13 and we were proud of the local P7's who, despite a week of S1 induction events, pushed through their fatigue to put on some great performances.

May also saw three of our swimmers qualifying for the elite Scottish Summer Meet. Emily Cumming came through in the 50 fly, 50 and 100 m back, 50 free 100 fly and the 200 IM. Struan Bennet represented Otters in the 200 fly, and 400, 800 and 1500 free and Ben Smallwood swam in the 50 fly and the 100 free. Well done to all of them for making it to this meet; a fantastic achievement!

Struan and Emily also attended the Glasgow International meet. Struan gained PB's in both the 800m and 1500m freestyle and Emily finished 27th overall in the 50m fly. Absolutely fantastic results by both!

The SASA Midland Long Distance meet took place at Dundee Olympia at the beginning of May. Otters had a group of over 27 swimmers taking part which is fantastic given that many of them were first timers. We achieved lots of personal bests with many swimmers being brave and trying out new distances. There was a great team spirit. A huge medal haul with 27 won in total! Well done to Ross Stewart who came away with three!

Aside from swimming, coaches Fiona, Morag and Caroline attended a very informative and useful session run by Perth Autism Support last month. They obtained lots of great information on how to develop, engage and support young people in our sport.

Head Coach Fiona and Coach Bob have just completed a Strength and Conditioning course which allows them to run their own land training sessions. This will improve performances, strength and fitness. All these events take place in their own time to benefit the club and we are, as always, humbled by their commitment.



DCA 'Stars of the Future'

Kinross Tennis Club

www.kinrosstennisclub.org.uk

We've had a really busy few weeks down at Kinross Tennis Club and, despite the challenging weather, we've had lots of play on our fantastic new courts!



A new block of adult beginner and improver lessons started a few weeks ago and we were delighted to welcome lots of new (and returning) members. Sessions take place on Tuesday mornings and Friday evenings and this block will finish at the end of June. However, there will be some Sunday evening 'pay as you play' sessions taking place over the holidays and a new block starting in August. We've also held our first social tournament of the year. The sun made a rare appearance and we managed lots of games of fun, competitive tennis followed by sandwiches and cakes! We'll be holding further social tournaments for our members throughout the summer months.

Tennis for Tots has gone back outdoors for the summer months. Sessions are running on Saturday mornings at 9.15am and 10.15am followed by family tennis for 6 to 10 year olds with their parent (or grandparent!). There will also be pop up 'pay as you play' Tennis for Tots sessions on during the school holidays. Sessions for new and current players will take place on Wednesdays and Saturday's on the following dates; 3, 6, 10, 24, 27, 31 July, 3, 10 August.

Contact coach Siobhan MacLeod by email at kinrosstennisclub@gmail.com, or check out our Facebook page for more details on any of the above sessions. Junior summer tennis coaching will continue to run on Tuesday evenings from 5pm until the end of term. Daniel Reed will also be running two camps during the holidays on weeks beginning 5 and 12 August. For details please email dartennis@gmx.co.uk

Our men's and ladies teams have also been in action on Monday and Thursday evenings. The Ladies' team are playing in Division one of the Tayside League and are currently sitting fourth. Meanwhile the Men's team have won all of their matches so far in the four player league. The men's team were delighted to welcome some new players this year too! Adult club social sessions will continue throughout the summer months on Wednesday evenings at 6.30pm, Thursday afternoons at 1.30pm and Sunday mornings at 10.30am. These fun sessions are great way for new (and regular) members to get some practice in and meet others. New members are always welcome and enquiries can be made to kinrosstennisclub@gmail.com

Visitors are also welcome. Access is available from Sands the Ironmongers for a small fee.



The Tennis Club is great for socialising!

Kinross Curling Club

It seems strange to be writing about curling when summer is only just beginning but the success of the curling season has much to do with the work being carried out by members of the Board and staff at this time of year.



Renovation work to the lounge is progressing apace and, come the start of the season, curlers and visitors will be able to watch the curling from behind the brand new glass.

Early plans are now in place to provide opportunities for people, young and old, to give the game a go. The first of our 'Try Curling' sessions has been arranged for **Saturday 12 October** and this will be followed by two coaching/beginners sessions on the following consecutive weekends.

Entries are increasing for a major event at the end of September; the Kinross International Friendly Bonspiel.

Our fundraising committee will be in action to continue to build funds to progress the development of the rink. Please contact us by email at iceman@kinrosscurling.co.uk if your business would like more information on advertising your services at the rink.

We are also looking for teams to complete the line-up for the Saturday mixed league, division three of the Sunday league

and the relaunch of our Stick Pairs league. Please contact Steven on the email address above.

We were delighted to support Portmook Gala Day by donating a prize for their raffle. We look forward to winners coming along to rink to try their hand at this great sport.

Even at this early stage, anyone interested in the October 'Try Curling' session can let us know by emailing our Coaching Co-ordinator, Jim Steel, at jim.l.steel111@gmail.com.

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Kinross Golf Club

www.kinrossgolfclub.co.uk

The 2019 Gents Open attracted 145 entries; morning conditions were very poor with heavy rain, which resulted in difficult playing conditions. The Bruce course was in fantastic condition, which is a credit to Head Greenkeeper Andy Crawford and his team. The results were as follows:

Handicap Section 0-9

- 1st S Calder, Kinross, Overall Open Champion 67
- 2nd N Ritchie, Thornton 69
- 3rd C Paterson, Kinross 69
- 4th N McGarva, Kilmacolm 70

Handicap Section 10-28

- 1st E Arthur, Kinross 68
- 2nd G Smith, Falkirk 69
- 3rd M Pettigrew, Kinross 70
- 4th A Douglas, Caird Park 71

Scratch

- 1st C McKinney, Jondaloop, Australia 73
- 2nd S Michie, Kinross 74
- 3rd S McGaulley, Aberdour 74
- 4th D Ewen, Milnathort 75

Our congratulations go to Lyn Murray, who whilst representing Kinross Ladies in their third round Annodata Match at home against Glenbervie on Saturday 8 June, had a superb hole-in-one at the Par 3, 11th on the Bruce. Lyn went on to win her match 4&2, though unfortunately Kinross lost overall. This is Lyn's second hole-in-one since taking up golf in 1975, but is her first at Kinross where she has been a member for just over 40 years. Lyn has kept the ball as a memento. Well done Lyn, a great achievement.



Lyn Murray and ladies who played in the Kinross v Glenbervie Match

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As it's Solheim Cup year at Gleneagles, Kinross and Milnathort agreed to adopt a Solheim Cup theme for their annual friendly 'Putter' match. Milnathort being the home team, were Team Europe, therefore Kinross were Team USA. Result: Kinross Ladies won the match 4.5-0.5 and are delighted to have won the Putter back!



Kinross Ladies Solheim Cup Team USA

Congratulations to Jennifer Simpson and Geoff Knott who won this year's Millennium Cup with a net 61. Well done Jean Graham and Alex Glancy who were runners-up with a net 65. Our Ping Scottish Mixed Championship qualifying event will take place on Friday 5 July. The format is Mixed Stableford Foursomes and it will be played on the Montgomery. The top 40 pairs based on stableford scores from clubs throughout Scotland will qualify through to the Grand Final on Monday 19 August at Gleneagles, Queen's Course.

The date for the 2019 Senior Ladies Open Greensomes is Thursday 11 July. The competition will be played over the Montgomery course and the entry fee is £14 per pair. The first lady to achieve a hole in one on our Par 3, 1st hole will win a pair of Mary Queen of Scots diamond ear-rings. To enter, please download an application form from www.scottishgolf.org or www.golfempire.co.uk.

The date for the 2019 Junior Open is Tuesday 16 July. The entry fee is £5. Please download an application form from www.scottishgolf.org or www.golfempire.co.uk.

Join us in the Clubhouse on Saturday 27 July for a delightful, dastardly and dangerous evening when Kinross Golf Club will be hosting a 'Murder Mystery Dinner'! Tickets cost £15 and this includes a 3-course meal. Join the gangsters and molls of the roaring twenties. Costumes are encouraged but not required. Come along, support the club and solve the mystery of murder.

Follow Kinross Golf Club on Facebook and Twitter, or check out our website www.kinrossgolfclub.co.uk for more information.

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.

Kinross Road Runners

<http://kinrossroadrunners.weebly.com>

The 'summer' training programme is going well – despite the fact that the weather has been anything but summery. We are well used to coming home 'drookit' but we got more than we bargained for on a training run at Kinghorn for the Black Rock race. The route takes you across the beach and round some rocks but we were just a bit late for the tide and ended up wading rather than running!



KRR 'Plogging': Jogging while picking up litter on the way!

As we write, preparations are well underway for our next club event – the ever-popular Milnathort Dash on Thursday 27 June, which takes in a scenic hilly route by Meikle Seggie and Tillyrie. In preparation for this, our regular Wednesday evening run earlier in June was a 'Plogging' session round the Dash route – that's jogging and picking up litter along the way. Sad to say that two large bin liners of roadside rubbish were collected on this five-mile route. Despite heavy rain, everyone enjoyed the session and felt it was worthwhile doing our bit to keep Kinross-shire beautiful. There's lots of races on at this time of year so the club training sessions are an important way to get 'race ready'

as well as a chance to socialise, and enjoy the fresh air and our wonderful Kinross-shire countryside. Evening running sessions are held every Tuesday and Wednesday with a fortnightly Thursday session added in as well – so there's plenty of options for runners of all abilities. New members are always welcome – just come along to any of the sessions to try it out first. Club training for July is outlined below. We meet for all sessions at the health centre car park opposite the campus. For Tuesdays and Thursdays meet at 7pm and for Wednesdays a little earlier at 6.45pm to car-share to the start of the run. Tuesdays will focus on interval type sessions with a programme designed to improve your running speed. Wednesday evenings are mainly group trail runs, excellent for developing strength and stamina and there's always time for a blether! The fortnightly Thursday evening sessions provide additional speed or endurance sessions. If you still have some energy left at the weekend, there are plenty of local Parkruns to choose from every Saturday morning. We meet for an informal Sunday morning run at 9am at the health centre for either a trail or hill run at a very leisurely pace. Check our Facebook page or website for further information or to make contact.

KRR Programme for July

Tues 2	2-mile time trial, kit sale and hot chocolate
Wed 3	Brig Bash race
Tues 9	6 x 4 min intervals
Wed 10	Strathmiglo OR Maddy Moss hill race
Thurs 11	Fife Cycle Park for speed training
Tues 16	10 x 45 sec intervals
Wed 17	Benarty
Tues 23	5 x 90 sec intervals
Wed 24	Falkland hill race
Thurs 25	Fife Cycle Park for speed training
Tues 30	Pyramid reps
Wed 31	John Knox's Pulpit

Fossoway Tennis Club

We are a family friendly club (nothing too serious) based in Crook of Devon welcoming new members of all abilities. We have internal competitions for all ages including coaching for younger children. Have a look at our Facebook page or come along on a Thursday evening from 6.30pm to speak to a member. Individual and family memberships available.

Summer Camp

Tennis Summer Camp 1-5 July to all P1-P7 members. Not a member? Contact the club for information.

Kinross Colts Women's Team

We have now started training on Monday evenings from 7pm-8pm at the 3G at the campus. The team is open to ladies aged 16+ (no upper age limit!) and you can be any skill level. Everyone is welcome, just wear comfortable clothing. For more details, please call Ami on 07710 119783.



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Kinross-shire Cricket Club

Rain, Rain and more Rain!

Sadly, very little cricket has taken place due to the near constant rain during late May and early June. Nearly all the senior games have been called off or postponed and the two junior games suffered similar difficulties. The joys of Scottish cricket!

One game which did take place was a mid-week challenge against the staff at Glenalmond College. Batting first, KCC put on 103 in their 20 overs. 13 year old Calum Porter top scored for KCC with a well struck 14. Fellow teenagers Angus Forbes and Duncan Kay also contributed with useful knocks as everyone added runs to the team total.

Glenalmond got off to a swift start before a mix-up in the middle brought about a great run out to take the first wicket. By the 10th over Glenalmond were well on track for an easy win with 60 for 1. Oliver Middlemiss took his first wicket for the club getting the no 3 caught at mid-wicket. Then came a dramatic double spell of spin bowling from new player Aiden Goward and club captain, John Ross. Aiden was the first to strike taking 2 wickets for 2 balls. John followed the next over taking a further 2 wickets in 2 balls. Aiden then had another wicket after a remarkable piece of combined fielding from wicketkeeper, Graham Glover and 1st Slip John Ross. A slight nick from the batsman was almost out of reach for Graham as he gloved it into the air, unable to hold it. A dramatic forward one-handed dive from John brought about a great rebound catch. John followed that with another wicket in the next over. Aiden finished with figure of 3 for 17 and John ended with 3-13.

With 1 over to play Glenalmond needed 4 to win. Calum Porter's first two deliveries produced no runs. A slight edge then went past the keeper and reached the boundary to give Glenalmond the game. Everyone agreed this had been a great contest and next season will see home and away fixtures.

Hopefully, the rain will go away and we can get some games in. Junior training is every Monday from 6.30pm with seniors on Wednesday evenings.

Player Profile

Simon Lopez has been a stalwart of the club for over 14 years. A talented right-hand batsman he features on the club honours board for his ability to build big partnerships. He bats particularly well with openers and has a top partnership score of 156 with James Ross. An occasional bowler, and often called upon to keep wicket as short notice, Simon is one the people all clubs love to have. A quality player who works hard and is always ready to take on any job.

Debut: 29 May 2005.

Matches played: 163.

Total runs scored: 1981.

Highest batting score: 76.

Roles: Previous Vice-Captain, club coach and committee member.

Nickname: SiLo.

Kinross Rugby Club

Pre-season training starts on Tuesday 2 July at 7pm at the KGV playing fields. New players are more than welcome. Come along, even just to get fit. For more details contact Murray Hunter, KRFC President, on 07818 051849.



Orwell Bowling Club

Orwellbowlingclub.weebly.com

Find us on Facebook

The bowling season is well underway. We have had mixed weather, mostly wet, but competitions are progressing well. The results of our most recent friendlies are:

Sunday 19 May at Home to Newburgh, 4 mixed triples

Orwell - 45 Newburgh - 47

Saturday 25 May Away to Tillicoultry, 4 mixed triples

Orwell - 61 Tillicoultry - 39

Saturday 1 June Away to Sauchie, 4 mixed triples

Orwell - 62 Sauchie - 54

Wednesday 12 June Away to Carnbo, 3 mixed rinks

Orwell - 22 Carnbo - 48

Congratulations to the following:

Sandra Fullerton, Linda Reid and Maz Thorn who have reached the Bowls Scotland final.

Margaret Hooper, Linda Reid and Jean Menzies who have reached the final of the county.

Anne McGouldrick, Joan McFarlane and Maz Thorn who have reached the East of Scotland district final as have Nancy Findlay, Mary White, Margaret Hooper and Linda Reid.

Well done to all!



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Kinross Vaulting Group

Carnbo, Kinross

kinrossvaultinggroup.co.uk

Spring Competition at Highfield at Howe Equestrian

Our second local competition of the season was a busy, fun and triumphant one. There were lots of opportunities for our vaulters to put in to practice all the new moves, skills and techniques they have honed in training over the winter months. Results achieved by vaulters young and old were most encouraging, and the KVG horses and lungers truly excelled themselves, securing eight first places, five seconds and three thirds.



Zoe and Caitlin at Howe Spring Competition

KVG's full results for the Howe competition were as follows:

Individual. Pre-novice Walk A, Lily White 2nd, Samuel Wilson 1st; Pre-novice Walk B, Taylor Dawson 2nd; Pre-novice Canter Walk A, Rosalie Peck 1st; Pre-novice Canter Walk B, Isla Kinns Brown 4th. **Novice Individual.** Hazel Wilson 7th, Lana McDougall 2nd. **Female Child 1*.** Beth Cassasola 11th, Catrina Mackie 10th, Tabitha Peck 9th, Beth Robertson 7th, Zoe McColl 5th, Iona Robertson 3rd Caitlin Mitchell 1st. **Female Junior 1*.** Catriona Marsden 2nd. **Female Junior 2*.** Sophie Wilson 7th. **Female Senior 1*.** Heidi Ballantyne 1st. **Female Senior 2*.** Hannah Ballantyne 3rd, Molly Turner 1st. **Pas de Deux.** Walk Pas de Deux Novice, Lily White and Taylor Dawson 2nd; Walk Pas de Deux Open, Catrina Mackie and Beth Robertson 3rd; Zoe McColl and Caitlin Mitchell 1st; Senior Pas de Deux, Molly Turner and Hannah Ballantyne 1st. **Novice Squad class,** 1st Tabitha Peck, Rosalie Peck, Iona Robertson, Catrina Mackie, Beth Robertson, Isla Kinns-Brown.

CVI Belgium

It was time to dig out the passports again as KVG headed off to CVI Belgium for their second international competition of the season.

The four-day event brought together qualifying competitors from across Europe including Germany, Sweden, France, Denmark, Switzerland and the UK. With hundreds of individuals and teams having to compete at local events to achieve qualifying scores in order to attend, KVG were once again delighted to have the honour of representing Great Britain, along with several other UK vaulting groups.

Eight KVG vaulters travelled to Belgium, competing on three horses. For two of our younger members, Caitlin and Zoe, it was their first ever vaulting international. Despite the hot continental sunshine and some awful biting insects, KVG vaulters and horse performed very well, achieving three podium places plus numerous rosettes. A lot to be proud of from our little club!

KVG results for CVI Belgium 2019 were as follows:

Female Individual Child 1*, Caitlin Mitchell 2nd (silver), Zoe McColl 3rd (bronze), Iona Robertson 4th; Female Individual Junior 2*, Sophie Wilson 23rd; Male Individual Junior 2*, Jack Wilson 9th; Female Individual Senior 1*, Heidi Ballantyne 10th; Female Individual Senior 2*, Molly Turner 9th, Hannah Ballantyne 11th; Pas de Deux Senior 3*, Molly Turner and Hannah Ballantyne 2nd (silver).

10 Year Anniversary celebrations

This year we are celebrating our 10 year anniversary at Hillside, Carnbo. Over the years the club has seen many local youngsters develop confidence, poise and self-esteem through participating in this wonderful sport. There have been a large number of horses, vaulters, coaches and lungers involved, and a small army of dedicated parents, all with a good few stories to tell!

A strong team spirit is essential in vaulting, and as older vaulters themselves go on to become coaches and share their expertise with the younger ones, this team spirit continues to thrive, which is wonderful to witness.

On Sunday 9 June a vaulting demonstration was held at the club to celebrate this landmark anniversary, followed by a small drinks and buffet party at the Carnbo Village Hall.

Club founder Liz Mackay said 'I have been very fortunate to work with, and have the support of, so many enthusiastic and energetic people. My job is to enable young athletes to achieve their goals and dreams. We have been very successful as a group in doing this due to everyone's hard work and commitment.'

One of the key aims of the group has always been to keep the cost as low as possible for the children taking part and to ensure accessibility to a broad range of youngsters. To this end, our fundraising committee organised a raffle which raised just over £900. We are enormously grateful to everyone involved.

For further information on Kinross Vaulting Group, or to arrange an equestrian vaulting taster session, please contact Liz Mackay by email at lizmacward@hotmail.com.



10-year-anniversary celebration cake

Volleyball

Three former Kinross High School pupils were on international duty recently. Jack McKelvey and Mark Cathro played for Scotland Men's volleyball team in an international challenge match against England at Perth College. This was Mark's first cap for the Scotland Men's team.



Jack McKelvey and Mark Cathro

The Scotland Men's team has not played a home international against England for a number of years. The teams last met in Newcastle last year where England triumphed 3-1 to lift the Carol Russell trophy.

On home soil, and playing at Perth College for the first time, the Scotland squad has changed dramatically since the last match at home. They are now sporting a young, enthusiastic and committed squad bolstered by one or two more experienced heads.

The opening exchanges were evenly matched but the home side eventually crept ahead to win both the first and second sets. The third set saw England come back fighting and they soon established a comfortable lead. However the Scots found an energy from somewhere to draw level and eventually win the set for a remarkable 3-0 win. Mark Cathro said, 'What a feeling beating England 3-0 today! My celebration at the final point said it all. First time we've beaten them since 2012! Not a bad first international match I suppose'.



The winning Scotland men's squad with the Carol Russell trophy

Meanwhile Mitchell Brown was in Ireland competing for Scotland in the SCD (Small Countries Division) Beach Volleyball Championships.

With interest stretching far and wide across Ireland, the attending crowds enjoyed a dramatic day of action in this global initiative. The event offers an attractive alternative qualification pathway for athletes and National Federations to the Tokyo 2020 Olympic Games. Set in County Meath, on the East Coast of Ireland 40 kilometres north of Dublin, Bettystown was the perfect setting for a weekend of high level beach volleyball. Unfortunately it wasn't to be for Mitchell and his partner Harris Ritchie with the Lithuanian pairings finishing in the top two positions followed by Ireland and then Scotland.

Four Kinross High School pupils are currently attending Scottish volleyball's 'Flying Scots' training sessions in preparation for this September's Scotland East teams.

Local volleyballers from the club are preparing for this August's De Haan (Belgium) volleyball tournament. Two teams are entering this year; one mixed and one men's. The party will leave Kinross on Thursday 8 August, returning the following Tuesday.

Kinross Volleyball Club continues its outdoor 'social volleyball'. We offer free sessions on Monday evenings on the grass area at the rear of the campus car park from 7pm to 8.30pm (weather permitting). Due to increased numbers we now have two courts available for play. All are welcome, especially beginners.

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MILNATHORT – Milnathort SWI met in the Town Hall on Thursday 16 May. Jean Paterson, President, welcomed our Tellers from Glenfarg, Helen and Sheena, and members to our AGM and Members Evening, Treasurer, Secretary and President gave comprehensive reports on a successful and enjoyable year. Members who had entered the Radio Play Competition then took to the stage and 'performed' their play. Thanks were given to May Paterson for writing it.

Competition results for the past year:

Most points: Denise Stephenson

Runner up: Aileen Hunter.

Flower of the month cup: May Paterson.

Results for May:

Wedge of Victoria sponge: Denise Stephenson, Aileen Hunter

Flower of the month: Jean Paterson.

Members then had time to 'catch up' with each other before refreshments were served. Jean thanked the Tellers and members for attending this evening and wished everyone a safe journey home.



CARNBO – New President Angela Browning welcomed everyone to the last meeting of the 2018/19 year. Jay Hutchison gave a demonstration on needle felting and members were invited to craft ladybirds which were added to a gift tag. A simple and effective personalised gift tag resulted.

Flower of the Month: Betty Stirling – Pink Rose.

Article in handmade felt: Helen Payne – Hand crafted Page Clip (book) marker.

The next meeting will be at 7.15pm on Mon 16 September at Carnbo Hall. All welcome.

Loch Leven Lassies

An exciting new Scottish Women's Institute is being launched in Kinross.

Two recent pilot meetings in Kinross have resulted in the formation of the Loch Leven Lassies SWI, a new group for women of all ages who want to enjoy fun and informal social activities in their local area and beyond.

The century-old SWI now has a revised constitution and vibrant new groups are forming all over the country.

We already have lots of new and traditional ideas for our meetings, outings and events. We are organic in our thinking and still in the early planning stages.

Please follow us on Facebook to see what we are up to, and please come along to our flexible and fun meetings if you can. You can contact us at lochlevenlassiesswi@gmail.com.



Loch Leven Lassies is one of many vibrant new groups forming all over Scotland

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Out & About

RSPB Loch Leven

facebook.com/RSPBTaysideFife

www.rspb.org.uk/lochleven

Telephone: 01577 862355



We know summer has arrived at RSPB Loch Leven when the swallows return, and are flying in and out and around our courtyard. This year some have decided to nest in the eaves of the building next to the toilets, giving visitors wonderful views of the birds! It is lovely listening to them constantly chattering and twittering as they build their nests, lay their eggs and feed their chicks.

Swallows arrive in this country from April onwards. They have spent the winter months in South Africa and then have to make their perilous journey back to the UK; many flying over the hazardous Sahara to the UK to breed. They fly roughly 200 miles a day, averaging a speed of between 17 and 22 miles per hour – amazing for such a small bird.

We are still hearing plenty of birds singing in our woodland areas, including the babbling song of the garden warbler and the descending scale of the willow warbler. However, as summer progresses, less and less bird song will be heard in the woodlands. The birds are now concentrating on feeding their chicks and they no longer need to attract a mate to breed. However, the woodlands are full of little family groups of birds such as blue tits, great tits and bullfinches, with the fledglings constantly calling to their parents.

There are still lapwings, oystercatchers and a pair of redshanks along the wetland trail with chicks being seen, with patience, amongst the long grass. There are also shelducks and their young swimming with their parents across the wetland pools. They are greatly out-numbered by the greylag goslings which have been growing at a tremendous rate.



Swallows fly huge distances

We have some exciting events planned at Loch Leven this month. Join us for an evening of outdoor theatre when the Festival Players return to perform **Much Ado About Nothing** on **Thursday 25 July**, at 7pm. Perfect entertainment for a summer's evening overlooking Loch Leven. Booking essential; adults £14,

children £8, family (2 adults and up to 3 children) £42. To book, please visit our Eventbrite page at rspblochleven.eventbrite.com.

The Big Wild Sleepout takes place on **Saturday and Sunday, 27-28 July**. If you and your family would like to spend the night on our reserve, camping under the stars, then join us at RSPB Loch Leven (3pm onwards for 5pm start) and give your family the chance to discover nature after dark. Booking essential. Adult RSPB members £20, Adult non-RSPB members £24, Child RSPB member £10, Child non-RSPB member £12. To book, visit our Eventbrite page at rspblochleven.eventbrite.com

Our new accessible underpass is not yet finished, with the delay caused by the need for a new water pipe. Work to the south side of the road has been completed for some time now but there have been on-going delays to the work on the north side of the road where the pipe is situated. The diggers have been back in action recently and some progress has been made with approvals from Scottish Water. However, there is still some way to go before the project can be completed and open to the public. We would like to thank the local community and Heritage Trail users for their patience and hope to have another update in the next *Newsletter*.

Local Attraction Opening Times

Lochleven Castle, Castle Island, Kinross

Located on an island in beautiful Loch Leven, this is one of Scotland's oldest castles, probably built in the early 1300s.

Mary, Queen of Scots spent a traumatic year in captivity here, when she miscarried twins and was forced to abdicate. She dramatically escaped in 1568.

The property is reached by boat, operated by Historic Scotland and departing from the fishery pier (Pier Road, KY13 8UF) where there is parking and a Historic Scotland shop and ticket office.

Due to limited capacity, it is recommended that all visits are booked in advance. This can be done online at www.historicenvironment.scot/lochleven-castle or via the local ticket office. Phone 01577 862670 for further information.



Access times for 2019

26 March to 30 September: Daily, 10am to last outward sailing at 4.15pm.

1-31 October: Daily, 10am to last outward sailing at 3.15pm.

Admission prices: Adult £9, Child £5.40, Conc £7.20. HS members free.



The Pier
Photo: Hannah Phillips



After a promising start, summer is not panning out that well so far. Wind and rain have been frequent but there's still a long way to go so fingers crossed.

We've started to cut the verges around the trail. It's the second year since we took over from the council. These days road-side verges are a hot topic. They are seen as a valuable wildlife resource. We like to treat our verges in a nature-friendly way. Some of the things we do include mowing around nice plants like orchids, leaving clumps of clover for the bees to feed on, only cutting narrow strips where the path is wide, only cutting one side of the path at a time and having a look for nesting birds before we cut. We fully understand that nettles can ruin a day out for a child but they are also important for wildlife, so we cut them where there may be an issue.

On 6 July we are celebrating Magnificent Meadows Day. Over the last 100 years increased agricultural intensification and use of pesticides has meant we've lost most of our natural meadows around the UK. We are taking a close look at these plant rich sites and having an event to celebrate the day between 10 and 3pm at Burleigh. There will be

be guided walks, moth-trapping and craft activities.

We'll be at Kinross show again this year. We will once again have the stall set up with activities for the children (and adults) and a chance to chat to us about anything Loch Leven NNR related.



Birds-foot trefoil (Lotus corniculatus)

Keep an eye on our social media. The blog (Loch Leven NNR Wordpress) and Facebook are updated regularly. There are lots of plant and insect pictures right now. Summertime means collecting social media content is easier and we keep it fresh and regularly updated. There are lots of breeding birds around the reserve. There are some big broods of mallard near the Mill Hide. One female raised 10 ducklings to over four-weeks-old. That is a remarkable effort

for a duck in a wild place. It appears that songbirds are doing quite well too. Many juvenile willow warblers, dunnocks and robins can be seen around the trail. They are taking a bit of a buffeting from the weather but there is no shortage of food.

We have been bashing bracken down at Findatie. The meadow is lovely down there. It is full of nice plants like pignut, birds-foot trefoil and bulbous buttercup. We have been getting the level of cutting right but unfortunately the bracken is beginning to take over in parts. If you bruise a plant with slashers it stops it producing spores and it also stops the plant from growing up and shading out everything else that wants to grow.

We joined up with Live Active and PKC for a health walk at Findatie. I'm not too sure the group were too impressed with me showing them the various grass species, but we walked the Findatie loop and there was lots of wildlife to look at. Sadly, there was no kingfisher but plenty of herons and orchids.

Hope everyone is enjoying these long evenings. *TTFN.*

*Jeremy Squire
(reserve officer SNH Loch Leven NNR)*

Farming

From farming in a heat wave this time last year, 2019 has seen a return to normal showery spells and it's quite amazing the different challenges they both bring. I have a smaller flock of ewes now, about 80 less than last year and an extra field of grass, so I reduced the amount of fertiliser we spread hoping to save some money, and due to the warm temperatures and steady rain the grass has grown very nicely without it so far. Another decision, which is different, is selecting the correct time and product to protect the lambs against blowfly. I apply 20ml of product dispersed along their backs, shoulders and tail and this protects them from the perils of blowflies landing on them and laying their eggs. These devious parasites burrow into a warm bit of wool, a dirty tail or cut and when their eggs hatch the maggots then grow on the lamb, which as you can imagine quickly becomes a painful infected wound. It's certainly a case of prevention is better than cure so I try to treat at the optimum time to give maximum protection. The products vary, so depending what you use, you get protection ranging from six to sixteen weeks. Last year I chose different products for different batches and the results were good: we only had one or two cases out of 1300 lambs. The risk is increased with this warm humid weather so I'm trying to work out how I can get similar results without it costing a fortune.

The other big trial, which has been more of a challenge for others (Rab) than me, is 'sowing the neeps.' Last year we got them in on time in the last week of May in great conditions but it was so dry that the tiny seeds struggled to germinate in one field that has dry sandy soil. Funnily enough the weeds grew fast and furiously, but weeds don't make good winter-feeding so some of the ewes missed out on their swedes last winter. This year each time we thought the field was dry enough the heavens opened and made it too wet to get started, but thanks to Rab's determination, the second field has been sown today, 14 June. It's much later but we've also sprayed off the weeds twice so are very hopeful of a decent crop. Thanks, Rab!

Finally, some of you may have seen the wee photo of me that popped up in *The Courier* yesterday. I was asked if I wanted to be photographed as a lady in farming and I said yes, so I'm now a poster girl for the Royal Bank of Scotland Highland Show campaign. It was very good fun, I've never had as much make-up applied – not even for our wedding! It says, 'Fiona would love more young women to follow her lead. Must be the shepherd in her.' Well as you lovely readers know, I love my shepherding job, so at least minus the make-up it's a very honest campaign.

Fiona

Gardening

Well, what a summer so far! It's not been the greatest, has it? On the upside, plants in my garden that haven't done well for a while are loving the cooler weather and I had a fantastic show of lupins, clematis, and even my mock orange had plenty of flowers this year.



Clematis

July is meant to bring long, warm days that last well into the evening. We'll wait and see. Dead heading is an important job in July. Perennials should be going well, but you'll want to dead head any spent blooms – this will keep the garden tidy and encourage a second flush of flowers later. Hardy geraniums, lupins and delphiniums benefit from this. Annual plants will also thank you for a quick haircut of faded blooms. At the moment you don't want to encourage seed pods to form, you just want more flowers! If you're doing this with hanging baskets you might want to give them a bit of a feed and water afterwards. Pick lots of sweet peas if you have them – this will encourage more to flower and will also make your house smell heavenly.

If you're lucky enough to have bearded irises in your garden, now is a good time to lift and divide the clumps so they have time to set good, healthy roots before the cold weather arrives.

Climbing and tall plants are still growing well so continue to stake and tie in so that high winds don't destroy your efforts. There's nothing more sorry looking than a beautiful delphinium that has been squashed by the wind and the rain.

July is, in large part, about trying to prolong the flowering of your plants but it's also a brilliant time to start planning ahead for the coming year. If you want earlier flowers next year while you're waiting for your annuals to bloom, try some biennials such as sweet williams, foxgloves, or hesperis. Now's the time to order seed and sow, ready for planting out in the autumn. My favourite supplier is Higgledy Garden, a small independent supplier of flower seeds – and the owner lives on a narrow boat with his dog Flash, what more could you ask for?

If you're growing fruit, I hope the weather's been warm enough for you to harvest some strawberries. I think mine are still sulking and waiting for summer to arrive. Remember to peg down runners on your strawberries if you want more (free!) plants next year. Check your gooseberry bushes for sawfly larvae too – I've had mine stripped totally overnight in previous years. Just pick or hose them off. Remember to protect your precious soft fruit from birds and squirrels with some netting. You can always take it off later when you've finished harvesting.

Enjoy your garden and fingers crossed that the summer improves!

Teresa Stirling



Lupins

Gardens open in July

Bridge of Earn Village Gardens. Tickets from The Institute, Station Rd, Bridge of Earn PH2 9EA. Sunday 28 July, 2-5pm. Admission £5, children free.



Bradystone House, Murthly PH1 4EW. Thursdays only, 11am-4pm. Admission £5, children free.

Dowhill, Cleish KY4 0HZ (by arrangement). Contact: 01577 850207, pippamd@icloud.com. Admission £5, children free.

Hollytree Lodge, Muckhart, Dollar FK14 7JW (by arrangement). Contact: 07973 374687 or elizwyatt@aol.com. Admission £4, children free.

Parkhead House Gardens, Burghmuir Rd, Perth PH1 1RB (by arrangement). Contact: 01738 625983, 07748 186815 or maddy.tinson@gmail.com. Admission £5, children free.

Please see the Scotland's Gardens website, www.scotlandsgardens.org for details of these, and many other, gardens open for charity all over Scotland this summer.

Weather



May Weather Report from Kinross

Total rainfall	93.2mm = 3.72ins
Heaviest rainfall	19.5mm (21st)
Total sunshine for the month	151.8 hours
Sunniest day	11 hours (14th)
Minimum temperature average	2.9°C
Lowest temperature	-3°C (11th)
Maximum temperature average	14.08°C
Highest temperature	23°C (15th)

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Facebook: www.facebook/kinrossparishchurch.org
Church E-mail: office@kinrossparishchurch.org
Church office and church open: Mon-Fri 10am-12 noon.
Church Office: Tel. (01577) 862570
Contact the church office if you are interested in leasing rooms in the church or church centre.
Minister: Rev Alan D. Reid MA, BD Tel: (01577) 862952
Ordained Local Minister:
Rev Margaret Michie Tel: (01592) 840602
Session Clerk: Jaffrey Weir Tel: (01577) 865780

Events listed below are in the church unless indicated otherwise.

Regular Services and Events

A number of our regular events have a holiday break in July. See August Newsletter or church website for re-start dates.

Sundays: 10.30am: Morning Service with Crèche. Junior Church is having a break from June 30 to August 18 but there will be 'Summer Sundays' activities for children in the church during the service.

Wednesdays: 10.45am Service, Church Centre.

Saturdays: 10am-12noon 'Coffee Stop', Church Centre. Coffee, cakes and book sale most Saturdays.

Other Events and Services

29 June – 6 July: BB Company Section – Summer Camp at Jedburgh.

July

Mon 1 8am: Silent Meditation.
Tue 2 2.30pm: Service at Whyte Court.
4pm: Service at The Sycamores.
Sun 7 10.30am Service, followed by informal Communion at 11.45am.
Mon 15 – Fri 19 Team from Kinross Parish Church helping at 'Scottish Camp', Debrecen, Hungary.
Thu 18 9pm: late evening service of Compline.
Wed 24 1.30pm: Craft Group restarts after break in early July.
Tue 30 2.30pm: Service at Causeway Court.

Cleish Parish Church Church of Scotland

(Charity No: SC003168)

Minister: Rev Lis Stenhouse BD (Hons)

Tel: 01577 842128

Email: estenhous@churchofscotland.org.uk

Session Clerk: Neil Maclure

Email: neil.maclure19@gmail.com Tel: 01577 864826

Please visit our website: www.cleishchurch.org

Sunday Services 11.15am

July

Sun 7 11.15am **Morning Worship.** Guild Teas. Traidcraft Stall.

Sun 14 11.15am **Morning Worship.**

Sun 21 11.15am **Morning Worship*.**

Sun 28 11.15am **Morning Worship*.**

* Please note that refreshments will be served in the Young Room after Morning Worship. All welcome.



Loch Leven Church

(Charity No: SC049050)

Loch Leven Church meets at Loch Leven Community Campus, at 10.30am each Sunday.

Over the summer we will be holding family services focused on the local community. These services will follow a different theme each week:

Sun 7 July Prayer service.

Sat 13 July Summer outdoor celebration at Lendrick Muir replacing the usual Sunday service.

Sun 21 July Science.

Sun 28 July Farming.

To find out more about us and our forthcoming services, please visit www.lochlevenchurch.com.



Kinross Gospel Hall

Montgomery Street, Kinross www.kinrossgospelhall.info

Sunday 10.30am Breaking of Bread.

12.30pm Sunday School.

4.00pm Gospel Meeting (1st & 3rd Sundays of the month, Friends and Neighbours Tea).

Monday 7.30pm Prayer Meeting.

8.15pm Bible Study.

Thursday 9.30am Toddlers Group (Montgomery Toddlers).

Family Week: BACKPACKERS

Monday 4 – Friday 9 August

Fun every morning 9.45am – noon

Plus afternoon and evening events

Registration forms available on Kinross Parish Church website or from the church office. Please call in or email: office@kinrossparishchurch.org
Detailed programme in the August issue of the *Kinross Community Council Newsletter* or see church website.

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Orwell and Portmoak Parish Church

Church of Scotland (Charity number SC015523)

Minister – Very Rev Dr Angus Morrison

Telephone: 01577 863461

Email: angusmorrison3@gmail.com

Website: www.orwellportmoakchurch.org.uk

Sunday Worship, Junior Church and crèche:

10am Portmoak Church,

11.30am Orwell Church.

All children welcome. Crèche available during the services.

Please note that joint services will be held on the first Sunday of each month in alternate churches at 10.30am.

Prayer Meeting held 30 mins before each service.

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

Morning Prayers at 9am

Each Thursday at Portmoak Church New Room.

Each Friday at Orwell Church.

Messy Church is on summer break.

Dates and events for your diary

7 July Joint All-age Service in Orwell Church at 10.30am without the Paise Band.

No morning service at Portmoak Church.

Michael Bruce Commemoration Service in Portmoak Church at 6.30pm. Guest preacher is Very Rev Dr Russell Barr.

16 July Guild Cream Tea in Orwell Hall, 2-4pm.

Everyone welcome!

Church office & shop open Mon-Fri. 10am-2pm.

29 South Street, Milnathort KY13 9XA.

Christian cards, gifts, bibles and books for sale. Printing and copying facilities available. Recycling for ink toners, stamps & batteries. Donations of food can be made for the local Foodbank.

Contact the Office 01577 861200
orwellandportmoakchurch@gmail.com

Orwell and Portmoak Church Guild

Come along and enjoy a delicious Cream Tea in Orwell Church Hall.

Tuesday 16 July 2-4pm

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Kinross KY13 8AW

Fossoway, St Serf's & Devonside Church

Church of Scotland (Charity number SC013157)

Church Road, Crook of Devon, Kinross-shire, KY13 0UY

www.fossowaychurch.org.uk

Minister: Rev Lis Stenhouse Telephone: (01577) 842128

Email: estenhouse@churchofscotland.org.uk

Session Clerk: Mrs Janet Harper Telephone: (01577) 840225

Email: aclassicsoul@aol.com

Our church is a very warm and welcoming place situated in the Crook of Devon, a small village about six miles from Kinross. Come and join us, we would love to meet you.

Sunday Services at 9.45am. All are welcome.

July

Sun 7 9.15-9.30am A Time for Prayer.
9.45am Morning Worship followed by refreshments.

Sun 14 9.15-9.30am A Time for Prayer.
9.45am Morning Worship.
From 1pm onwards, join us for a live streaming of the **Men's Wimbledon final** with Strawberry cream scones, tea and coffee. Pimms will also be available.

Sun 21 9.15-9.30am A Time for Prayer.
9.45am Morning Worship.

Sun 28 9.15-9.30am A Time for Prayer.
9.45am Morning Worship.

Refresh Thursday

Our bakers and helpers are taking a well-deserved wee holiday so there will be no Refresh during the month of July.

House Group

The House Group meets on Wednesday evenings 7.30pm till approx 9pm. The present session will finish on 26 June and the group will start meeting again in September. All are welcome. For more details please phone Debbie Hill 01577 842268.

Film Evening

Friday 5 July, 7.30pm-9.30pm in the Church Hall.

Our next film is *Instant Family*¹². Pete (Mark Wahlberg) and Ellie (Rose Byrne) are a happily married couple with no children. When they move into a house with more bedrooms than they could ever need, Ellie gets an impulsive idea: What if they fill the house with children?

Please join us for the film, a cuppa and a blether and even some popcorn.

Trinity Church

A new Church ... A new Beginning.

Trinity Church is a congregation of the **UNITED FREE CHURCH OF SCOTLAND**, led by **REVEREND JEROME O'BRIEN**.



Sunday Service

We meet every Sunday at the Old Coach House, Lendrick Muir, off Naemoor Road, KY13 0QA.

The gathering starts at 4pm.

The style of worship is informal and friendly. After the gathering, there will be time for refreshments and conversation.

For more information about who we are and what we do, please visit our website (www.trinity-church.co.uk) or call Jerome on 07843 873 091.

St Paul's Scottish Episcopal Church

(Part of the Worldwide Anglican Communion)

Muir, Kinross, KY13 8AY Telephone: 01577 864299

Email: office@stpaulskinross51.plus.com

Website: www.stpauls-kinross.co.uk

Fr David Mackenzie Mills, Rector. Telephone: 01577 863795

Email: frdavidkinross@gmail.com

Between Monday 1 and Tuesday 16 July, The Reverend Fliss Shaw, Assistant Priest. Telephone: 01577 861655

rev.fmshaw@btinternet.com

You can also find us on Facebook

www.facebook.com/stpaulsepiscopalchurchkinross

St Paul's is inclusive, friendly and welcoming to all age groups (whether regular churchgoers or if you're simply inquisitive about who we are and what we do.)

We are excited about the ways in which God is calling us to grow as a community, for the community. (The Rector is now licensed by the Registrar's Office to conduct same sex marriages at St Paul's). Our aim is to express our deep appreciation of both the spoken and sacramental Word with a lightness of touch and a smile.

Children are equally welcome to stay in church during the service or go to the Meeting Room for Sunday School and everyone is particularly invited to stay together during our monthly 'Whole Church' services.

We predominantly use the 1982 Liturgy on Sunday mornings but create experimental devotion for special events throughout the year. If you would like to give us a try, we look forward to meeting and greeting you and hope that you might enjoy becoming part of this faithful family of Christ.

1st Sundays 4pm Evensong with hymns.

1st Mondays 10am Pastoral Care group (Side chapel).

Tuesdays 11am Informal Holy Communion (Side chapel).

Thursdays 10am Thursday Morning discussion group (usually in the Meeting Room). 1.45-2.45pm Rector's Hour.

An opportunity to drop in and speak to the Rector in the Church Office (excluding 4th and 11th).

Forthcoming Services and Events - all welcome

July

Sun 7 Pentecost 5 (Proper 14)

8.30am Holy Communion.

11am Sung Eucharist.

4pm Evensong with hymns.

Sun 14 Pentecost 6 (Proper 15)

8.30am Holy Communion.

11am Sung Eucharist.

Sun 21 Pentecost 7 (Proper 16)

8.30am Holy Communion.

11am Whole Church Sung Eucharist.

Sun 28 Pentecost 8 (Proper 17)

8.30am Holy Communion.

11am Sung Eucharist.



**Get involved
now that
Perth & Kinross is a
FAIR TRADE Zone**

 **P & K Fair Trade Zone Group**

 **@PKFairtrade**

St James' Catholic Church

5 High Street, Kinross, KY13 8AW

Parish Priest: Father Martin Pletts. Tel: 01577 863329

www.catholicinross.com Email: Fr.MartinPletts@gmail.com

facebook.com/parishpriestkinross/

facebook.com/stjamesprayergroup/

Regular Services

Mon 7pm Holy Mass preceded by Confessions and Prayer Group at 8pm in the church hall.

Tue 10am Holy Mass preceded by Confessions and Morning Prayer (9.30-9.50am).

Wed 10am Holy Mass preceded by Confessions and Morning Prayer (9.30-9.50am). Teas/Coffees after Mass, in the church hall.

Thu 10am Holy Mass preceded by Confessions and Morning Prayer (9.30-9.50am).

Fri 10am Holy Mass preceded by Morning Prayer and Confessions (9.30-9.50am).

3pm Divine Mercy Devotions.

Sat 10-10.30am Adoration of the Blessed Sacrament and Confessions (first Saturday of every month Holy Mass at 10am).

6pm Vigil Mass.

Sun 9.30am Mass (teas/coffees after Mass in church hall).

Confessions also on request.

Prayer Group meets on a Monday, 8pm-10pm, in the church hall and is open to all.

Children's Catechism class meets every Monday during term time, 3.45pm-4.30pm in the church hall.

The weekly newsletter, Mass times, news and updates or changes can be found on our website.

Kinross Christian Fellowship

Jesus said, 'I am among you as one who serves.'

Sunday morning service at 10.30am (refreshments and blether at 10am), Millbridge Hall, Old Causeway, Kinross.

Lively praise (children participate), reverent worship open to the leading of the Holy Spirit, prayer, ministry and solid Bible-based preaching and teaching. An all-round family service for families, which includes Sunday School. Communion every second Sunday, as is our evening service at 6.30pm; a time for praise, worship, sharing and joy in The Lord Jesus. (Followed by light refreshments and more blether.)

Everyone is welcome to either service or to both, so please come and, *taste and see that the LORD is good.*

Contact Peter on 01577 863509, for further information.

KCF also runs the Talking Donkey café – see separate notice in the Newsletter. Additionally, the Friday evening Youth Group at the Millbridge Hall (Space) is also the responsibility of our Fellowship, and we are pleased to accept this privilege.

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.

Playgroups and Toddlers

Milnathort Babies & Toddlers

Orwell Church Hall, Milnathort

Friday 9.30am-11.15am

A relaxed and friendly group
Healthy snacks, tea & coffee
Children from birth to 3 years
(5 years if attending with younger sibling)
Great fun for the kids, mums, dads and carers!

PLACES NOW AVAILABLE!

To join in the fun
call 07745 804539
Email milnathortbt@gmail.com
Or find us on Facebook



SWANSACRE PLAYGROUP, SCIO

21-23 Swansacre, Kinross

Tel: 01577 862071/07592 392235

www.swansacreplaygroup.org.uk Facebook

@Swansacre



We provide a warm, friendly, nurturing and stimulating environment in which children can learn and develop through play.

Monday Garden Guddle: 9am-3pm

Tuesday Playgroup: 9.05am-11.50am

Rising 5's including Lunch Club: 12.10pm-3.10pm

Wednesday Playgroup: 9.05am-11.50am

Thursday Playgroup: 9.05am-11.50am

Friday Playgroup: 9.05am-11.50am

Garden Guddle is an outdoor session in the grounds of Swansacre Gardens. The children can expect lots of mud, water, fun and exploration. Aimed at 3-5 year olds.

Playgroup is aimed at children from 2-5 years of age. The children have a vast variety of equipment and resources to help them learn through play.

Rising 5's is aimed at children in their pre-school year. It aims to sit alongside school nursery, and the sessions are more structured and filled with activities to engage children.

Please contact Victoria for availability or more information on the above sessions: enrolments.swansacre@gmail.com

Swansacre is also available to hire for Private Functions. For more information or to book please contact Lesley on: facilities.swansacre@gmail.com

Swansacre Playgroup SCIO – SC017748 – Registered Scottish Charity

GLENFARG BABY AND TODDLER GROUP

We meet in the newly refurbished village hall, Greenbank Road, Glenfarg on Mondays, 9.30-11.30am, term times.

Healthy snack for children, coffee/tea & biscuits for carer

Role play, jigsaws, physical toys and arts and crafts

Friendly support for all carers

First session free, £2 thereafter (£1 for additional children)

Contact Catherine Mason on 07583 022608 or just come along!

LOCHLEVEN BABIES & TODDLERS

Masonic Hall, The Muirs, Kinross

Session times (term time only)

Tuesdays 9.30 - 11.15, Fridays 9.30 - 11.15

Contact Debbie Kennedy 07545 339494,
debileighs@hotmail.com

All Mothers, Fathers, and Carers are welcome to attend, with children aged birth to 5 years if accompanied by a younger sibling who shall be 3 years old or younger.



FOSSOWAY TODDLER GROUP

Fridays 9.30 and 11.30 (term time)

Fossoway Church Hall, Crook of Devon

£2 for 2 hours play

Warm and cosy space

Fresh fruit snack and juice or water for kids

Tea/coffee and biscuits for adults

PORTMOAK UNDER 5s

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



We are a friendly and relaxed group welcoming children under 5 years and their parents/carers. We offer a wide range of activities including arts and crafts, dressing up, outdoor play and stories. We also on occasion arrange outings, parties and have special visitors who come to the group!

Session times: Tues & Fri 9.45am – 11.30am.

Sessions are £2 per child (£1.50 for under 1s) and 50p for each additional child. A snack is provided.

For all queries please email
portmoakplaygroup@hotmail.com
or find us on Facebook

MONTGOMERY TODDLERS

Every Thursday 9.30am to 11am (term-time only)

The Gospel Hall, Montgomery Street, Kinross.

Contact Christina Smith 01577 840733 or 07792 260509

Private Nurseries and Childcare

For private nurseries and childcare services, please see advertisements throughout the Newsletter.

To inform the Newsletter of any changes to Playgroup information, please send an email to: editor@kinrossnewsletter.org

Notices



Decoupage
Painting Drawing
Knitting Crochet
Baking Sewing
Cookery Creative
Writing Felting
Paper crafts Floral
Art Calligraphy

This exciting and innovative project has come about from positive joint working with Community Learning and Development, Perth and Kinross Council.

This is a new group for children who are interested in learning crafts and life skills with experienced mentors. Activities are family based enabling families to take part, have new experiences and learn new skills.

Children must be accompanied by a responsible adult.

FREE MEMBERSHIP

Sessions run in the ICT room within the Library at Kinross Community Campus from 1pm – 2.30pm on the **second** and **fourth** Saturday of every month. Our programme will be running over the summer. The first **July** session is **13 July**, join in some summer arts and crafts and then cooking for all the family on **27 July**.

Please pop along and join in our new and fun activities for all the family.

Please contact Jay Hutchison, SWI Kinross Group Secretary on 07795 490561 or email swikinrossgroupsec@gmail.com with any enquiries.



Come and join us for a
Strawberry Cream Tea
as you watch the LIVE screening of

Wimbledon Men's Singles Final

Elizabeth Wilkie Hall,
Fossoway Church

Sunday 14th July,
1 o'clock onwards

Donations of £5 entry including
Strawberry Cream Tea

Pimms also available!!!



Celebrating the
50th Anniversary
of the Apollo 11
Moon Landing



Milnathort
filmhouse

Saturday 20th July 2019
Milnathort Town Hall
at 8.00pm
(Doors Open at 7.30pm)

Adult: £8.00
Concession: £6.00

Advance Booking - email: info@aerospacekinross.com



Are you a bloke over 65, completely unfit, with a lot of extra weight and fed up with people going on and on about Health Clubs, Fitness Centres and "Wellbeing"? Then you're a FOG so join us at.....



Wazfit,
Kinross Studios,
Junction Road,
Kinross KY13 8FL

Thursday Mornings
10.40am
www.fogfc.org

Join me and the lads for an hour long, easy, beginners workout to start you off getting just a little bit fitter than you are at the moment. We're not into Agility, Balance, Body Composition, Cardiovascular Endurance or even Coordination: we just want to get a bit better at getting in and out of seats, bending down and picking things up and going for a walk up a hill!

Organised by one FOG for other FOGs it's truly **FREE** so visit www.fogfc.org and come along and meet other FOGs just like you! Loose clothing and trainers are all you need.

Dollar Museum Annual Strawberry Tea

25 July at 2.30pm to 4pm in the Burnside Hall.

Baking, books and items from the Museum Shop for sale.

All welcome. Disabled access.

Sainsbury's Kinross Car Boot Sale

Last Sunday of the month for the next three months

Sainsbury's car park 10am-1pm

28 July Store colleague's charity of choice

£5 per car: all proceeds will go to charity.

Please call 01577 864067 to register, then pay in store at the customer service desk on your next visit. Cash only.

Community Investment Fund

The Community Investment Fund (CIF) provides £1.2million to community led projects over 2018/19 and 2019/20. It is an opportunity for local people to make an impact on the issues that matter most to them. Grants of £3,000-50,000 are available to eligible groups in this round of funding.

The Community Investment Fund for 2019/20 is now open! As before, each ward has £50,000 to use to support community projects. All of the information is available on the website at www.pkc.gov.uk/cif. Two deadlines for applications have been agreed, Wednesday 21 August and Thursday 12 December.

New members wanted for Regimental Band of Black Watch Army Cadet Force

Do you play or would you like to play an instrument? Perhaps you would like to try another instrument. Why not join a band with a difference? The Regimental Band of the Black Watch Army Cadet Force is looking for new members. If you are between 12 and 18 come along and see what we are all about. The band has been going for nine years and during that time has played at events all over the UK and abroad. As well as being the first Army Cadet Band to play for a Royal Gun Salute, the band took part in a trip to Belgium in October playing at Commonwealth War Cemeteries and the Menin Gate. Whilst predominantly a concert band, we have recently expanded to include a string ensemble and some of the band members are now learning a string instrument. The band attend regular camps and members have the opportunity to play in a Big Band, Rock Band and sing with the Choir.

Darcy Johnston from Blairingone is our Band Sergeant Major. She plays the French Horn and has started to learn the cello. She joined the band when she was 12 and has just returned from a tour of Italy with another Army Cadet Band from England. She enjoys meeting other cadet musicians from all over the UK at joint events.



Darcy Johnston



Tyler Wilson

Corporal Tyler Wilson from Kinross is our principal percussion player. As well as being a member of the band he also attends the Kinross Detachment Army Cadets. Tyler says that playing for members of the Royal Family and taking part in the Beating Retreat at Edinburgh Castle are some of the highlights for him so far.

We have vacancies for all instruments and can give instruction and supply an instrument if needed. If you think that this is something you would like to do, why not come along and see us. We rehearse on a Sunday evening at the TA Centre in Elgin Street, Dunfermline. You can contact the Bandmaster, Robert Cowan, on 07979 971948 or 025cowan@armymail.mod.uk for more information or find us on Facebook, Twitter and Instagram.

Dr Donald Duncan Bequest Committee

The above Committee have for many years provided bursaries for educational purposes for persons whose parents were resident in Kinross at the time of their birth and who have received at least three years education in the County of Kinross (primary or secondary school). Applications are welcome from anyone meeting these criteria and who are to undertake further education. This includes attendance at University, College or other establishments as long as the Committee is satisfied as to the course or training in question. Includes full time or part time studies. Awards may be given for one year and subsequent years at the discretion of the Committee.

Applications must be lodged by 30 September 2019 to be considered at the Committee meeting to be held in November 2019. Application forms can be obtained from Andersons LLP, Solicitors, 40 High Street, Kinross or by emailing mail@andersons-kinross.co.uk

Kinross Show

Saturday 10th August 2019 RSPB Loch Leven

Can you...

sing?

dance?

play an instrument?

do magic?

do stand-up?

show your talent?



Take part in the 2019 Entertainment Stage!

Stage kindly sponsored by: 



CONTACT: kinrossshow@aol.com

JANE: 07836 764183

Milnathort Kids Club

Milnathort kids club is based within Milnathort primary school and provides after-school, holiday and in-service childcare care for children aged primary 1 to 14 years. Although we are based in Milnathort you don't need to attend Milnathort Primary School to be able to attend, anyone can join us.

At Milnathort kids club we provide a safe secure and warm environment where children are cared for by friendly and professional staff. Our aim is to provide children with the opportunities to develop life skills, make friendships, explore their surroundings and have fun. This is done through activities such as baking, cooking, fire building, arts and craft and trips and outings. We encourage children to take part in outdoor activities promoting their health and wellbeing. We involve children in the planning of activities that take place within the setting this encourages them to express their thoughts and opinions. Older children develop a sense of responsibility and achievement throughout their experiences through kids club.

Our holiday programme can be viewed online. Just search for, 'Milnathort Kids Club Holiday & Inservice Childcare 2019'. For further information please contact Milnathort kids club direct and ask for the Supervisor.
Email: MILKidsClub@pkc.gov.uk.
Tel: 01577 863143.



Scarecrow



Competition

Winner receives
Family Pass for Blair Drummond Safari Park
for the best scarecrow!

THEME – Birds and Animals

Bring your scarecrow to Kinross Showfield, RSPB Loch Leven, by Loch Leven, Kinross, KY13 9LX by 11am, 10 August. Please remove by 5pm on show day.



Scarecrows must be able to be tied to a post for Free Entry.

Bring along to Secretaries Marquee.

Age 14 years and under.

Email contact
kinrossshow@gmail.com



Lip Reading Classes

Do you or someone else you know have a hearing loss? Lip Reading Classes can help.

Advice is available on tinnitus, cochlea implants, access to work and getting benefits.

Learn how your hearing aids work and about equipment to help you with your hearing loss, e.g. smoke alarms, television aids, flashing doorbells and more. The above equipment is free. Classes start in Kinross in October and a few places are still available on Fridays in Perth. Classes are funded and free to participants. To book a place, or for more information, contact Susan Brown Tel: 01250 872861 or 07940 333924, or by email at Perthshirelipreading@hotmail.com.

Facebook-Perthshire Lipreading

Dollar Museum

1 High Street, Dollar, KY14 7AY

Open from Easter to Christmas at the following times:

Saturdays 11am-1pm and 2pm-4.30pm

Sunday 2pm-4.30pm

Free Entry

Access also possible by arrangement.

Email: dollarmuseum@btconnect.com

www.dollarmuseum.org.uk

Dollar Museum is a lively, award-winning visitor attraction. It is situated at the top of the Burnside, beside the Golf Club and at the entrance to the Mill Green and Dollar Glen. We have both parking and disabled access.

There are displays on the History of Dollar, Castle Campbell, the Devon Valley Railway, the Japanese Garden at Cowden and Prehistoric items excavated in the local area. There are exhibitions on WW1 and the Bicentenary of Dollar Academy.

KINROSS HUB THE CARERS CAFE

Dates
1st July 2019
(Cancelled)
5th August 2019
(TBC)
2nd September 2019
Handling & Moving
Awareness
(Tanya Aitchison)

The hub cafe is an informal meeting place to chat over a cuppa with other carers, cared for and family members.





**LOCHLEVEN COMMUNITY CAMPUS
KINROSS**

1st MONDAY of EVERY MONTH
10am—12noon



Contact Gail Boath
 Tel. 01577 867306
 Or Annette Bond
 01738 567076



KINROSS CARERS THERAPIES



* you can be an unpaid carer and still receive benefits such as Carers Allowance

REIKI



IF YOU ARE AN UNPAID CARER* REGISTERED WITH PKAVS CARERS HUB YOU COULD ENJOY A FREE COMPLEMENTARY THERAPY SESSION!

BOOKING IS REQUIRED & DONATIONS ARE WELCOME

Therapy Days are the 2nd Monday of each month with Shirley Morgan @ Heart and Soul Centre, High Street, Kinross, KY13 8AN

 @PKAVSCarersHub

 pkavscarershub.org.uk

For more info on support for unpaid carers in Kinross contact Carer Support Worker Annette Bond on 01738 567076



CRYSTAL THERAPY

Bookings open the 1st Monday of each month. Please call the Carers Hub on 01738 567076 to book an appointment.

Orwell, Portmoak and Glenfarg District Girl Guiding

Due to an increase in guide numbers and the new exciting programme recently rolled out, we are looking for an enthusiastic volunteer to open a unit in Portmoak and a unit helper for our Milnathort unit.

There will be full support from our great team. If interested, please give Alison a buzz on 07764 750212.

The Bike Station

Donate unwanted bikes, parts and cycling accessories for reuse. Poorer bikes are salvaged for parts. Bikes are refurbished by qualified expert mechanics and sold on to the public at affordable prices with a three-month warranty.

Donated bikes and parts are collected from all Perth & Kinross Recycling Centres, including the Kinross centre at the Bridgend Industrial Estate.

Bike sales are held at The Bike Station, 284 High Street, Perth, PH1 5QS, Tuesday to Saturday 10am-5pm.

The Bike Station also offers a Repair Service, a Fix Your Own Bike facility and a Dr Bike mobile service.

Tel: 01738 444430. Website: www.thebikestation.org.uk

The Perth Bike Station is an accredited Revolve organisation.



Skeins & Bobbins Classes

Thursdays are fully booked. For Tuesdays and Fridays, please book in advance.

Primary classes take place on Tuesdays and Senior classes on Fridays. For confirmation of dates and availability of places, please contact the shop.

Knitting and crochet group for adults continues on Saturdays, 2pm-4pm.

Skeins & Bobbins, 120 High Street, Kinross. Tel: 01577 208107.

Befriending Kinross



Are you new to the Area?
Would you like someone to talk to?

Someone to have a coffee with?
Help to feel less socially isolated?

If you would like to request a befriender please contact us and we will arrange a time to meet with you to discuss the process.

ptb.kinross@bethanyct.com

t: 07747 018 550



Kinross-shire Fund



The Kinross-shire Fund was established in 2006 to make the area a better place to live, by making grants to a wide range of local charities, organisations and projects which make a positive difference to the community. To date, over 50 organisations within the 73 square miles of Kinross-shire have benefited from an award, with beneficiaries ranging in age from pre-school to the elderly. The Fund is managed by Foundation Scotland and is currently open for applications, with deadlines quarterly on the first Monday of February, May, August and November each year.

The next deadline is Monday 5 August.

Full details, including how to apply via our online application link, can be found at:

www.foundationscotland.org.uk/programmes/kinross-shire-fund

Ceilidh Dancing

Mondays: From 2pm until 3pm every Monday in the Guide Hall, Milnathort. You don't need a partner and it is all very informal and great fun. Just come along – the more the merrier. No age limit. All proceeds go to the Scouts and Guides.

Monthly Sunday Ceilidhs: These take place in Milnathort Town Hall, 2pm until 5pm with a break at 3pm for tea and biscuits. Cost: £5. There is no pressure to dance; what better way to spend a Sunday afternoon than hearing these top players? People wishing to learn dances could attend the Monday classes (see above). All money left over after paying the band and hall will go to charity. To make charity suggestions, contact Vi Todd, 01577 863244.

July 28	Richard Ross	Nov 17	Johnny Duncan
Aug 18	Ewan Galloway	Dec 1	Christmas Concert
Sept 22	Leonard Brown	Dec 15	Peter Bruce
Oct 20	Colin Brown		

PLUS Perth

www.plusperth.co.uk
Tel: 01738 626242
77 Canal Street, Perth



PLUS is a member-led local charity and social movement which gives hope and opportunity to those affected by disadvantage; in the main to those with experience of mental ill health and substance misuse.

The PLUS office is open Mon-Fri, 9.30am – 4pm for mental health signposting and enquiries.

Homes for Cats Wanted

Fife Cat Shelter, a Scottish Registered Charity, is always looking for homes for rescued cats.

Cats can be visited, by appointment, at Causeway Cattery, Scotlandwell.

Contact Rhona on 01383 830286.





Give a Greyhound a Home
www.greyhoundrescuefife.com

Forever homes needed for rescued greyhounds.
Greyhounds are very gentle creatures that require very little walking!

Please call or email for details
Tel: 01577 850393 (evenings)
07826 244765 (daytime)
Email: femiejimmyf@aol.com



Grants and Funding Websites

www.pkgrantsdirect.com
www.foundationscotland.org.uk

Perth & Kinross School Term Dates 2018-19

Term	Start (for pupils)	End
Inservice days	Thur 14 Nov, Fri 15 Nov	
Autumn	Wed 21 Aug 2019	Fri 4 Oct 2019
Winter	Mon 21 Oct 2019	Fri 20 Dec 2019

Kinross Recovery and Conversation Café

This weekly group is for anyone with an interest in improving their wellbeing and needing support on their recovery journey from addiction or substance misuse. The café aims to get people speaking about recovery and wellbeing in all its many forms and provides the opportunity to:

- share ideas, information and resources
- explore support networks and ways of moving forward
- breakdown isolation
- improve health and wellbeing

The café takes place **every Tuesday**, 1pm-3pm, at Millbridge Hall, Kinross. Drop in and have a cuppa and a chat.

For more information, contact:

Shona Fowler: 07896 280843, shonafowler@nhs.net

Richard Lister: 07885 971298, richard.lister@cairscotland.org.uk



Supported and funded by Broke Not Broken, a local charity tackling the effects of poverty.

Broke Not Broken

Drop off donations at:

Sainsbury's, Kinross
Glenfarg Village Shop
Co-operative, Kinross



Open to clients:

Every Tuesday and Thursday, 10am – 2pm

The Beacon, St Paul's Church, Muirs, Kinross, KY13 8AU

Contact: Tel: 07518 913107

Email: admin@brokenotbroken.org



Broke Not Broken. Tackling the effects of poverty.
Scottish Registered Charity SC046033

Grants for good causes

**Kinross Community Council
Newsletter Limited (KCCNL)
Charity No. SC040913**



All profits from the *Kinross Newsletter* are transferred to a charitable company, KCCNL, and given away to local good causes. Groups and individuals are invited to apply to KCCNL for grant funding. Decisions on grants are made at two meetings per year. The deadlines for grant applications are:

31 March and 30 September

More information is available on the kinross.cc website. Applications may be downloaded from the website or obtained from the Applications Administrator, Barry Davies, Tel 01577 865004 or email barrydavies57@btinternet.com

Mindspace Recovery College

Mindspace Recovery College runs free courses covering all aspects of mental health, co-delivered by people with lived experience, and are open to all.



Newsletter Deadlines

More deadlines for the months ahead can be found on our website.

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

Issue	Deadline	Publication Date
August	Friday 12 July	Saturday 27 July
September	Friday 16 August	Saturday 31 August



THE
TALKING
DONKEY

Every Friday 11am - 2pm
@ The Millbridge Hall

For further information, or if you
want to be involved please ring
07766 515 950 or 07771 696 830

The Cafe where
everything is
FREE!

 Soups 

 Snacks 

 Hot Drinks 

 Cold Drinks 

 Home-cooked lunches 

All brought to your table by our friendly staff

The Talking Donkey is a Christian venture so there
will always be people on hand to offer
Prayer For Any Need



La Leche League meetings in Kinross

**First Thursday of the month,
10am-12 noon**

St Paul's Church Meeting Room, The Muirs, Kinross

- Friendly, relaxed mum-to-mum breastfeeding support and chat.
- Informal chat and an interesting group discussion.
- Plenty of time for answering your questions.

We welcome any mums (and mums to be) who are interested in breastfeeding. Children all very welcome.

For more details, contact:

Hannah Dalgety (LLL Leader, Kinross) 07886 859461

www.lll-fife-tayside.co.uk

Find us on Facebook: La Leche League Fife and Tayside



Local Correspondent

for Perthshire Advertiser and Fife Herald newspapers

Linda Freeman

Tel 01577 865045. Email: linda.freeman_64@btinternet.com

Mindful Relaxation Class

Mondays, 7pm-8pm

Loch Leven Community Campus ITC Room.

Participants can expect to do some gentle movement, mini sound workshop, relaxation, meditation, mp3 guided meditation, philosophy and reflection.

The sessions are run on a drop-in basis. Entry is by donation.

Further information from Vincent Johnston at:

Vincent.johnston@icloud.com



Perth Citizens Advice Bureau

Perth CAB can help you. Our advice is free, confidential, impartial and independent.

Contact us: Advice line 01738 450580.

Appointment line 01738 450581.



Benefits Advice in Libraries (BAIL)

People needing help to identify and claim the right benefits or needing advice to help them to negotiate the benefits system in any way can access assistance from Perth Citizens Advice Bureau's 'Benefits Advice In Libraries' project in Kinross at Loch Leven Library. The service is available on Tuesdays by appointment only. Telephone the bureau on 01738 450581 to make an appointment.

Debt and Money Advice Service

Perth CAB has a team of specialist debt advisers. Advice is free, confidential, impartial and independent. To talk to a specialist debt adviser call 01738 450590 or email David Ogston (senior debt adviser) using the following email address: David.Ogston@Perthcab.casonline.org.uk

Looking for a venue that can tick all the boxes?

Crook of Devon Village Hall

- ☒ **Space** We can seat up to 100 for a formal meal; 120 for meetings, theatrical performance, talent shows; 80-90 for discos, family gatherings, community events. We can even accommodate bouncy castles for that "all weather" children's party.
- ☒ **Car Parking** - ample parking for the hall.
- ☒ **Catering** - Kitchen with oven, dishwasher and microwave, plus a great serving area.
- ☒ **Stage** and back stage area for performances, costume changes, etc.
- ☒ Plus the usual facilities - toilets, disabled toilets, changing areas.
- ☒ We also offer chair and table rental for functions at home.
- ☒ **Weekly bookings** taken for activities, e.g. yoga, ballet, fitness classes, badminton, youth clubs.



For all hall bookings and enquiries, including our **special block booking rates**, please contact Jean on 01577 840543 or jeanshearer630@btinternet.com

Kinross Recycling Centre

Bridgend Industrial Estate

Opening Times: **Mondays to Fridays 9am to 7pm**
Saturdays and Sundays 9am to 5pm

Bras, bicycles, cans (inc aerosols, biscuit tins, aluminium foil), car and household batteries, cardboard, cooking oil, electricals (WEEE), engine oil, fluorescent tubes, long life light bulbs, food and drinks cartons (Tetra packs), fridges, freezers, garden waste, glass, large domestic appliances, paper, plastic (rigid plastic packaging), rubble stone and soil, scrap metal, telephone directories, textiles (clothes and shoes), timber, tyres (maximum two per visit, strictly householders only) and non-recyclable (general) waste.

Bikes and bike parts will be recycled (see separate Bike Station notice). Collection point for Perth College WEEE project: IT equipment will be refurbished and sold on at an affordable price or recycled for parts. Items accepted include: desktop computers, laptops, mobile phones (without the sim card), tablets, keyboards, mouse controls, cables, DVD players, video players, portable music players, games consoles, new or empty printer cartridges, projectors and flat screen working monitors. The project cannot accept Cathode Ray Tube or broken monitors.

Compost can be collected from the Recycling Centre, subject to availability. Maximum of 2 x 25kg bags per visitor.

Community Councils

Kinross: Chair: Bill Freeman, 01577 865045
Email: kinrosscommunitycouncil@gmail.com

Milnathort & Orwell: Chair: Craig Williams, 07885 722125
Email: craig@stovestuff.scot
Secy: Caroline Flory
Email: communitycouncilmilnathort@gmail.com

Portmoak: Chair: Malcolm Strang Steel, 01592 840459
Email: PortmoakCommunityCouncil@pkc.gov.uk

Fossoway & District: Chair: Trudy Duffy-Wigman, 01577 840669
Email: fossoway.cc@gmail.com

Cleish & Blairadam: Secy: Patty Fraser, 01577 850253
Email: CleishCommunityCouncil@pkc.gov.uk

Kinross Community Councillors

Margaret Blyth	6 Muir Grove	
Jonathan Bryson	4 Burnbank Meadows	
David Colliar	10 Rannoch Place	01577 864037
Dave Cuthbert	85 Bowton Road	07799 750289
Bill Freeman (Chair)	64 Muirs	01577 865045
Ian Jack	Burnbrae Grange	01577 863980
Lynne McKay	5 Springfield Road	01577 531076
Thomas Stewart	Gellybank Farm	01577 864603
David West	30 Muirs	07824 313974

Portmoak Community Councillors

Robin Cairncross	(Secretary)	01592 840672
Bruce Calderwood	(Treasurer)	01592 840423
Susan Forde		01592 840128
Tom Smith		01592 841160
Malcolm Strang Steel	(Chairman)	01592 840459
Dave Morris		01592 840500
Andrew Muszynski		01592 840467

Have a look at our website: www.portmoak.org

Perth and Kinross Councillors

Kinross-shire Ward

Cllr MIKE BARNACLE (*Independent*)
Tel/Fax (home): 01577 840516.
Email: michaelabarnacle@gmail.com
Website: mikebarnacle.co.uk
Moorend, Waulkmill Road, Crook of Devon, Kinross, KY13 0UZ

Cllr CALLUM PURVES (*Scottish Conservative & Unionist*)
Tel (office): 01738 475092. Mobile: 07557 812570.
Email: CPurves@pkc.gov.uk
54 Lathro Park, Kinross, KY13 8RU

Cllr WILLIE ROBERTSON (*Scottish Liberal Democrats*)
Tel (home): 01577 865178. Mobile: 07909 884042.
Email: wbrobertson@pkc.gov.uk
85 South Street, Milnathort, Kinross, KY13 9XA

Cllr RICHARD WATTERS (*SNP*)
Mobile: 07557 812513.
Email: RWatters@pkc.gov.uk
Applegarth, Sunnypark, Kinross, KY13 8BX

Luke Graham MP

Member of Parliament for Ochil and South Perthshire

38 Primrose Street, Alloa, FK10 1JG

Telephone: 01259 764407

Email: luke.graham.mp@parliament.uk

Twitter: @LukeGrahamMP

Facebook: www.facebook.com/Luke-Graham-for-Ochil-and-South-Perthshire-392788644215614

Member of the Scottish Parliament for Perthshire South & Kinross-shire

Roseanna Cunningham MSP

Constituency office:

63 Glasgow Road, Perth, PH2 0PE

Telephone: 01738 620540

Email: Roseanna.Cunningham.msp@parliament.scot

Members of the Scottish Parliament for Mid Scotland and Fife Region

All MSPs can be contacted at the following address:

The Scottish Parliament, Edinburgh, EH99 1SP

Claire Baker MSP (Labour) Tel: 0131 348 6769

Email: Claire.Baker.msp@parliament.scot

Murdo Fraser MSP (Conservative) Tel: 0131 348 5293

Email: Murdo.Fraser.msp@parliament.scot

Dean Lockhart MSP (Conservative) Tel: 0131 348 5993

Email: Dean.Lockhart.msp@parliament.scot

Alex Rowley MSP (Labour) Tel: 0131 348 6826

Email: Alex.Rowley.msp@parliament.scot

Mark Ruskell MSP (Green) Tel: 0131 348 6468

Email: Mark.Ruskell.msp@parliament.scot

Liz Smith MSP (Conservative) Tel: 0131 348 6762

Email: Elizabeth.Smith.msp@parliament.scot

Alexander Stewart MSP (Conservative) Tel: 0131 348 6134

Email: Alexander.Stewart.msp@parliament.scot

Mobile Library Service

Visiting on Tuesdays 9 & 23 July

Glenfarg	Main Street	1200-1300
Forgandenny	Rossie Place	1545-1615

Visiting on Wednesday 102 & 24 July

Kinnesswood	Opposite shop	0930-1000
Portmoak	Hall	1005-1020
Scotlandwell	Leslie Road	1025-1050
Portmoak	Hall	1125-1140
Scotlandwell	Leslie Road	1145-1205
Levenmouth Farm		1100-1120
Hatchbank Road	Gairneybank	1140-1200
Powmill	Mill Gardens	1320-1340
Crook of Devon	Village Inn	1345-1445
Carnbo	Pitcairnie Lane	1500-1530
Whyte Court	Kinross	1545-1615

For more information, see: www.culturepk.org.uk/libraries and click on 'Services in the Community'

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.

Local Volunteer Opportunities

Broke not Broken is a voluntary organisation working for the prevention and relief of poverty by providing support and practical assistance to individuals and families experiencing hardship. Please contact Claire Slight to find out how you can help: clare.slight@brokennotbroken.org

Greyhound Rescue Fife at Balfree Country Centre, Gairneybank, Kinross, needs volunteers to clean the kennels and walk and feed the greyhounds. Can you help? Phone 01592 890583. Visit our website at www.greyhoundrescuefife.com

Kinross in Bloom: Volunteer group that provides and maintains floral displays to enhance the environment of Kinross. If you are interested in volunteering, please contact Susan Mitchell at: susan.mitchell50@gmail.com

Kinross-shire Day Centre: We are looking for volunteers to serve meals and help with day trips and activities, such as bingo and singing, for a lively bunch of over-aged teenagers (over 65s). If you would like to find out more, we would love to hear from you. Pop in and speak to Nan or telephone 01577 863869.

KLEO (Kinross-shire Local Events Organisation): If you enjoy local events on your doorstep, like the monthly Kinross Farmers' market and the winter festival events (concerts, comedy and the festive street market), please join the KLEO team! For more info about KLEO events, go to www.kleo.org.uk. If interested, please contact Bouwien Bennet at info@kleo.org.uk or call 01577 863107.

RSPB Scotland Loch Leven: We need volunteer fundraisers to help support the wonderful world of nature on our doorstep. Pin badges, bucket collections, events and sponsored walks – if you'd like to join our team, please contact Lyndsay Stobie at: Lyndsay.Stobie@rspb.org.uk or call 01577 862355.

Kinross (Marshall) Museum: The Museum Trust is looking for volunteers to help care for Kinross-shire's heritage collections and man the Museum Study Room in the Loch Leven Community Campus on Thursdays and Saturdays. If you would like to know more, drop by or contact the Museum on 01577 867153 or email: information@kinrossmuseum.org.uk.

Swansacre Playgroup: A long established charity playgroup for children aged 2-5 years, we need volunteers to help support us with play sessions. For more information, please email swansacre@gmail.com

Kinross Heart Start: Campaign to secure funds for public access defibrillators in Kinross. Contact Pamela Hunter to find out how you can volunteer on 01577 862419.

Light Up Kinross is a small local charity with responsibility for Kinross Christmas lights and decorations. We require additional volunteers to assist with fundraising and administration of the lights. If you are interested, please contact David Colliar, email davidcolliar@tiscali.co.uk or Bill Freeman, email billywhizkid78@gmail.com or contact our Facebook page.

Common Grounds: Charity café staffed by volunteers on Tuesdays, Wednesday, Fridays and Saturdays in Guide Hall, Church Street, Milnathort. Open to public 10am-12.30pm. Opportunity to serve in café or bake for the café. Also opportunity to gain recognised hours towards Duke of Edinburgh Awards and Saltire Awards for young people 16 years and over. Funds raised are used to support charities mainly in Africa. Contact: Convener Elspeth Caldwell on 01577 863350 or Secretary Linda Freeman on 01577 865045 for more information.

The Potager Garden is a small community garden in Bowton Road, Kinross, KY13 8EQ. It is a registered charity run by volunteers, a main aim being to give education to schoolchildren about plants, gardening and the environment. If you would like more information about our volunteering opportunities, please contact the Convenor, Amanda James, on 01577 840809, or amandajames1577@gmail.com

Children's Hospices Across Scotland: Can you spare a few hours of your time? We are looking to fill the following volunteer vacancies:



Kitchen volunteer (mornings), Home Baking volunteer (fortnightly Wednesday 2-4 pm), Housekeeping volunteers (afternoons), Driving volunteers (flexible).

Anyone who is interested is welcome to come for a visit. Please contact us by phone on 01577 865777 or email volunteering@chas.org.uk. To apply online visit www.chas.org.uk.

Seamab is a residential school that cares for and educates some of the most vulnerable children in Scotland. We are looking for volunteers to help us place and manage collecting cans across Perth and Kinross. Volunteering for Seamab will help make a huge difference to the lives of the children at Seamab and will be a great way to meet new people and develop new skills. For more information please contact Melloney Flinn at mflinn@seamab.org.uk or call 01577 840307.

Milnathort Town Hall committee: Can you spare a couple of hours a month? We are looking for volunteers to join us. For further information please contact us at milnathorttownhall1@gmail.com. We would love to hear from you.



Volunteering with Aberlour!

We are currently recruiting new volunteers to support Aberlour, Scotland's Children's Charity. If you have a genuine interest in the wellbeing of children and families and live in the Perth and Kinross area we would love to hear from you.



Aberlour Sustain (Perth and Kinross) help families on the 'edge of care' to stay together, by giving them the help and support they need to prevent a child from being taken into care. The families we work with need help for a range of reasons and our workers spend time with children, young people, parents and carers in order to understand what the family needs to thrive. We understand that family life can be difficult for all sorts of reasons. Our approach is always sympathetic and non-judgemental.



Volunteer Befrienders

Befrienders build 1:1 relationships with children, sharing in a hobby or interest, developing social skills and helping to develop confidence and self-esteem. Befrienders give a child someone to talk to and someone they can rely on.

Volunteer Mentor

Mentors support parents by building relationships and supporting them through day to day challenges. Mentors encourage parents to set goals, building confidence and promoting independence. If you are looking to try something new in 2019, develop new skills or meet new people, volunteering is a fantastic way to achieve this. To find out more, visit www.aberlour.org.uk/volunteer, or contact Shonagh (Volunteer Coordinator) on 07864 625069/shonagh.ferguson@aberlour.org.uk.

SPARKs are a group allowing adults of all ages who have support needs or disabilities to meet together with their carers to improve their health & wellbeing. They meet in Loch Leven Community Campus every Thursday 1-3pm. Volunteers will be supported by workers Roseanne Gray – P&K Community Learning & Development Worker and Shona Fowler – NHS Project Worker. For more information please call 01577 867216 / 867218 or 07769 243282 / 07896 280843

For more volunteering opportunities, go to the community website www.kinross.cc and look for 'Volunteering', or look at www.vaperthshire.org

Organisations: If you would like a volunteer appeal to be added to the list above, please email the Newsletter Editor. Please let us know if you no longer need your appeal to be listed.

Local Volunteer Opportunities continued

1st Kinross cubs are looking for an assistant leader: Do you or someone you know have a few hours to spare a week? Looking to give back to the community? Want to help children learn new skills and grow into great adults? Cubs meet up on a Wednesday evening 6.30pm-8pm at the Millbridge Hall. Please contact Victoria@VictoriaVA.co.uk for more details or speak directly with a cub leader on Wednesday evening.

1st Kinross Scout Group needs a new treasurer: Do you or someone you know have a couple of hours to spare each month? The current treasurer is standing down in June 2019 and a new treasurer is needed. This is not an onerous task, just a couple of hours each month. No accounting experience required. Without a treasurer, 1st Kinross beavers, cubs and scouts cannot run. Please contact Lynne Bennet on sandyandlynne@talktalk.net if you can help.


Items for Sale

The Newsletter publishes items for sale listed on the kinross.cc website. If interested in purchasing an item, we suggest **checking the website for current availability** (www.kinross.cc then 'Local Adverts' then 'Classified Adverts'). If interested in selling an item, please list it on www.kinross.cc and it will automatically be published in the next available Newsletter, subject to space.

Desk/workstation £30
Corner desk/workstation complete with 2 drawer pedestal.
Seller Details:
Katrina Leslie 01592 840554
Katrina.leslie8@btinternet.com

ProTec caravan cover £100 ono
17.5 feet long by 7.33 feet wide. Good condition, cost £350. New caravan too big.
Seller Details:
Neil Maclure 07764 369193
neil.maclure19@gmail.com

Pair of 13 £20
Pair of attractive table lamps (photo available on request). Excellent condition.
Seller Details:
Karol Swanson 07817 988832
ks.qferry@talktalk.net



SHIP
Support, Help & Integration in Perthshire
for young people with additional support needs

KINROSS HOLIDAY CLUB
supporting young people with additional support needs and disabilities ages 5-18

MON, WED, THURS 11.30 - 2.30
LOCH LEVEN COMMUNITY CAMPUS

SWIMMING
GARDENING
MINI-BUS TRIPS
GAMES AND ACTIVITIES
FUN!!

For more information or to register and book :-
07713565120
Info@ship-perthshire.co.uk



SPARKS
(Supportive Project for Activities & Recreation in Kinross-shire)

THURSDAYS 1pm – 3pm
Loch Leven Community Campus

Are you an adult with a disability?
Would you like there to be more for you to do in Kinross?

SPARKS have activities such as –

- Boccia, Indoor Kurling, Quoits
- Technology – iPads etc
- Music
- Quiz
- Crafts

Or just a blether and a cuppa! Come along on Thursday afternoons and tell us what YOU would like to do.



NHS P&K Healthy Communities, PKC Adult & Family Learning and Live Active Leisure
Contact: Shona Fowler 07896 280843 or Roseanne Gray 01577 867216
shonafowler@nhs.net rgray@pkc.gov.uk

LOCAL CHEMIST INFORMATION



Rowlands Pharmacy, Kinross

Mon-Fri: 9am-6pm
Saturday: 9am-5pm
Tel: 862422

Davidson's Chemist, Milnathort

Mon to Fri: 9am-1pm & 2pm-6pm
Saturday: 9am-12.30

Tel: 01577 862219

Sundays: The nearest open pharmacy is Asda, Dunfermline



Need a wheelchair?

The British Red cross will be in Sainsbury's Car park every **Wednesday 10am-12noon**
for more information please call 01506 409927
SCO37738

Weekly Programme

Monday	Exercise Class 11.15am Scrabble, cards & other games 1.15pm Bingo 1.30pm 'Stride for Life' Walking Group 2pm
Tuesday	Carpet Curling 11am Relaxation Class 1.15pm Games 1.15pm Singing group with Alex Cant 1.45pm
Wednesday	Morning Worship 10.45am Dominoes, Scrabble & other Games 1.30pm Tai Chi 1.30pm (10th, 24th) Fantastic Fun Quiz 2pm Art Class 1.30pm
Thursday	Carpet Curling or Boccia 11am Film or music Afternoon 1.30pm (except 4th) Dominoes, Scrabble, cards 1.30pm (except 4th) Balance & Strength Class 1.30pm (except 4th)
Friday	Balance & Strength Class 11.15am Dominoes, Games or music 1.30pm Bingo 1.30pm

Coffee Bar open to all

8.30am - 4pm

Older Adults Lunches Daily

Our activities are open to everyone.
Please feel free to come in and have
a great afternoon.



01577 863869

kindaycent@tiscali.co.uk

Film shows • Cards
Dominoes • Art Class
Exercises • Chiropody
Trips • Daily Papers



Additional Events for July

Hearing Loss Support and Advice	11am-12pm	Monday 1st
Concert 'Music for You'	1.30pm	Thursday 4th
Chiropody (Tel 01577 863869 for an appointment)	9.45am-1pm	Thursdays 4th, 18th
Barge Trip	9.30am-3.45pm	Monday 29th
Library Trip	1.30pm	Thursday 25th

Dates for our trips to Callander, Crail and Berwick still have to be arranged

Useful telephone numbers

Medical

Loch Leven Health Centre	01577 862112
Loch Leven Health Centre Out of Hours	01577 865252
NHS 24	111
Perth Royal Infirmary main switchboard	01382 660111
Perth Royal Infirmary (Admissions and Enquiries Desk)	01738 473734
Ninewells Hospital, Dundee	01382 660111
Victoria Hospital, Kirkcaldy	01592 643355
Queen Margaret Hospital, Dunfermline	01383 623623
Rowlands Pharmacy, Kinross	01577 862422
Davidson's Chemist, Milnathort	01577 862219

Police, non-emergency 101

Police, Fire & Rescue, Ambulance & Coastguard emergencies 999

Gas (worried about gas safety) 0800 111 999

Water (loss of supply, foul water emergency) 0845 600 8855

Floods SEPA Floodline recorded messages 0345 988 1188

Perth & Kinross Council (PKC)

Customer Service Centre (Mon- Fri, 8am-6pm)	01738 475000
Reporting non-emergency Road and Lighting faults (CLARENCE)	0800 232323

PKC Out of Hours emergency numbers

Adult care services	0345 301 11 20
Anti-social behaviour helpline	01738 476173*42*
(*42* telephone and leave a voicemail)	
Child protection	01738 476768
Council housing emergency repairs	01738 476000
Dangerous buildings	01738 476476
Environmental Health	01738 476476
Flooding	01738 476476
Homelessness	0800 917 0708
Mental health services	0345 301 11 20
Roads (e.g. reporting blockage)	01738 476476

Traveline Scotland 0871 200 22 33

Loch Leven Community Campus 01577 867200

Kinross High School 01577 867100

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
Ross McConnell on 01577 865885 or email

subscriptions@kinrossnewsletter.org

Come fly with us!

We are looking for volunteers to help the Aero Space Kinross team to maintain and develop relationships with our supporters, manage our projects and organize events, co-ordinate volunteer support, communicate and promote our vision and activities, assist with fundraising. If you think you might be able to help, please email: info@aerospacekinross.com



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The Kinross Community Council Newsletter

is available from:

The Co-operative	High Street, Kinross	Fossoway Store	Crook of Devon
Baillies	High Street, Kinross	Fossoway Garage	Crook of Devon
Sainsbury's	Station Road, Kinross	Mona's Coffee Shop	Muckhart
Giacopazzi's	Lathro, Kinross	Powmill Stores	Powmill
Giacopazzi's	New Road, Milnathort	RSPB Shop	RSPB Loch Leven
Stewart & Smart	Stirling Road, Milnathort	Loch Leven's Larder	Near Wester Balgedie
Heaven Scent	South Street, Milnathort	Glenfarg Village Shop	Glenfarg
Buchan's Garage	Main Street, Kinnesswood		
Shop	Main Street, Kinnesswood		