



# Kinross Newsletter

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Founding editor,  
Mrs Nan Walker, MBE

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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](mailto:editor@kinrossnewsletter.org)

(all emails will be acknowledged)

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## Commercial Advertising in the Newsletter

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**They are available to view at [www.kinrossnewsletter.org](http://www.kinrossnewsletter.org).**

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- A note of the number of insertions required.
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# Editor's Page

Cover photo: Isla Kinns Brown, Kinross Show 2018.

Photo by Kinross Show.

Design by Lee Scammacca of Cree8.

## Letter from The Editor

Welcome to a smaller than average issue of the *Kinross Newsletter*, with many organisations taking a break for the summer. I am told that this could possibly be the first time since the Newsletter was founded back in 1977 that there are no community council reports to publish; there were no meetings held in July.

Nevertheless, there is plenty going on in Kinross-shire, from the unmissable annual Kinross Show on Saturday 10 August (see p.6), a great day out for all the family, to the Walk for Parkinson's on Sunday 25 August starting at Loch Leven's Larder (see p.25), a chance to do some worthwhile fundraising for a great cause as well as enjoy a scenic walk. Also coming soon is the Rotary Club's wonderful Mary, Queen of Scots 'The Great Escape' Boat Race (p.8). It's a joy to behold the teams trying to row their dressed-up 'Mary' as fast as they can in the hope of getting her to be first over the finish line. Go along to Kirkgate Park on Sunday 1 September and join in the fun.

Hannah

### 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.

## Kirklands Garage

At last the Kirklands garage site has been cleared, bringing the end to a dilapidated eyesore. Some extra demolition has been done but it is ludicrous that the sole focus now is on apportioning blame and seeking some rebuilding.

Rebuilding would not be authentic since nothing which was original remains. Unless a prior survey has been filed with corresponding stone marking and the stone is undamaged the result will be a folly. It would be imprudent to re-create parts of this building to satisfy a small minority. In this case only special landscaping or a completely new building could enhance the streetscape.

Those who claim success from stopping the development should realise that the majority wish to improve our towns. Of course our best buildings must be preserved, but this tiresome game to save the mediocre, and in this case, the most hideous must be halted. It does nothing to improve the kerb appeal of our towns.

A famous politician, Harold Macmillan, once stated, 'We have to consider the state of the world as it is today and will be tomorrow, and not in outdated terms of a vanished past'. It is time to severely limit the disproportionate influence of those who wish to save everything old. Nostalgia cannot be allowed to dictate planning for tomorrow.

JHR Hampson

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## Congratulations



Congratulations to **Ishbel McFarlane and Tommy Herbert** on the birth of Maria Margaret McFarlane Herbert, a granddaughter for Gordon and Irene McFarlane of Burnbrae, Kinross.

Kinross athlete **Fergus MacGilp**, representing Pitreavie AAC, won the Scottish Athletics National U15 Pentathlon Championship at Grangemouth in July with a personal best points total of 2793, gaining PB performances in long jump and high jump in the process. This title adds to the Scottish National Indoor and Scottish National Schools titles that he won earlier in the year, and the silver medal in UK Indoor Championships in Sheffield. Fergus now moves onto decathlon training over the coming months in readiness for indoor events over the winter.



Fergus MacGilp

J & G Wilson are delighted to welcome **Duncan Fergusson** as its new Property Manager. Duncan brings 32 years of experience and is an experienced town agent. He is also an experienced rural land/property agent having sold individual properties that included six golf courses, three castles, a fishery, and around 50 farms as well as plots, steadings, cottages, country houses, development land and blocks of farmland. Duncan commented 'as Kinross is a mix of town and country properties I'm looking forward to providing advice and expertise to both sectors.'

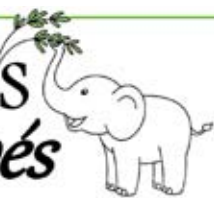
## Weather



### June Weather Report from Kinross

Total rainfall	77mm = 3.08ins
Heaviest rainfall	9.5mm
Total sunshine for the month	128.6 hours
Sunniest day	9.7 hours (27th)
Minimum temperature average	6.79°C
Lowest temperature	1°C (21st)
Maximum temperature average	16.97°C
Highest temperature	22.9°C (27th)

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## Thanks



**Elaine Carruthers** would like to thank all her **Chocolate Pudding Club team** who did a great job dishing out delicious puddings, pouring drinks and washing loads of dishes on Thursday 27 June at Portmoak Festival's famous Pudding Club. Grateful thanks also to all who took the time to make a chocolate pudding (not forgetting Jane's fabulous fruit salad), especially the great people who came up trumps without being asked (you know who you are). What would I do without you all? We had a great turnout which makes all the hard work worthwhile. Thank you so much and roll on next year!

**J & G Wilson** would like to thank Property Manager **Margaret Peebles** for twelve years of dedicated service. Margaret retired on 28 June 2019. At a farewell lunch, she was presented with gifts and warmly thanked for all her achievements. It's a measure of the esteem in which she was held by local fellow property professionals that she was also treated to a surprise lunch before her retiral, at which all local solicitor/estate agency firms were represented. Eric Williamson, Director at J & G Wilson said, 'As well as being a hugely motivated and diligent property professional, Margaret was an excellent colleague to work with and will be missed. All of us here wish her the very best as she begins a new chapter'.

## Scottish Women's Institutes

**MILNATHORT** – Milnathort SWI met on Thursday 20 June, in the Town Hall.



Jean Paterson, President welcomed everyone. Business matters were discussed. Jean then introduced Karena Jarvie and Carole Anderson, who gave us an insight into 'Traidcraft', which was enjoyed by members. Jean thanked everyone for attending this evening and wished them a safe journey home.

Two double biscuits: Aileen Hunter  
Flower of the month: May Paterson

**POWMILL** – In June members visited the Cowden Japanese Garden which was thoroughly enjoyed by all who attended. Good luck to all competing at Kinross show.

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# Kinross Show



**Saturday 10 August, RSPB Loch Leven**

The Kinross Show, highlight of the rural calendar in Kinross-shire, takes place this year on **Saturday 10 August** at RSPB Scotland, on the banks of Loch Leven. Come along and see this spectacular showcase of all that the countryside has to offer, with things to see and do for all the family. You will be able to view quality livestock, horses and ponies, a variety of trade stands, a vintage tractor display, dog show, SWI marquee, art and craft marquee, flower show and entertainment stage, to name just some of the attractions.



To find out about Kinross Show's scarecrow competition, see page 76.

## The Flower Show Schedule

was published in the June issue of the Newsletter

## The Companion Dog Show Schedule

was published in the July issue of the Newsletter

## Entry Costs

Show ground entry is £10 for adults, £7 for concessions and children under 16 are free. Parking is £2.

## Contact

Please contact Show Secretary Jane Drysdale if you require further information. Email: kinrossshow@gmail.com

## FREE BUS SERVICE

The show committee is delighted to announce that once again there will be free buses from Kinross, Milnathort and the surrounding area to the show – another great reason to make sure you have Saturday 10 August 2019 in your diary! Full details of the bus timetable will be available nearer the day, but an outline of the route can be found below. Please note these free buses will ONLY be for Kinross Show.

### Route One

- Royal Bank Building in Milnathort
- Down to the roundabout at Rowland Pharmacy Kinross
- Turn right along Station Road to the Park and Ride
- Returning back along Station Road
- Turning right down through Kinross High Street
- To the show

The bus will stop at all the usual bus stops and in the country, if waved down. This bus service starts at 10.30am.

### Route Two

- Channel Farm Car Park
- Turning right past the Balgedie Toll
- Continuing through Kinnesswood
- Through Scotlandwell
- Straight down the road, turning right and along the south side of Loch Leven
- To the show

Again the bus will stop at the usual bus stops and on the country roads, if waved down. This bus service starts at 11am.



Photo:  
Tracy Gow  
Photography

## Flower Power and Flour Power at Kinross Show



Our community theme this year for the SWI marquee at Kinross Show on Saturday 10 August at Vane Farm is for the handicrafts section 'Flower Power' and Homeskills section 'Flour Power'.

The Ladies of Kinross Group SWI are once again busy preparing their entries for both the community and individual competitions. There will, as always, be a wonderful display from our members of crafts, needlework, baking, produce and floral art. There will also be entries from husbands and partners in the gents' section and entries from members' children and grandchildren in the children's section. The judges this year are from Dumbartonshire Federation.

A number of classes are being sponsored again by local businesses and individuals. We are very grateful for their continued support. Our sponsors are: McTaggart's of Aberdour; Robert and Gillian Bell; Robert Craig Joinery; Roddy Baird; Kilted Farming Company; Loch Leven's Larder; Hattonburn House; Andrew Craig Electrician; Fruix Storage and Stevie Hutchison Joinery.

There will be, as usual, a sales table selling baking, produce and craft goods, and this year there will also be a gift bag tombola as our fundraiser.

To round off the day the trophies will be presented by Fiona Turnbull Kinross Show Society Presidents wife. Finally the raffle will be drawn, with a first prize of £50 and many other fabulous prizes so make sure you get your tickets. They will be on sale in the tent during the day.

There is no entry charge to the marquee, but a silver collection donation will be welcome at the door so please come along and view the wonderful work from the SWI. Open from 10am until 4pm on the day of the show.



## Kinross Show Programme

*Times shown in 24-hour format. All times are approximate.*

<b>0700</b>	Show ground opens	<b>1300</b>	Vintage Tractor judging
<b>0830</b>	Horse Ring 1: Horses in Hand judging	<b>1300</b>	Children's Fancy Dress Competition (with or without a pony) in Main Ring
<b>0830</b>	Horse Ring 2: Mountain & Moorland Ponies judging	<b>1330</b>	Overall Horse Competition (Archie Renton Trophy) In Main Ring
<b>0830</b>	Horse Ring 3: Pony Club Pony judging	<b>1350</b>	Champion of Champions/Tom Page in Main Ring
<b>0830</b>	Main Ring: Shetland Ponies	<b>1415</b>	Grand Parade of Prize Winners
<b>0900</b>	Main Ring: Clydesdale Horses and Highland Ponies	<b>1415</b>	Long Service Medals presented
	JAC Stock Judging: Entries taken at JAC Tent. £3 entry	<b>1430</b>	Parade of Vintage Tractors in Main Ring
<b>0900</b>	Art & Craft Marquee open to the public	<b>1500</b>	Gun Dog Demonstration
<b>0930</b>	Limousin, Aberdeen Angus, Any Other Native Cattle, Any Other Continental Bred Cattle & Highland Cattle judging	<b>1530</b>	Bale Wrapping Demonstration
<b>0930</b>	Dairy Breeds judging	<b>1530</b>	Flower Show Marquee Presentation of Prizes
<b>0930</b>	In Pens: Sheep Sections	<b>1545</b>	Toss of the Sheaf Competition – win £50
<b>0930</b>	Goats judging	<b>1600</b>	SWI Presentation of Prizes in SWI Marquee
<b>0930</b>	Flower Show Marquee judging commences		
<b>1000</b>	Cross Cattle		
<b>1000</b>	Goat milking		
<b>1000</b>	Art & Craft Marquee judging commences		
<b>1030</b>	until 1230 prompt. Dog Show Registration. Entries Taken at Dog Marquee. No late entries		
<b>1100</b>	Closing for Scarecrow Competition. Sheep Young Handlers in pens after the Sheep Judging		
<b>1130</b>	Flower Show Marquee open to the public		
<b>1215</b>	Clydesdale Horse in Harness judging		
<b>1230</b>	Beef & Dairy Calf Young Handlers in Dairy Ring		
<b>1245</b>	Collecting Area for Children's Fancy Dress		
<b>1300</b>	Judging of Scarecrow		
<b>1300</b>	Dog Show commences at Dog Marquee		
<b>1300</b>	Judging Competition starts		



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## Mary, Queen of Scots 'The Great Escape' Boat Race

Sunday 1 September



Mary, Queen of Scots was imprisoned in Loch Leven Castle in 1567. With help from her supporters, she escaped by rowing boat in 1568. This race, held on Sunday 1 September, is to celebrate this historic event, raise the profile of Kinross in the community and raise funds for worthwhile charities. It is organised by the Rotary Club of Kinross. This is the seventh year they have run the event and its growing success is attracting lots of people to have fun and enjoyment on the loch side.

### Rules

Two boats will race at a time. The boats will consist of five persons, all will receive life vests and adequate safety instructions before the race begins. Prior to the start of the race, four team members of each boat will take their seats in the boat positioned alongside the pier.

The fifth person – representing Mary – will start the race from the starter's tent running a short distance to the boat. Mary will be assisted into the boat. Each team will row the boat the designated course for their category and return to the pier. Mary will then disembark and run to the finish line. The races will be accurately timed. The races will take place throughout the afternoon and the fastest times win prizes! There are prizes for successful teams in each category. There is also a prize for the best-dressed Mary.

Races will be conducted in two categories:

1. Experienced Rowers.
2. Inexperienced Rowers.

Team registration for the event costs £35, with registration and payment in advance or £40 on the day, all of which is a donation to charity. This entitles the team to one race,

however, should the team wish to have another race later in the afternoon to improve their time, this will cost an additional £15. Again, all proceeds to charity. To enter contact: Robert Mitchell at rand105@gmail.com or Jo Middlemiss at jomiddlemiss@dreamzwork.com.

There are lots of fun activities on the day, including a bouncy castle, hot food and drinks stalls, an ice-cream van, Loch Leven Brewery, a tombola, face painting, stalls and street football. There are even historic walking tours of the Kirkgate where you can learn how Mary escaped from the island 450 years ago. The tours will be conducted by Prof David Munro. If you are interested in being part of the day by running your own stall contact George Lawrie at gt.lawrie@gmail.com or on 07879 883803. Please put **Sunday 1 September** in the diary and come along and join the fun. Entry and parking are free, all we ask for is a donation.



*Let the race commence! Keen Queens battle it out in previous years*





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## Giacopazzi's Staff Get On Their Bikes For Diabetes

Staff at a well-known Kinross-shire business have just returned from a fundraising challenge inspired by a little girl living with a life-changing illness.

Anita Casonato – whose parents, Franck and Joanna, own Giacopazzi's In Milnathort and Kinross – was diagnosed with type 1 diabetes in August last year, shortly before her second birthday.

It was to be the start of a rollercoaster journey for the family – who have since been joined by baby Francesca – and a lifetime of insulin dependency for Anita.



*Getting on their bikes for a good cause are, from left, Morgan Traynor, Sean Colebourn, Franck (pictured with Anita); Nathan Owen and Milnathort shop manager Gregor Mcclung*

Now some of the staff who work in the two shops have cycled 120 miles as part of a campaign aimed not only at raising funds but awareness of a disease whose symptoms are not always easy to identify. It was while they were on holiday in Franck's native France that Anita's parents noticed she was excessively thirsty and tired and that her nappies were constantly wet. At first they put her symptoms down to the heat but the fact that her 12-year-old cousin had, by coincidence, recently been diagnosed with the same condition rang alarm bells. Anita was rushed into hospital where she spent five days

undergoing tests and Franck and Joanna were faced with a steep learning curve.

They had to familiarise themselves with finger prick tests, carb counting, bolus injections, hypoglycaemia, hyperglycaemia and ketones.

'The first few months were rough, although we're coping much better now,' said Joanna. 'Anita has to have regular finger pricks and at least five insulin injections every day. She is restricted to what snacks she can have between meals and regularly has to be woken during the night to have a snack or injection. Yet even when she does everything right, her glucose levels are very difficult to manage. Every day is a rollercoaster. Anita has had to deal with more than any two-year-old should have to. She doesn't complain. She hasn't once asked "Why me?" She just gets on with it.'

When Anita was first diagnosed, Franck and Joanna were told that it was not preventable and there was no cure. But thanks to JDRF (Juvenile Diabetes Research Foundation) a cure could be on the horizon. The charity funds research into finding a cure for juvenile type 1 diabetes, an auto-immune condition caused by the pancreas failing to produce insulin and glucose levels in the body to rise. If left untreated, it can prove fatal.

Keen cyclist Nathan Owen, assistant manager of the Milnathort branch of Giacopazzi's, came up with the idea of a sponsored cycle, which took place on July 29. The intrepid team cycled the 120 miles between Perth and Inverness as part of a summer-long fund-raising campaign being held in the two shops. A sponsored walk was held around Loch Leven on July 20 and 21 and there was special fundraising day on July 27.

Franck said, 'Because Anita's cousin had been diagnosed with Type 1 Diabetes just a couple of weeks beforehand, we were able to recognise Anita's symptoms, so in that sense we were fortunate. The campaign is as much about raising awareness of the warning signs as raising money for much-needed research.'

A Just Giving page has been set up as part of the campaign at [www.justgiving.com/fundraising/jdrf-giacopazzi](http://www.justgiving.com/fundraising/jdrf-giacopazzi)

For more information about juvenile type 1 diabetes, visit <https://jdrf.org.uk>

## Regional Archaeology Conference

The Perth and Kinross Heritage Trust are holding a free, one-day conference entitled '**PKARF: Priorities in Progress**' Regional Archaeology Conference on Friday 30 August. The conference runs from 9am to 5pm and is open to all who might like to join the discussions. The venue is the Soutar Theatre, AK Bell Library, 2-8 York Place, Perth, PH2 8EP.

As part of a three-year project to build a regional research framework, Perth and Kinross Heritage Trust are holding a one-day conference with think-tank workshops. It's open to everyone from professionals to the casually interested, students to specialists. Hear preliminary research priorities presented and join leading experts in 'think tank' workshops



at this fully participatory conference. If you'd like to be actively involved in shaping the future of archaeological research in Perth and Kinross then come along and join the discussion.

For more information visit: [www.pkht.org.uk/pkarf](http://www.pkht.org.uk/pkarf)

For registration visit: [www.pkarf.eventbrite.co.uk](http://www.pkarf.eventbrite.co.uk)

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## Get ready for Doors Open Days!

**Saturday 7 and Sunday 8 September**

Preparations are well underway for this year's Doors Open Days, the festival that celebrates Scotland's heritage and built environment by welcoming people into old and new buildings for free. Perth and Kinross Heritage Trust have put together a rich and varied programme that shines a spotlight on 36 venues across the Perth and Kinross region. Many of the venues have sought to connect with this year's theme of Arts and Entertainment, through the craftsmanship of their building or a wealth of additional activities. New for 2019 is our partnership with Perthshire Open Studios, celebrating the synergy between art and architecture throughout the region.

The Doors Open Days programme for Perth and Kinross is spread over two weekends in September: **Saturday 7 and Sunday 8 September** for all Perthshire and Kinross-shire venues and **Saturday 14 and Sunday 15 September** for all Perth City venues.

The festival is coordinated nationally by Scottish Civic Trust as part of the European Heritage Days and offers an extensive programme across the country. Regionally Doors Open Days is coordinated by the Perth and Kinross Heritage Trust with funding from Perth & Kinross Council and the Gannochy Trust. The Perth and Kinross programme offers free access to a broad selection of buildings that are rarely open to the public or have now prepared a special event for the occasion. Buildings include architectural highlights such as the recently refurbished Council Buildings in Perth High Street, Fortingall Arts & Crafts village and new infrastructural works for the dualling of the A9. No less interesting are the more ephemeral,

vernacular buildings such as cruck-built Sunnybrae Cottage and the corrugated Nissen huts of Cultybraggan Camp.

Closely connected to this year's overarching theme are those venues where arts & entertainment is of daily concern, such as the recently refurbished Hill Church, home base of the Blairgowrie Players drama group, and Strathearn Artspace, itself housed in a former masonic lodge. Those venues where craftsmanship is first and foremost reflect other artistic ties to our built environment, such as architectural design at Fergus Purdie Architects' stylish studio and residence, book printing at The Quarto Press, textile repairs at Younger Conservation's workshop and wine making taken to a next level at Cairn o' Mohr Winery.

Several venues are working together with artists and makers from the Perthshire Open Studios programme, hosting an exhibition or a pop-up

gallery in celebration of the creativity and skill of our region's past and current artists and craftspeople. The Open Studios festival runs in parallel to Doors Open Days from **Saturday 7 to Sunday 15 September** and both programme brochures highlight the venues and artists that transcend these hugely popular festivals.

The full programme of this year's Doors Open Days festival in Perth and Kinross will be available at venues, libraries and museums across the region in the course of August and available online at [www.pkht.org.uk/dod](http://www.pkht.org.uk/dod). All venue details and information about the national programme can be found at [www.doorsopendays.org.uk](http://www.doorsopendays.org.uk). Visit the website to find out more about artists' demos and workshops, children's activities, music recitals, theatrical taster sessions and other activities in September.



*St Mary's Monastery, Kinnoull*

## Lottery Win for Portmoak Hall

Portmoak hall committee has recently received an £8000 National Lottery Awards For All Scotland Grant from the National Lottery Community Fund.

Roseanna Cunningham, MSP said, 'I am really pleased for the Portmoak hall committee. £8000 is a significant sum of money and I understand that it will enable them to lay a new floor in the village hall, which is an important hub for the local community. A wide range of activities take place there – from badminton to beekeeping to Burns nights! Securing this funding for a new floor will help to ensure that the hall can continue to serve the community well and I congratulate the committee on their success in securing it.'

### PLANNING PERMISSION BUILDING WARRANTS

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

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## Kinross-shire artists and makers will open their doors as part of Perthshire Open Studios

7-15 September



Art lovers in Kinross-shire are invited to save the date as nine diverse artists and makers across Kinross-shire are set to welcome hundreds of visitors during the annual Perthshire Open Studios (POS) event from 7-15 September.

Sponsored by Webster Group (UK) Ltd, the Turquoise Route around Kinross-shire features some new artists as well as regular POS participants.

East of Milnathort at Orwell Farm, **Chiara Fingland** works expressively in watercolours and coloured pencil, featuring flora, fauna and landscapes inspired by Perthshire and beyond.

In Milnathort village centre, Kathryn Kirkwood at **Smile and Wave Creations** works mainly in acrylics to paint bright and energetic landscapes and seascapes.

Also in Milnathort, Deirdre Hutson at **Bothan Beag Designs** is inspired by Scottish landscapes and wildlife to create unique felted artwork and Harris tweed gifts and homewares.

In Kinross, visitors can check out **Siskin**, where Lorraine Holdsworth produces a wide range of beautiful homewares, gifts, accessories and art in stunning premium textiles, primarily iconic Harris Tweed.

Next door to Siskin, Rebecca Robertson's **Holly Silver Jewellery** offers handmade personalised and sentimental jewellery in sterling silver, gold and precious gemstones.

The **Kinross and District Art Club** opens its doors for its annual exhibition at Kinross Parish Church and includes work in a wide range of media and styles by members.

Also in Kinross, visitors will find **Ritz Glass**, where Rhona Bradbury hand makes an extensive range of unique fused glass homeware, including unusual clocks, framed glass art and quirky hanging decorations.

The Turquoise Route then leads to Cleish, where **Gillian Skene Jewellery** produces unusual, affordable and easy-to-wear jewellery, with many pieces created by knitting silver wire with freshwater pearls and semi-precious stones.

The final studio in the Route is **Liz Harvey** in Crook of Devon, who paints in watercolour and oils. Her work is inspired by natural forms and often incorporates materials such as leaves, sand and seashells.

Full details of all the studios participating, including locations and opening times, can be found on the POS website at [www.perthshireopenstudios.com](http://www.perthshireopenstudios.com).

## The Hog Rig Rovers ... The story of an enduring friendship

It was in 1958 that the six young lads, pictured below, experienced an epiphany. Together with three friends, the late Dave (Bevs) Berry, Bill Harley and Robert (Turks) Urquhart, they formed the first and only 'Second' Kinross-shire Rover Scout Crew. But the story starts several years earlier.



*Eric Low, Sandy MacCalman, Lindsay Sands, Brian Dewar (peeking)*

At Milnathort Primary School Sandy Smith, Eric Low, David Berry and I formed a strong friendship based on a mutual love of exploring the surrounding countryside, guddling about in the River North Queich, known affectionately as 'The Burn', and investigating Loch Leven and the Lomond and Ochil Hills. We honed our skills at seeking out birds' nests and identifying wildlife, roaming from morning until dark or until hunger sent us home. Brian (Podge) Dewar soon joined the clan and in 1952 when Hugh MacCalman took over from Peter Gillon as headmaster, his elder son Sandy was also welcomed to the group.

Moving on from primary school, Sandy Smith, Sandy MacCalman and David Berry transferred to Dollar Academy, Eric Low moved to Perth High School while Brian Dewar, Bill Harley and myself all attended Perth Academy. At Dollar the two Sandys and David teamed up with Lindsay Sands whose father owned a grocery shop in Kinross.

Another thing we had in common was travelling to and from our respective places of education by train. Train travel was a life changing experience for young lads in those days before Dr Beeching committed his unforgivable crimes. Depending on the driving crew, we were sometimes granted the experience, taking turns of riding on the footplate with them for short distances. We had dances in the guard's van with me as 'The band' playing the mouth organ while cages of hens fluttered alongside and a mournful calf with his head sticking out of a canvas sack bawled his accompaniment. Sometimes we would stay aboard our homeward bound train until it reached Kinross Junction where we would rendezvous with the train from Dollar, and for the one stop back to Milnathort, indulge in a wee bit of good natured rough and tumble friendly rivalry. Health and safety? Out the window. Literally.

We had all joined the Scouts and, with a view to extending our scouting years we floated the idea of forming a Rover Scout Crew and invited Robert Urquhart, a well respected scout leader, to lead our crew, which is what eventually happened. Scouting had nurtured our natural love of the freedom to wander and explore the surrounding hills. It was during one such sortie that a site was discovered in the foothills of the Ochils. Two burns converged here, near a

*continues over page...*

## The Hog Rig Rovers continued...

small outcrop known as Hog Rig. This became our favourite campsite and many a fine, sunny or drizzly, wet summer evening we sat round a campfire being eaten alive by the Ochil Midges (a very virulent breed) devouring baked beans and sausages and thoroughly enjoying ourselves. Even after the demise of the Rovers, we still used Hog Rig every year, as our meeting place for at least one weekend annually. Thus, we adopted the name and designed the logo which we wear with cautious pride. A word of thanks here, to the Paterson Family at the Golland Farm, who granted us access over the years, to camp at Hog Rig.

As the years rolled on, we went our separate ways but the fly hook in the collar soon reeled us all back in.

Sandy (Sanda) Smith chose accountancy and after gaining his qualifications he eventually worked for many years at Forth Wines, becoming a director of the company. On his retiral, he became the local Milnathort Registrar and one of the very few remaining registrars to complete his documentation by hand, in pen and ink. He still lives with his wife Iris, in the family home, Rowallan, in Milnathort. Rowallan, was, and still is, the assembly point for the Hog Rig lads' journeys. Sandy's mother, Agnes, who mothered us all, recently celebrated her 101st birthday. Sanda is the cheeriest guy I know.

Sandy MacCalman, known from Dollar days as 'King', due to his travel monitor duties, also became an accountant. He spent some time in Canada then returned to Kinross-shire. Sandy eventually became the senior partner of an Edinburgh firm of chartered accountants and, now retired, dwells in Milnathort. He is a keen runner and has a love of fine cars. Over the years Sandy has conquered all the Munros. He was first to 'discover' Hog Rig.

Brian (Podge) Dewar studied Biology at Edinburgh University. Brian is a motorcycle enthusiast and has been the proud owner of many vintage bikes. A lifelong rugby fanatic, he played for and still has enduring ties with Kirkcaldy RFC. Brian taught Biology at Peebles, and in Kirkcaldy. Since retiring he has been trying to biologically cure the rugby damage to his physical body. Brian still lives with his wife, Avril, in Kirkcaldy. He makes a mean spag-bol.

Eric (Eck) Low, is Milnathort born and bred. Always technically minded, early in his engineering career he designed and built the only solid, electric, left-handed, guitar-shaped banjo in existence. Eric played this instrument skillfully with his band, The Beatniks, at the Rover Scout Dances which we held weekly in the Church Street Hall, raising funds for the organisation. Eric worked at Rosyth Dockyard, then wanderlust got to him and he sailed the seven seas for several years as a ship's engineer. He came home to Scotland and retired to live with Denise, his wife, in Dunfermline Toon, drinking the bluid red wine.

Lindsay (Lin) Sands, obtained a degree in Business Studies at Edinburgh University. He moved to London, working for a very well-known retail organisation. Lin came home to join his father's business in Kinross, David Sands Ltd, and in time extended it to a multi-store enterprise throughout Fife, Kinross and Perthshire. The business was eventually sold to the Co-operative. Not one to be idle, he is still a very active part of the new family calling, 'David's Kitchen' with shops in Glenrothes, Falkirk and Musselburgh. Lin lives with his wife, Edith, in Milnathort. He has climbed all the Munros at least once and catches big fish.

Gordon Menzies bade farewell to school with a view to joining the police force. He worked on Balado Home Farm for Mrs Ramage Dawson until his nineteenth birthday when he joined the Stirling and Clackmannan Force, ending up in the C.I.D. During this period, he formed the band Gaberlunzie with Robin Watson and Jimmy Macdonald. In 1972 Gordon and Robin turned to full time music as Gaberlunzie Folk Duo, travelling extensively and writing and recording prolifically. Gordon lives with his wife, Dr Evelyn Menzies, and his old tractor in the quaint hamlet of Carnbo.

Despite the varied and diverse careers and the geographical locations of the Hog Rig Rovers, we have maintained and built on our friendship both socially and individually. Combinations of the crew have walked the hills or climbed the mountains as and when the spirit decreed. 1958 was the first AGM of the Hog Rig Rovers and 2018 heralded our sixtieth unbroken anniversary year. In bygone days, it was a definite assembly at Rowallan and a trek to Hog Rig once every year for as many of the company as were available. Throughout the toddling years, hotels and other civilized sanctuaries were sought. Nowadays, because the sands are drizzling through the hourglass, the lads meet twice each year at a house owned by Lindsay in the wilds of Rannoch Moor. Once the question was, 'How many hills?' Now the query is 'How many pills?'

Gordon Menzies



*The Hog Rig Rovers, 60 years on*

### HUSBAND & WIFE HANDY TEAM READY FOR ACTION

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## Councillor Richard Watters

At the last Full Council meeting, Councillor Fiona Sarwar and I brought forward a 'Climate Emergency' motion. Many other councils have already declared a Climate Emergency and so have both the Scottish Government and the UK Parliament. Our motion acknowledged this and stated that there is an opportunity to demonstrate that as a council, Perth & Kinross is committed to delivering our part in the response to the Climate Emergency and that the council and other community partners within Perth and Kinross should lead by example in the transformational change that is required to meet our commitments to the residents of Perth and Kinross, and to the world as a whole. Within my speech I stated that there is still much to do and we need to ensure that we engage with our community planning partners, our local communities, our businesses, and other stakeholders in co-producing a strategic delivery plan.



### MOTION

*The Extinction Rebellion campaign and other similar campaigns led by Greta Thunberg and young people round the world are drawing critical attention to what is recognised as the number one issue facing the world today. This was re-emphasised in May 2019 when the UN body, the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystems Services, issued a report warning about the damage human beings are causing to the planet. The report notes that climate change is one of the top drivers of this damage and it is not too late to turn things around, but to do so requires transformational change.*

*The contribution the Council has made to reduce our own carbon footprint is acknowledged, yet there remains much to do and, as noted, a transformational change is required.*

*As a Council we wish to play our part in accelerating this transformational change, understand the implications for climate change in everything we do, and lead by example. This Council requests the Chief Executive to set out a route map to deliver, through co-production with citizens and other stakeholders, a low carbon Perth & Kinross, specifically to:*

1. *Under the auspices of the Perth and Kinross Offer, establish a CPP group to scope out the required vision and transformational change necessary for climate change.*
2. *Report back to the Council before end of March with details of*
  - *A baseline report on where we are now both as a Council and the wider Perth and Kinross CPP area*
  - *An analysis of our current plans and strategies and their compatibility with the need for transformational change*
  - *A route map and the identification of the resources required for delivery*
  - *Arrangements to ensure that the consideration of climate change is embedded in our decision-making processes*
  - *Measures to ensure the Council is seen as an exemplar in reducing its carbon footprint, including measures which can be implemented immediately*

Given that the planet is currently heading for an increase of 3-4°C and that it is essential that global temperature change is limited to 1.5°C, this is indeed a Climate Emergency. We need to make rapid, far-reaching, and unprecedented changes in all aspects of society. This motion will lead the way in the council and with other community partners.

The council passed our motion unanimously.

**Richard Watters**

## Luke Graham, MP

Now summer is in full swing, we are lucky to have a packed calendar of local events across Kinross-shire. One event many readers would have noticed was the twentieth anniversary of CHAS retail. We are incredibly lucky to have the hospice and shops in our county, and I have seen first-hand the excellent standard of care and support offered by the staff that is funded by the shop and other fundraising activities. I wish the CHAS team all the very best and success over the next 20 years.



In July I attended the Game Fair in Scone, bringing Cabinet Office Minister Brandon Lewis with me. It was great to see so many local businesses at the fair selling their products and services. Congratulations to all the organisers and participants for a successful event.

Some constituents recently contacted me with concerns about the state of certain parts of local streets, particularly with drainage. Following this, I raised the issues with Scottish Water and Perth and Kinross Council and, working with Cllr Purves, was able to get collapsed drains restored and the street back up to standard.

In terms of Parliamentary business, we have been busy working while the leadership election has been underway. In early July I secured a debate on funding and borrowing

powers for devolved administrations across the UK. This topic might seem dry at first, but it is vital that we have this debate to set the record straight on how the frontline services we all depend upon are funded. The services in our constituency receive funding from Westminster, Edinburgh, and local councils. However, the debate is often skewed by misunderstanding on where funding for certain projects actually comes from. By securing this debate, I wanted to make the discussion more transparent.

MPs also just passed a monumental piece of legislation, committing the UK to become carbon neutral by 2050. This is a radical commitment that will require significant changes to our economy and way of life but will bring benefits for years to come. This is a crucial step in fighting climate change and has set the UK as the leading G20 country in making such a commitment. While 2050 may seem far away, we all have our part to play in ensuring the planet remains healthy for future generations. This is particularly pertinent for our part of the world, where agriculture is one of the key pillars of our livelihoods.

*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](mailto:luke.grahamoffice@parliament.uk).*

**Luke Graham MP**

## Councillor Willie Robertson

### Giant Hogweed

Increasing numbers of giant hogweed plants are growing alongside our burns and rivers. They are an invasive species and can grow up to four metres in height. If your skin comes into contact with the sap of the plant it can cause serious blistering and even scarring. Getting the sap in your eye can cause blindness. SNH, who manage the Loch Leven Reserve, eradicate it on the land they are responsible for. However, giant hogweed is growing on many of the tributaries flowing into the loch. I have contacted the landowners where I have seen it growing and they have promised to spray it. We may need a concerted campaign to rid Kinross-shire of this dangerous plant.



*When out walking, watch out for giant hogweed*

### Speed Checks

Our local police are very good at responding to requests for speed checks on roads where there is a history of speeding traffic. Among the roads recently targeted were The Muirs,

Kinross; Burleigh Road, Milnathort; and the Main Street, Crook of Devon. Please let me know if speeding is an issue where you live.

### James Logie Robertson

James Logie Robertson (no relation), the famous Scottish poet and essayist, was born in Milnathort on 18 September 1946 and attended Milnathort Parish School. His father was a shoe maker. I have been unable to identify the house he was born in after checking the census documents from that time. If anyone can provide more information I would be grateful.

### M90 Motorway

Everyone who drives south from Perth on the M90 will have noticed the ever-growing holes on the inside carriageway between Bridge of Earn and Balmanno Hill. BEAR Scotland who maintain the motorway don't seem to have spotted them so I have written to them and asked for these holes to be repaired before they cause serious damage to any vehicle that hits them.

### Community Speedwatch

A few years ago, I was successful in getting a Community Speedwatch trial set up in Fossoway with the help of Fossoway Community Council. This was run by trained volunteers who, using radar guns, recorded the speed of vehicles passing through the villages along the A977. Vehicles travelling at excess speeds were reported to the police and drivers sent a warning letter. The trial led to clear drops in average speeds. I had hoped at the time to roll this scheme out to cover all of Kinross-shire but it was scrapped when Police Scotland was formed as the then Chief Constable didn't support it. It was agreed at a recent meeting of the Kinross-shire Forum (a meeting with representatives of the Kinross-shire Community Councils and ward councillors) that we should try and resurrect the scheme. A meeting has been organised with the police to see if this can be done.

**Willie Robertson**

## Councillor Mike Barnacle

Readers of the *Newsletter* may recall the spring editions covering the above survey and I would like to thank the community for their responses and to note that PKC Public Transport Unit and interested parties are currently analysing the comments and results. Approximately 240 responses were received in total and the survey results will be used to address some of the transport needs for Kinross-shire residents. A detailed update will be provided to the community in due course. The Community Councils were presented with copies of the initial outcomes at our



will include locally elected members, two members from the Local Action Partnership and a representative from the Kinross-shire Volunteer Group and Rural Outreach Scheme. I would be interested to learn of any interest in participating in such a group from the wider community.

**Mike Barnacle**



Kinross-shire Forum meeting on 24 June and I have asked each Community Council to suggest a member for our embryonic Kinross-shire Community Transport Group, which currently





## Liz Smith, MSP

Armed Forces Day took place recently with various events across the UK. The annual event is an opportunity for residents to show their support for the men and women who are members of the Armed Forces community, which represents a broad spectrum of people, from serving troops to service families, veterans and cadets. There are many ways for people to show their support and get involved in the whole initiative. This can include attending an event, commenting online or organising a party.

Armed Forces Day celebrations began on 24 June this year, when the Armed Forces Day flag was raised on buildings and famous landmarks around the country. Armed Forces Day took place on Saturday 29 June.

I feel that by showing support for the Armed Forces, residents give a much-needed morale boost for service personnel. This involves those serving with the Royal Navy, the British Army and the Royal Air Force.

It is important to stress just how vital the Armed Forces are to the UK. They operate around the world, promoting peace, delivering aid, tackling drug smugglers, providing security and fighting terrorism.

When talking about the Armed Forces we should never forget about veterans. A veteran is anyone who has served in the Armed Forces at any time, including national servicemen, regulars and reserves.

It is also worth remembering the role that reservists play by giving up their spare time to serve in the Reserve Forces. This leads to them juggling their civilian life with a military career to ensure they are ready to serve if required to do so, even at short notice.

A special mention should be made of the cadet forces. Sea Cadets, Army Cadets, Air Cadets and the Combined Cadet Force support more than 130,000 young people at more than 3000 locations across the UK. Those that join the cadets learn vital life- and career-building skills as well as gaining vocational qualifications.

All in all, Armed Forces Day should be recognised as a day to remember for residents across the UK as we celebrate the essential role played by those who defend the country for everyone.

**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](mailto:Elizabeth.Smith.msp@parliament.scot) or on 01738 553990.*



## Roseanna Cunningham, MSP

I am always on the lookout for new sources of funding for groups in my constituency and I recently heard from the Centre for Social Justice (CSJ) whose CSJ Awards will see six local charities from around the UK win £10,000 each.

If you know about an outstanding and innovative small charity, who might qualify for one of these awards, you can make nominations online up until Monday 7 October 2019 at [www.centreforsocialjustice.org.uk](http://www.centreforsocialjustice.org.uk).

I am also keen to ensure individual constituents get all the money they are entitled to and was interested to hear about research carried out by the charity Independent Age highlighting the number of people entitled to Pension Credit but not claiming.

In the Ochil & South Perthshire constituency alone (the research findings were by Westminster constituency), there is an annual figure of £4,738,923 in unclaimed Pension Credit. There can be little doubt that there must be a considerable number of pensioners in Kinross-shire who are due a slice of some of that nearly £5million!

Pension Credit is often referred to as a 'gateway benefit' since being in receipt of it can unlock entitlement to other social security benefits such as help with Council Tax.

The UK Government really should be doing much more to help ensure pensioners are getting the support they are entitled to – instead they are taking away their free TV licences!

Age Scotland have a helpline which can give advice on claiming Pension Credit as well as information on other ways in which older people can receive financial support. They can be contacted on 0800 12 44 222.

While Pension Credit is still reserved to Westminster, some parts of the system are being devolved and the Scottish Government is in the process of building a social security system for Scotland which treats claimants with dignity and respect. An important part of that is ensuring that the experience people have had in the past is taken on board.

The Social Security Experience Panels were first launched in 2017 and more than 2400 people from across Scotland joined as volunteer members. Their input has informed key decisions in the design of the Scottish social security system. From Social Security Scotland's opening hours, to the design of benefit application forms, to how staff behave, and how the changes are communicated to people, the Experience Panels are the key mechanism for putting the user voice at the centre of social security, to ensure that a system is designed that works for those who use it.

Having now reached the mid-point of the Experience Panels work, recruitment of panel members has been re-opened and I would really encourage constituents who have relevant experience of the social security system to become involved in this important work.

People are being sought who have experience of a wide range of benefits and more information, including how to register, can be found online at: [www.gov.scot/publications/social-security-experience-panels-faqs](http://www.gov.scot/publications/social-security-experience-panels-faqs).

**Roseanna Cunningham, MSP**



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for publication on Saturday 31 August**



## Summer Safety

School's out, the lazy, hazy days of summer are upon us, and all over Scotland, people are unwinding in the sunshine (between intermittent periods of breaking out the anoraks and wellies). Lawnmowers and BBQs are being fired up, youths are enjoying the weeks of freedom between terms, and parents are trying to keep the wee ones entertained. We want you to have a great, and most importantly safe summer, so here are a few tips to help you make the most of it.

## Knife Crime

Carrying weapons in any public place, including at summer festivals is an offence and anyone found in possession of an offensive weapon could face arrest. Knife crime can affect anyone and innocent bystanders can get caught in the middle of other people's disputes and suffer trauma, serious injuries or worse.

## Alcohol

Over-indulgence in alcohol can impact on your behaviour, your mind and your self-control. Drinking too much can make you vulnerable to becoming a victim of crime as well as getting involved in altercations which can ruin lives. Know your alcohol limits. Alcohol will make you more vulnerable to theft, assault and sexual assaults. Drink plenty of water and stay with friends, never leave a drink unattended and don't mix alcohol with illegal substances. You should also be aware of local drinking byelaws which can differ by local authority. If in force, they make it an offence to drink alcohol or have an open container of alcohol in a public place or outwith a designated area.

## Festivals

Stay with friends, let them know where you are at all times, arrange meeting points and keep your phones fully charged. Stick to busy areas of the arena and campsite – don't be drawn to secluded spots. Make sure you and your friends have return journeys planned, and do not accept a lift from anyone purporting to be a taxi driver if they do not have the correct license in place. Consider prebooking your journey in advance, and remember to keep your personal belongings safe at all times.

Do not accept drinks from persons unknown to you, and do not take drugs. Also, stay alert – people under the influence of intoxicating substances are far easier targets for criminals. If you or any of your friends become unwell obtain help immediately from stewards or police.

Don't engage in any sexual activity with anyone who does not, or is unable to, give their consent due to being under the influence of drink or drugs. In Scots Law, this is rape.

## Secure your home

Many thieves are actually opportunists who do not have to break in at all because a door or window has been left open or unlocked, so keep your home securely locked at all times. Don't leave keys on the inside of door locks, under mats or anywhere else an intruder may easily find them, and don't keep house keys and car keys on the same keyring. Don't leave valuables in sight of windows, and if you have a wall calendar, avoid mounting it near a window from where appointments can potentially be seen – this may give an indication of when a property will be empty.

Avoid keeping large amounts of cash in the house. If you must, then disperse it in various locations. It's also a good idea to mark your property with a UV marker pen, which you can use to place an invisible imprint of your postcode and house number on your possessions. Record details of your valuables, such as mobile phone, cameras, laptops and tablets on the national mobile property register at [Immobilise.com](http://Immobilise.com).

## Staying safe outdoors

Everyone wants to see our countryside and enjoy our waterways and coastline, however, any area of water, including reservoirs and canals, can hold hidden dangers. Scotland has more than 37,000 separate stretches of inland water and over 11,500 miles of coastline when including both mainland and island coast. With many stretches located in remote areas, help will often be some considerable time away, so take responsibility for your own actions and make sensible decisions to stay safe around waterways. The best advice is to be aware of the dangers, think about the risks and plan to minimise them. You can find out more about inland water safety from our partners Scottish Water.

## Local Incidents

Between Sunday 30 June and Wednesday 3 July, the windows of a tractor and a bus were smashed at Hattonburn Farm, Milnathort. (CR/17389/19)

**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

### Telephone 101 for non-emergencies

Community officers for Kinross-shire:

**PC Ben Clark and PC Douglas Stapleton.**

**Email:** [taysidekinross-shireCPT@scotland.pnn.police.uk](mailto: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.**



## Ways of following the Police:

Twitter: @KinrossPc or [twitter.com/policescotland](https://twitter.com/policescotland)

Facebook: [www.facebook.com/PoliceScotland](https://www.facebook.com/PoliceScotland)

Website: [www.scotland.police.uk](http://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](http://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.



# Health & Wellbeing

## Parkinson's Disease

Every week 30 people in Scotland are told they have Parkinson's disease. It affects more than 12,000 people in Scotland – around one in 375 adults.

Parkinson's disease is a condition in which parts of the brain become progressively damaged over many years. It is a degenerative neurological condition, for which there is currently no cure. The main symptoms of the condition are tremor, slowness of movement and rigidity.

Sufferers may experience a wide range of other symptoms, including depression and anxiety, problems with balance (that may increase the chance of a fall), anosmia (the loss of the sense of smell), insomnia and memory problems.

The disease is caused by a loss of nerve

cells in part of the brain, which leads to a reduction in dopamine. Dopamine plays a vital role in regulating the movement of the body. Exactly what causes the loss of nerve cells is unclear. Most experts think that a combination of genetic and environmental factors is responsible.

Most people start to develop symptoms when they're over 50, although around 1 in 20 people with the condition first experience symptoms when they're under 40. Men are slightly more likely to get Parkinson's disease than women. Although there's currently no cure, treatments like physiotherapy and medication are available to help reduce the main symptoms and maintain quality of life for as long as possible.

As the condition progresses, the

symptoms can get worse and it can become increasingly difficult to carry out everyday activities without assistance. Parkinson's disease doesn't directly cause people to die, but the condition can place great strain on the body, and can make some people more vulnerable to serious and life-threatening infections.

Parkinson's UK is the UK's leading charity supporting those with the condition. Its mission is to find a cure and improve life for everyone affected by Parkinson's through cutting edge research, information, support and campaigning.

For advice, information and support, visit [www.parkinsons.org.uk](http://www.parkinsons.org.uk) or call the free, confidential helpline on 0800 800 0303.

## Walk for Parkinson's Loch Leven 2019



*Photo: Dave Cuthbert*

No matter your age, ability or fitness level, you can Walk for Parkinson's in 2019 on **25 August 2019**.

Join us at Loch Leven to experience the natural, historic and cultural heritage in the heart of Scotland. Choose from a gentle two mile walk down to Loch Leven to experience this area of exceptional wildlife or a six mile walk where views open up towards the West Lomond and Bishop Hill.

Whether you're up for a challenging walk or a gentle stroll, your vital support will help us find a cure and improve life for everyone affected by Parkinson's.

Visit our website ([www.parkinsons.org.uk](http://www.parkinsons.org.uk)) to find a walk near you and sign up today to help raise awareness and vital funds. We look forward to seeing you there. Every step takes us closer to a cure.

Register now! A walk pack, with walk T-shirt and fundraising information will be sent soon after your registration and your number. On-the-day information will be sent the week prior to the walk.

**START AND FINISH LOCATION:** Loch Leven's Larder, Kinross

**DATE AND TIME:** 25 August 2019 at 11am

**SIGNUP FEE:** £12 for adults and £5 for under 16s

**SPONSORSHIP:** £50 suggested

Advance registration: £12 for adults and £5 for under 16s. On-the-day registration fee: £15 for adults and £7.50 for under 16. Registration opens: 10.30am.

## News from the Health Centre

### Loch Leven Health Centre Advice Hub

#### What's On at the Advice Hub?

##### Thursdays

Social Prescribing/Community Connecting/Signposting.

Do you feel a bit lonely or isolated? Perhaps you are new to the area or now have more time on your hands? Would you like to know about local groups and organisations that can benefit your wellbeing? Maybe the Men's Shed? A book group? A gentle exercise group?

Pop in and have a chat between 9.30am and 12.30pm on Thursdays or if you prefer an appointment time, please call **Shona** on **07896 280843**.

PKC Drug & Alcohol drop-in support is available between 10am to 12.30pm. Do you have any issues, or maybe you care for someone and need some advice, information or support? Drop-in or if you prefer an appointment or want a chat first please call **Ricky** on **07766 991570**.



##### Fridays

Signposting and support with benefits, or maybe you need help with a CV or to complete application forms. Perhaps you are a carer and are unsure of your entitlements? Maybe you're on a low income and not quite making ends meet? Drop-in between 10am and 12.30pm.

**On the first Friday of the month Welfare Rights** will be available; they also offer specialist advice regarding benefits for MacMillan Cancer Support.

**On the third Friday of the month PKC Employment Connections** support will be available with specialist support for job-seeking, CVs etc.

Shona will also be there to support with social prescribing/ community connecting on Friday mornings.

If you require any other information on any of the above please contact Shona Fowler on 07896 280843 or email [shonafowler@nhs.net](mailto:shonafowler@nhs.net).





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Pregnancy Yoga

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Please contact before attending to ensure availability.



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# Community Council News

There are no minutes available from the Community Councils for July, none of whom had a meeting. Much like the transit of Venus, we may not see this again in our lifetime!

## Kinross Community Council

Kinross Community Council did not meet on Wednesday 3 July. The next meeting will be held on **Wednesday 7 August, 2019** at 7.30pm in The Lodge, The Muirs, Kinross. The agenda includes the following items: Kinross Hockey Club; new pharmacy proposal; Provost's lamp; Kinross town centre regeneration; Kinross-shire forum meeting; planning matters; and the usual reports from the police and local councillors.



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## Portmoak Community Council

There was no meeting in July. The next meeting of Portmoak Community Council will be held at 7.30pm on **Tuesday 13 August, 2019**.

## Fossoway Community Council

There was no meeting in July. The next meeting of Fossoway Community Council will be held at 7.30pm on **Tuesday 6 August, 2019** in Carnbo Village Hall.

## Milnathort and Orwell Community Council

Owing to the summer break there was no scheduled meeting of the Milnathort and Orwell Community Council in July. As there are not enough Community Councillors available to attend on 8 August this meeting is cancelled meaning that the next meeting will be on **Thursday 12 September**. Milnathort Community Council are very keen for anyone who has an interest in joining the Community Council to let them know, by contacting them via e-mail at [communitycouncilmilnathort@gmail.com](mailto:communitycouncilmilnathort@gmail.com). They would love to hear from you!

**Keith Watson & Co Accountants**  
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Telephone: (01577) 864196  
Email: [keithwatson.c@btinternet.com](mailto:keithwatson.c@btinternet.com)

**TICK TOCK CLOCK & WATCH REPAIRS**  
All kinds of clock and watch repairs are continuing to be provided by Tudor House Antiques repairer, Fred Turvey. He was the main repairer and servicer for Tudor House Antiques, Milnathort for over 20 years.  
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FRED TURVEY



# Club & Community Group News

## Potager Garden

[www.potagergardenkinross.com](http://www.potagergardenkinross.com)

We were lucky to have a lovely sunny day for our coffee morning at the garden in June, and we had a large number of visitors. We sold a lot of plants and raised £170 for Marie Curie Cancer Care. Many thanks to all volunteers and visitors (particularly to Mel and her friends from the Co-op) who helped us with the refreshments and supplied some delicious cakes.

We hope the class of children who came to learn at the garden have a lovely holiday and we look forward to welcoming them back for their harvest and tasting session early in the next school year. Along with the outdoor learning group and their teacher Sally McNicoll, they are also developing an allotment area in the school grounds so that all pupils can have some experience of growing edible plants.

At the beginning of July, most of our volunteers visited Backhouse at Rossie gardens near Auchtermuchty. They had a lovely relaxing morning admiring the

roses and other plants followed by a tasty lunch.

Volunteer sessions continue over the summer on **Monday mornings from 10.30am to 12.30.** Anyone is welcome to call in for a chat, to have a

look around or buy plants.

Please check out our new Facebook page. Contact Amanda James by email at [amandajames1577@gmail.com](mailto:amandajames1577@gmail.com) or on 07963 476803.



*Visiting Rossie gardens, near Auchtermuchty*

## Guide Dogs Fundraising Group

We would like to invite you to meet us and join in with our new Kinross group of fundraising volunteers, our amazing puppy walkers and service users together. We are keen to meet like-minded folk with the aim of raising funds for more 'life changing' guide-dog puppies like Brodig.



*Brodig at 10 weeks old and 13 months old*

Our next 'coffee and chat' will be on **Tuesday 13 August at 10am** at Cafe Kisa, Caulders Garden Centre, Turfhill, Kinross, KY13 0NQ.

For further information please contact Anne Rowse on 07766505249 or by email at [anne.rowse@guidedogs.org.uk](mailto:anne.rowse@guidedogs.org.uk). This will be a regular event with further dates to be confirmed.

## Kinross Pipe Band

The band is very excited to announce the appointment of a new Pipe Major, Stuart Scott. Stuart (24) is a grade one piper having competed until recently at the very highest level with Ireland's St Lawrence O'Toole 'SLOT' pipe band. Stuart brings a wealth of experience to Kinross.

Under Stuart the band will be competing at a number of contests over July and August including both the Scottish and World Championships. They will also be working on a brand new competition set for next year.

This is an ideal time for any existing pipers or drummers in the community to come along and see what the band is all about. So, whatever your experience, whatever your age, come along, have a listen and support your local pipe band. Please contact [secretary@kinross-pipe-band.co.uk](mailto:secretary@kinross-pipe-band.co.uk).



### 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 07475 174689**  
[garrycb@hotmail.co.uk](mailto:garrycb@hotmail.co.uk)

## Kinross Museum

[www.kinrossmuseum.org.uk](http://www.kinrossmuseum.org.uk)

[www.facebook.com/Kinross.Museum](https://www.facebook.com/Kinross.Museum)

The renewal of our display cabinets was completed in July. There are new exhibitions, the largest of which ('Signed, Sealed and Delivered') tells the story of Kinross-shire's postal service.

We also have (on short-term loan) a diorama marking the 75th anniversary of the D-Day landing on Sword Beach, Normandy on 6 June 1944. This was made by Fraser Bennet of P6 Kinross Primary School.

At 7pm on **Tuesday 20 August**, David Munro will give a talk called 'Journeys into the Unknown'. David will tell the story behind the two smaller exhibitions marking the fiftieth anniversary of man's first landing on the moon and the British Trans-Arctic expedition led by

Wally Herbert. Tickets can be obtained from the library.

The museum will be present at this year's Kinross Show on Saturday 10

August. If you are there, do drop by to say hello and see our travelling exhibition.



*D-Day landing diorama made by Fraser Bennet*

## Kinross 50-Plus Club

The monthly meeting is on **Thursday 1 August** when the speaker is Louise Duncan who will give a talk on 'Maggie's Centres'.



### Away Days

**8 August** Falkland Palace

**21 August** Loch Lomond.

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

### Notices

Our summer outing is on **Sunday 4 August** and is a visit to Culzean Castle, Ayrshire. Contact Mrs P Crawford on 01577 862962.

### Friday Walkers

**9 August** The Pineapple and Dunmore Village

**23 August** South Queensferry to Cramond and return

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

### 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.

## Kinross-shire U3A



There is still another month to go before our open meetings recommence, and the committee have been working away. The schedule is almost complete, and the line-up will include transplants, potions and poisons and a charity challenge in Southern Ethiopia; not all at the same time.

We are also developing some new special interest groups for the new season. These include meditation/essential oils, poetry, places of interest and film and cinema; again not necessarily all at the same time. Some details still have to be finalised, but if you would like more information, please get in touch by email at [kinrossshireU3A@gmail.com](mailto:kinrossshireU3A@gmail.com).

## Portmoak Hall 100 Club

### June Draw

1st	No 77	Sheena Buchanan	Kinnesswood
2nd	No 89	Malcolm Parkin	Kinnesswood
3rd	No 29	Violet Sherratt	Kinnesswood

### HIGH STREET SEWING

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## Milnathort in Bloom

The weather continues to be unpredictable which, on the plus side, means we don't have to water the plants every single day!

The tubs and baskets are starting to fill out now, despite our earlier reservations about the begonias. I'm sure you'll all agree, everything is starting to look really colourful.



Thanks to **MB Motors** in South Street for their generous donation to our funds and also the **Arthur and Margaret Thompson Trust** and the **Alexander McLaren Trust** for their generous grants

which will go towards replacing our old tubs and compost.

Our scarecrow competition is coming to an end and the judging will take place at the beginning of August. Thanks so much to everyone who took part. We will share some photos both on our Facebook page and in the next edition of the *Newsletter*.

Meanwhile if you are going past Whyte Place you may notice that we're starting to clear the flower bed of roses and replacing with other perennials. This is because the roses are over 20 years old and are starting to tire; we think it's starting to look lovely again.

Over the next couple of months we will begin thinking about our colour scheme and planting for next year. Our plant order takes some time to develop; we buy over 4000 plug plants every year so we want to make sure that the plants we buy are perfect for the village.

If you're in New Road, have a look at the wee garden next to Light up my Heart. Corrinne does an amazing job of this and her efforts really enhance that part of the village.

The Take a Pride in Perth and Kinross judging will take place in the first two weeks in August. We will continue to maintain and improve the planting around the village and tidy up where

necessary. Can we please ask that you keep your little bit of Milnathort clean and tidy; the judges are eagle-eyed and the slightest imperfection could cost us points. While we don't do what we do to win awards, they are brilliant for recognising the efforts of bloom groups and the communities in which they operate.



We hope you enjoy the rest of your summer and are able to get out and enjoy your garden.

## Kinross Centre

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

In June we were delighted to be invited to Kinross Primary School as guests to the Primary 7 concert 'Porridge'. Everyone was glad of a little change of scenery and loved seeing the kids on stage. Thanks again for having us there, and also for our refreshments.

Making the most of this nice weather, we had another Barge Trip at the end of June. A great day was had by all. We all just love getting out in the fresh air and enjoying the surrounding views. Thanks to Seagull Trust Cruises at Ratho for an exceptional day out.

We also enjoyed another trip to Blair Drummond Safari Park. Sun was splitting the trees and some of us even got a little tan! Plenty of photos were taken, we saw lots of wildlife and were amazed by the sea lion show. One lady even ticked an item off her bucket list when she went flying down the zip line while there. So much fun and laughter! We ended the day with an ice cream on the bus journey home.

The trishaws continue to come to the centre on Tuesday and Friday afternoons (weather permitting) taking four people at a time on a run around Kinross. We are very thankful for this service; everyone absolutely loves going out on them and seeing different routes. We look forward to many more trips out on the trishaws.

A small group of us went on a trip to Birnie Loch. It was a lovely sunny afternoon and we jump at any opportunity to get out and about! We also went to Loch Lomond for the day at the beginning of July.

In art class we have made some lovely new ornaments of mice, hedgehogs and teddy bears to take home and show off. The class is so relaxing and therapeutic.

The coffee bar, which is open to everyone Monday to Friday, has been very busy. 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. Our cafe is a great place to stop and refuel with the kids, especially during the summer holidays.

As well as all our exciting days out we also run many activities in the centre. Our art group on a Wednesday afternoon is particularly popular. We also have bingo on Monday and Friday afternoons along with dominoes and a singing group on Tuesday afternoons. Along with various exercise classes, we have something to suit all tastes. Pop along and see if there is anything you'd be interested in.

We would love you to be involved with the centre as a service-user, volunteer or as a supporter. If you would like further information please contact Nan Cook on 01577 863869.

**Kinross-shire is a Fairtrade County**

## Kinross in Bloom

Now that the hanging baskets and planters are all ready, we are at the mercy of the weather for the summer months. Some of our plants have been eaten by the snails and have had to be replaced.

Our thanks once again, to the group of volunteers who go out in our watering buggy to water the hanging baskets and planters throughout the summer months. We are already thinking about the display for the winter and spring displays and our pansies are already in.



*One of the Kinross in Bloom planters*

We have been looking at the sustainable plants situated along the High Street and have been cutting back, emptying planters and replacing the plants.

### 200 Club Winners

**July Draw:** 1. No. 14, David and Cathie Cochrane; No. 20, Robert Findlay; 3. No. 53, Ellen Milne; 4. No. 86, Peter Stephenson.

### Crosswell Fountain

In the June edition of the *Newsletter* we made a request for donations for 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. The fountain is structurally in good condition but does require

work to get rid of the algae and pointing around the joints. The cost of this work will be around £16,000 plus VAT. We are working with Taking Pride in Perth and Kinross to try and raise the money to complete this work. Members of the public can help us raise the funding to restore this historic structure online at [www.justgiving.com/campaign/kinrossfountain](http://www.justgiving.com/campaign/kinrossfountain). Meanwhile, we continue to plant up the fountain to enhance the appearance of the area.



*The planting around Crosswell Fountain*

Following the death of Lady Delia Montgomery, we have purchased a plaque to commemorate her work.

Our next meeting is on Wednesday 7 August at 7pm. New volunteers would be most welcome. If interested, please contact us by email at [susan.mitchell50@gmail.com](mailto:susan.mitchell50@gmail.com).

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## Kinross & District Rotary Club

www.ribi.org

### July Meetings

Andy Middlemiss,

#### Battle of Arnhem Sept 1944, Part 1

Rotarian Lt Col Andy Middlemiss treated the club to a multi-media explanation of this critical event in the allies' attempt to take the war to the German axis. He was ably supported by George Sutherland who not only described the arms involved, but brought along examples of weapons used by both sides.

The scene was that the D-Day landings had taken place but the allies were having great difficulty breaking out of Normandy. Progress was too slow and most of the areas occupied by the German forces had not been affected at all by the various invasion efforts. Some radical act was needed to change the momentum of the war. So Generals Eisenhower and Montgomery, despite their personal dislike for each other, arrived at a bold plan to strike rapidly and with extreme aggression into north-east Europe; Holland in particular. This was Operation Market Garden; 'market' was the airborne part of the plan and 'garden' was the following ground-force attack.

The plan was to use the airborne attack to seize three key bridges for the ground force to use to liberate Holland. The bridges were at Eindhoven, Nijmegen and Arnhem. Over 6000 paratroopers, supported by three glider borne battalions, were to land as near to the bridges as possible with the intent of seizing them before the German forces realised what had happened. Then they were to hold the bridges until 'garden', the ground forces, arrived.

This was a bold plan with massive logistical challenges. For example a huge fleet of 624 gliders had to be launched in England from various airfields, then assemble in the air in groups. Each group then had to rendezvous with the others, they had to make their way undetected to Holland, find their objectives and either unload their paratroopers at very low altitude or actually land to unload the weapons they were carrying like field guns. Nothing like this had ever been done before, on this very large scale, and yet the success rate was amazing.

Unfortunately, for some reason, the landing sites chosen for the Arnhem attack were some nine kilometres away from the bridge which made it quite impossible for a surprise attack to be made on the bridge. In addition, the landing and drop zones were such that the German forces were able to intervene between the allies and the bridge.

Andy finished the story on this cliffhanger, leaving the club spellbound and eagerly anticipating the next meeting at the end of July when he will continue the story.

The full Arnhem Battle Talk will also be delivered at Loch Leven Community Campus on **Wednesday 18 September**; 75 years to the day after the battle.

#### Handover Dinner

Members of the club, with their partners, enjoyed this important event in the Rotary year; the presidential handover. The evening started with excellent musical accompaniment from Guy Bathgate, a successful music student who has just left Kinross High School. Following an excellent meal (thanks, as always, to Anthony, Shona and staff at the Kirklands Hotel) outgoing president, Sean Bolton, performed his final duties. Associate member, Jo Middlemiss, was introduced to the

club as a full member. She has been an active and committed associate member and she was warmly welcomed to wider participation in the club. Moreover, she received the prestigious 'Paul Harris Award' for her outstanding work with the Ethiopian Medical Project; a worthy recipient indeed.



*The 'Paul Harris Award' being presented to Jo Middlemiss*

Sean also awarded financial assistance to the Kinross Men's Shed (represented by David Connor) and to Ewan Cathcart representing KYTHE, as part of the annual presidential disbursements. Donations will also be made to Malawi Fruits and Kinross Day Centre; a range of good causes which typically represent the ethos of Rotary clubs worldwide.



*David Connor of Kinross Men's Shed receives a cheque*

A weekly feature of our meetings is the 'Happy Tin' which fills up throughout the year as members share their happy news. These vary from family events to sporting successes and much more. This boosts our funds so that we may support causes at home and abroad. On handover night, members attempt to guess the value of the contents. Five hundred and twenty three happy pounds were in the tin this year. Jo Middlemiss had the closest guess and she generously donated her prize to the new tin for 2019-20.

Sean moved on to review his year as president. He recalled the club's many and varied events, partners and projects,

*Continues over page...*



## Kinross & District Rotary Club continued...

and emphasised how members work hard together to ensure their success. He thanked committee chairs and members for their sterling work, and secretary Brian Timms and treasurer George Sutherland for their endless support.



*The Presidents' Handover*

Sean's final task was to welcome incoming president Phil Teale. Phil thanked Sean for his outstanding year's work as president and members joined him in expressing their value of his commitment. Phil outlined his plans for the year ahead, emphasising the need to continually manage change and adapt our practice accordingly.

The formal part of the meeting over, members enjoyed a pop quiz with varying results! We look forward to the new Rotary year.

### Rotarian Jo Middlemiss

Our most recent new member, Jo Middlemiss, who is passionate about the charity Ethiopia Medical Project (which she and her cousin set up some years ago) gave the club an update on the work the charity oversees.

Their initial work (dealing with problems with uterine prolapse) has been very successful and the number of cases has reduced dramatically thanks to EMP's work in treatment and education of the women concerned. Some 8000 women have been successfully treated to date.

The clinic (which the charity has funded with help from Kinross Rotary Club), is now treating podoconiosis (a disease of the lymphatic vessels of the lower extremities) on a large scale. This presents as enormous swelling of the feet and lower legs and is caused by walking barefoot on the red volcanic soil of the region. The soil contains a high proportion of silicon which triggers this crippling disease. The cure is washing with disinfectant and soapy water and prevention is simply to wear socks and shoes. Jo showed slides of rows of patients sitting with their feet in buckets of water, with the clinic treating over 100 patients daily. The charity is providing socks and shoes to aid in reducing the problem. Interestingly, the local hospital had suggested to one patient that the only remedy was amputation; fortunately, the person in question declined and was treated at the EMP clinic instead and is now well on the road to recovery.

Rotarian Alistair Smith was able to reveal that our application to Rotary District for a matching grant in aid of EMP's work has been successful. The club will, therefore, be able to

provide further financial assistance to Jo's charity later in the year.

### Malawi Fruits

As part of immediate past President Sean's annual disbursement of funds and, as mentioned above, the club agreed to donate money to Malawi Fruits.

This charity provides solar-powered irrigation pumps to farmers in Malawi at a cost of £500 each. The pumps are supplied to farmers on a 'rent to own' scheme under a three year contract. The aim of the charity, which has successfully negotiated a UN Development Fund matching grant, is to raise enough cash to provide 400 pumps; in their first year, they have achieved 100 pumps.

Our cheque was gratefully received by Kevin Simpson, CEO of the charity, who gave a brief outline of the scheme. Water is pumped from rivers and lakes to provide irrigation, allowing a second crop to be grown, doubling the farmers' incomes. Why don't you come along to one of our meetings and find out what it is all about?



*Rotary Presentation to Malawi Fruits*

### August Meetings

5 August: Club Project Meeting.

12 August: Speaker.

20 August: Breakfast Meeting.

26 August: Speaker.

For further details, contact Brian Timms, club secretary, by email at [secretary.kdrc@gmail.com](mailto:secretary.kdrc@gmail.com) or check out our Facebook page.



## Kinnesswood in Bloom

What a lovely day we had for the opening of Benarty View. Under the leadership of John Nicol, our members were out all week weeding, planting and watering. On the morning of 22 June, bunting was stretched across the trees, gazebos, tables and chairs were set out and the refreshments put in place. The weather was kind and a large group of residents gathered at 2pm to the sound of the pipes played by Ryan Gonzalez.

Jan Marshall welcomed guests to the event, especially the Buchan family. Norma Smith gave an overview of the project which started as an overgrown space but, after many setbacks over five years, has been successfully completed. The trees and shrubs were pruned or cleared, new planting put in, turf laid, curved stone walls constructed and paths created. Local cubs designed a beautiful artwork to mark the 'Year of Young People' and it was crafted by a local blacksmith. An information board was installed to describe the fascinating history and geography of Benarty View. Bill Ronald from Take a Pride in Perthshire told how the organisation gave support and helped find finance for projects like Benarty View.

The new seating has been created in memory of much-loved local man Tom Buchan. The villagers who were gathered greatly enjoyed the appreciation of Tom Buchan given by David Munro. He told some amusing stories and even had a picture of Tom at a very early age. In the words of his friends he was 'the heart of Kinnesswood and the Bishopshire'. Music followed from Ryan on the pipes, then Vicky Gray on the fiddle. Vicky had composed a reel called 'Tom Buchan's Reel' and presented a framed copy to the family. David Buchan was then called on to officially open the bench by cutting a ribbon and, together with his wife, cut a cake with a view of Benarty Hill on it.

Refreshments followed with a chance for photos, especially of the large group of three generations from the Buchan family sitting on the bench. Jacqui Sellars had designed a plaque for the bench and it was much admired.

The weather was very kind and everyone enjoyed the chance to catch up with neighbours and friends. It was also a great way to start the Portmoak Festival. There are lots of other projects to keep an eye on at this time of year. Much painting has been going on, particularly in the school grounds. The golfers are being dressed as ladies this year in tribute to the Solheim cup and there are still a few gardeners around too.

Look out for writing by the children and a fiftieth anniversary surprise in the tots' garden.

On 31 July we are being visited by Beautiful Scotland judges. We know that local residents have been working hard to keep their own gardens looking beautiful. Usually the judges from Take a Pride in Perthshire try to come in the same week. Letters have gone out to residents and sponsors and, as usual, there has been a great response from the village. More will be said in the next newsletter but, in the meantime, thank you for your continued support.



## Recipe

supplied by Kinnesswood in Bloom

### Mango Chicken Stir Fry

#### Ingredients

- 1 bunch spring onions
- Small nugget of root ginger
- 1 garlic clove
- 1 ripe mango, chopped into small pieces
- 450g chicken breast, cubed
- 4 tbsp vegetable oil
- 350g stir fry vegetables such as peas, peppers, baby sweetcorn, beansprouts
- 3 tbsp soy sauce
- 1 tbsp sweet chilli sauce
- Rice or noodles to serve

#### Method

Trim the spring onions and slice diagonally. Peel and grate the ginger and crush or finely chop the garlic.

Heat half the oil in a wok, add the chicken and stir fry for four to five minutes. Remove from the pan and transfer to a plate. Heat the remaining oil and add spring onions, ginger and garlic. Stir fry for 30 seconds then add the chopped mango and vegetables and stir fry for another minute.

Return the chicken to the pan and splash in the soy and chilli sauces. Cover and cook a further two minutes until chicken is tender and vegetables are slightly softened.



David Buchan and family at the opening of Benarty View

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## Portmoak Festival 2019

This year the festival kicked off with family fun cricket and Kinnesswood hosting the opening of their Benarty View garden. More details are in the Kinnesswood in Bloom report. The first of three fit festival trail runs set out first thing on Sunday morning. These were introduced as a counter to all the puddings and cream teas.

The Praise Band Service at Portmoak Church was full to capacity and the Reverend Morrison emphasised the creativity of the festival and the importance of community. The church hosted 'Stations of Prayer' all week as well as the film by Portmoak Primary.



The folk night took place on Sunday night at the Well Country Inn. The audience were entertained by poetry, music and storytelling from a versatile and hugely talented group of local entertainers.

On Monday morning Portmoak Primary School hosted local people who had helped in the making of their

intergenerational film, 'A poke about the Moak'. Further showings were held in the church throughout the week. Once school starts again, it's hoped that the film will be made more widely available.

On Monday afternoon Portmoak Hall opened for cream teas. The hall was decorated with artwork by Portmoak pupils and was widely admired all week. The clay models were amazing. Teas continued till Thursday and business was steady and sometimes very busy. There was also the opportunity to try out different crafts with a range of talented craft folk. These were very successful.

Also on Monday the famous pudding club opened its doors. Once more the ladies and gents of the parish provided a wide range of delicious and enterprising desserts. All nights were very busy, ending with the very popular 'death by chocolate' on Thursday. We tried to reduce environmental impact by composting bowls and recycling wooden spoons; they make excellent plant labels and can be decorated as well.

The Well Country Inn hosted a pub quiz, which was hotly contested. In the end 'Thorn among Four Roses' were the worthy winners.

On Friday morning the under-fives held their Mini Sports Day in the community orchard thanks to good weather.

The final event was the jazz night organised by Dave Batchelor. Special guest was Seonaid Aitken who was voted Scottish Jazz Awards Best Vocalist in 2017 and 2018.

After the break, the raffle tickets were drawn.

It was a super week and thanks go to all who organised events, provided and served teas and puddings, moved things around, produced programmes, bought raffle tickets and all those who took part from under-fives to the older generations. It certainly was an intergenerational event! Local organisations will benefit from the proceeds of the festival.

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## Portmoak Community Woodland Group

Parachute games, a picnic and a beautiful sunny evening in June were the perfect setting for the official opening of Chris's Place, the new play area in Kilmagad Wood. Chris Vlasto was a very active member of Portmoak Community Woodland Group who died, suddenly, two and half years ago. The Portmoak brownies and cubs got things underway by playing games with a big, colourful parachute. It was their suggestion to create a flat play area and wonderful to see it in use.



*Parachute games with the Portmoak brownies and cubs*

Chris's widow, Charlotte MacKinnon, and their daughter, Chloe, were keen on the idea and it was very moving to hear Charlotte declare Chris's Place officially open, after thanking everyone who had made it happen.

The starting point for the project had been the generous donations made at Chris's funeral. Then, many people gave their time and energy. Charlotte thanked Simon Byford, for engineering expertise in all the calculations and in drawing up the plans; Jimmy Lowden, for helping to measure the site with laser equipment; the Woodland Trust Scotland for organising the contractors; Turffit for supplying the grass seed; Shelagh Goudie of the Cubs and Tanji Verden Anderson of the Brownies for feedback on what kind of area would be best for their activities; Portmoak Primary School and Norma

Smith from Kinnesswood in Bloom, for support and citations to help win funding as well as Scotlandwell in Bloom for their citation.

She also thanked Kinross Community Council Newsletter Fund for £650 towards buying the table and benches and Angus Turner from Kennet in Clackmannanshire, for making the furniture and adding a plaque.

Everyone in PCWG played a part, including our youngest member, Calum, a toddler, who helped test the gradients of the slopes.

The ceremony was completed by pupils from Portmoak Primary who gave a superb presentation about their scientific work in Portmoak Moss, as part of their John Muir Trust award programme.

There's always a lot of interest in the peat bog restoration project and it was lovely to be visited by Woodland Trust volunteers from all over Scotland, in June. WTS organised the event, with presentations and lunch in Portmoak Village Hall, followed by an afternoon in Portmoak Moss.

So, two grand events, to be followed by another – our annual apple day at 2pm on **Sunday 22 September** in Chris's Place. It'll be a chance for everyone to see what we've been doing there, enjoy apple baking and bring their own apples (plus twigs and leaves) for apple expert Andrew Lear to identify.



*A beautiful day for a picnic*



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## Community Website

For contact details of community groups, hall bookings, job vacancies, leisure and visitor information and much more, visit [www.kinross.cc](http://www.kinross.cc)

## 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.

## Kinross Beavers

The weather has not been kind to us on Friday evenings this term. After experiencing heavy rain on our visit to Lochore Meadows, we went on a walk up Benarty Hill the following week; just as we were about to set off, the heavens opened! Despite that the beavers had a great time and the rain added to the fun for them!



*The Beavers on Benarty Hill*

Thankfully the weather was a lot drier as we visited the Scout Adventures Centre at Fordell Firs in June. The beavers had a brilliant evening doing the challenge course and also grass sledging which helped to cover part of the Adventure Challenge badge.

The following day we welcomed 14 beavers and their leaders from 1st Merton Park Scout Group to Kinross as they joined us for our Summer Sleepover at the Millbridge Hall. The Beavers from 1st Merton Park had travelled up by train from London King's Cross on the Saturday morning and arrived in Kinross mid-afternoon.

After the introductions, everyone went down to the Kirkgate Park and were divided up into four groups to do a variety of activities. It was then back to the hall for tea from the fish and chip shop. After tea, we had a campfire and all beavers had a great time roasting marshmallows and starbursts! It was then time to settle down and watch a DVD before bed. The next morning groups exchanged neckers and badges and all beavers were presented with badges. Our visitors from London headed off to visit Edinburgh Zoo before catching their train home.

Congratulations to section assistant leader Erin, who was invested as a leader by group scout leader Dave.

Before the end of term the scout group held its annual awards presentation, barbeque and AGM at the Millbridge Hall. It was well attended by parents from all sections as they received updates from section leaders, group scout leader, treasurer and group chair. A new secretary and treasurer were also appointed. Congratulations to Ruaridh, Matthew, Tom, Harry E, Charlie, Jude and Euan B who were presented with special recognition awards for being kind and helpful at beavers this term. Also, district commissioner Sean Thorpe was in attendance and he presented the chief scout's commendation for good service award to both Daryl (beaver scout leader) and Mark (assistant scout leader).

To mark the end of term the beavers, cubs and scouts had a water fight in the Kirkgate Park on a glorious summer's evening at the end of June. Everyone had a great time and parents got involved as well!

Good luck to our young leader Ailsa who is part of the UK contingent heading to the twenty-fourth World Scout Jamboree which will be held in West Virginia this summer. It is to be hosted jointly between Boy Scouts of America, Scouts Canada and the Scout Association of Mexico. We hope you have a fantastic time and come back with plenty of stories for the beavers to show them the opportunities scouting can offer them in the future.

As you can see there is lots going on in the colony at the moment. If you would like the beavers to help your community group, or if you are interested in volunteering with scouting, please contact us by email at kinrossbeavers@hotmail.co.uk.

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## Loch Leven Community Library

Loch Leven Community Campus, Muirs, Kinross

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[www.culturepk.org.uk](http://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.

**Cafe:** Once a month on a Saturday 11.15am.

**Summer break for Cafe books, resuming Sat 7 September.**

Please contact the Library for the other book group dates.

**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.**

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### Upcoming Events

#### Journeys into the Unknown

Loch Leven Library is pleased to host a talk by Prof. David Munro of Kinross (Marshall) Museum, celebrating the fiftieth anniversary of two epic voyages of discovery into space and across the Arctic.



*1969 The British Trans-Arctic Expedition.* The longest sustained sledge journey in the history of polar exploration.  
*1969 The First Man on the Moon.* 'One small step for man, one giant leap for mankind.'

**Tuesday 20 August 7pm.** Tickets £5. Booking required.



#### Battle of Arnhem

An evening talk by retired Col. Andy Middlemiss.

**Wednesday 18 September 7.15pm.**

Tickets £5. Booking required.

*In September 1944, after the victorious end of the Normandy Campaign, Field Marshal Bernard Montgomery devised a daring operation to open the way to the Ruhr by seizing a bridgehead north of the Rhine at Arnhem. Of the 10,000 men who landed at Arnhem 1400 were killed and over 6000 captured. It heralded the military disaster that became known as 'a bridge too far.'*

Andy brings the story to life and remembers the men who gave their lives in his illustrated talk to mark the seventy-fifth anniversary of this major WW2 battle.

#### Summer Reading Challenge

Open to all children of primary school age.

The theme of this years challenge is '**Space Chase**' and there's still plenty of time to sign up to read six books throughout the summer as this challenge doesn't end until Sat 24 Aug. 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.



**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](http://www.culturepk.org.uk/whats-on)



## SPARKS Supportive Project for Activities & Recreation in Kinross-shire

At a recent gathering we were presented with a unique gift of t-shirts for the whole group, including volunteers and helpers. We will use these for activities and outings. We are grateful to our local sponsors the Anchorpoint Group.

In July, Shona Fowler gave us a presentation on the strategic plan for health and social care in the community. This is a joint venture by Perth and Kinross Council and NHS Tayside and we have been asked to contribute our ideas to the plan.

In early August, we plan to visit the transport museum in Glasgow; it should be a fun and educational day out.

We are also looking forward to our annual 'picnic in the park'. There will be a gazebo, giant games and a picnic.

We are entering a mixed team into the Perth and Kinross disability sport boccia competition. This takes place at the North Inch Community Campus in Perth



*Presentation by Don Marshall of the Anchorpoint Group*

on Saturday 24 August. Players and group members are practising every Thursday and Saturday in preparation.

This month we have launched a new version of our group leaflet. It promotes and advertises the group and its attributes to the community. Thanks to Shona and the team for producing it.

Look out for our tombola at the September Farmers' Market.

We meet regularly on Thursdays from 1 to 3pm. We offer refreshments, crafts, a quiz and a variety of board games. We also host appropriate and interesting speakers and we offer good company and lots of fun. We regularly support the local community in championing disability issues. We also meet every Saturday at the community campus for boccia games and practise.

## Mobile Library Service

### Visiting on Tuesdays 13 & 27 August

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

### Visiting on Wednesday 7 & 21 August

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](http://www.culturepk.org.uk/libraries) and click on 'Services in the Community'

## Friends of Loch Leven Community Library (FOLLCL)



The library's Summer Reading Challenge (themed 'Space Chase') is proving to be a great success this year. Many young members of the library have already completed the challenge by reading six books each with a different author. The completion date is 19 August, therefore there is still time to take part by choosing two books at a time over three visits.

A reminder that FOLLCL volunteers extend Kinross Community library opening hours on Mondays (10am-1pm) and Saturdays (1pm-3pm) throughout the year excluding public holidays.

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### Need Equipment for a Community Event?

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

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

## Kinross Cubs

The cubs have been busy during the summer term, focusing on completing several badges which require them to enjoy the outdoors.

In May, the cubs started to work on their photographer badge. They went out and completed a photo treasure hunt around Kinross, and produced either a poster or a photo book to complete their badge.

The gardener badge encouraged the cubs to learn about gardening tools, the different seasons and why mini beasts are good for gardens and outdoor spaces. They made their own bug hotels and sowed some seeds to take home; they planted iceberg lettuce, mint and coriander seeds.

Other activities this term included den-building in the local woods, a walk around part of Loch Leven and a treasure hunt in Kirkgate Park. The cubs have also been working on their cyclist badges and learning all about the different parts of a bike and how to care for it. They went out on the bikes on a nice sunny evening and cycled around the loch towards RSPB Vane Farm.

Congratulations to Muir, Mungo, Eilidh, Caitlin and Jamie who were invested into cubs in May after successfully completing their transition from beavers!

Good luck to our young leader Caroline who is part of the UK contingent heading to the 24th World Scout Jamboree in West Virginia, this summer.

At the annual barbecue, AGM and awards presentation for the scout group in June it was recognised that there is no designated cub scout leader overseeing the running of the section; leaders from both beavers and scouts currently do this. This is not a viable solution in the long term and a new cub scout leader is required. The current team for cubs consists of an assistant cub scout leader, two section assistant leaders and a couple of young leaders. A new leader is required to manage this team and to ensure that our young people in Kinross continue to enjoy the benefits that scouting has to offer. Full training and support will be provided to all new leaders. If you would like further information, or would like an informal chat about what is required, then please contact Daryl by email at [kinrossbeavers@hotmail.co.uk](mailto:kinrossbeavers@hotmail.co.uk).



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July has been a quiet month but with a couple of bright spots! Rebekah Roe has joined us, working this summer towards her Queen's award. Rebekah has already been given a warm welcome by many of our supporters.

An old friend has also brightened our days with yet another generous donation from his penny jar. A total of £178.21 brings his running total to the magnificent sum of £1328.51. Many, many thanks to George Crawford for always remembering us so kindly. He certainly proves that 'pennies make the pounds' and we are equally grateful to all who top up the coin jar when in for coffee.

Looking ahead, we will be welcoming our local heroine, Jo Middlemiss, to our September project lunch on Tuesday 17 September to update us on all her charity work. All welcome!

**Projects:** Our project for July was Village Aid which we last supported seven years ago. Village Aid was established 30 years ago and works to transform the lives of hundreds of thousands of people in some of the world's poorest countries across rural western Africa. They work with local African partner organisations in Gambia, Ghana, Sierra Leone and Cameroon providing essential skills and resources, helping them deliver education, livelihoods and conflict resolution projects. They train these organisations in the skills they need to become sustainable and independent.

Our project for August is Smalls for All, a Scottish charity which collects and distributes underwear to help women and children in Africa. They help those living in orphanages, slums, IDP (internally displaced persons) camps, schools and those in hospitals suffering from medical conditions like obstetric fistula. The underwear has gone to many countries such as Ethiopia, Gambia, Ghana, Guinea, Kenya, Madagascar, Malawi, Rwanda, Sierra Leone to name but a few. Our donation will go towards transport costs and funding an education programme.

More information is available on our website. Our opening hours are still 10am-12.30pm on 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.





## Kinross & Ochil Walking Group

(Affiliated to Ramblers Scotland)

We welcome anyone who would like to try walking with us, particularly on weekends or Thursdays.

### Weekend Walks

**Saturday 10 August: Linlithgow Circular, 8.5 miles.**

Good paths and tracks, starting by the loch. Then along the canal towpath, River Avon to the aqueduct, on towards the viaduct and return alongside the loch, passing Linlithgow Castle.

**Sunday 25 August: Pitmedden and surrounding area, 7 miles.**

Pleasant walk through fields and forest.

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 six to seven miles on the first Thursday of each month.

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

Meet at 9am at Kinross Park and Ride to share cars, or 10.30am at Amulree, just off the A822. A circular walk on minor roads and track around Loch Freuchie, a beautiful highland loch.

**Thursday 5 September: Spittalfield, 8 miles.**

Meet at 9am at Kinross Park and Ride to share cars. The walk starts at Spittalfield Bowling Club at 10.30am. Circular walk on undulating good tracks and some minor roads, with views over River Tay.

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 4 miles (one-and-a-half to two hours) followed by a sociable visit to a coffee shop, farm shop or pub for refreshments. We would be happy to welcome anyone who would like to try walking with us.

**Tuesday 6 August: Clackmannan Tower.**

A circular walk passing Clackmannan Tower, crossing fields, through woodland and back along the river. Good open views over the countryside, Ochil Hills and down to the River Forth.

**Tuesday 20 August: Cambus by the Forth, High Road and Low Road**

Walk up to the village of Tullibody, along top of Braehead golf course and down Alloa 'pleasure gardens' to the low road. Return along paths and tracks.

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

### Newsletter Deadlines

A list of future deadlines can be found on our website

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

## Kinross and District Art Club

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



Although we do not hold regular meetings during the summer, members are still very busy creating artworks and putting the finishing touches to previously created paintings in preparation for our annual exhibition and sale of work. This takes place on 11-14 September in Kinross Parish Church and we are again part of the Perthshire Open Studios turquoise route (Venue 53). Over the last year, there has been a focus on the painting of skies. To quote one of our visiting artists; 'weather conditions play an important role in the creation of atmosphere and mood in landscape painting'. Over the last few weeks, as artists, we have been rewarded well with the huge variety of clouds and interesting weather activities. Expect to see many atmospheric skies at our exhibition!

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 (2-4pm) in Millbridge Hall.

## Kinross Garden Group



We are now well into our summer programme of visits. We have had some excellent outings to gardens in Abernethy and Inverary (the castle and gardens and Monteviot House and gardens) enjoying great weather each time.

The next visit will be to Glamis Castle and gardens on **Thursday 8 August**. There is a waiting list for places on this outing but do check to see if a place has become available. Members can give the payment to Caroline Anderson or Ann Walker.

For details on the outing programme or membership contact Caroline Anderson on 01577 864589.

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[www.kinross-shirecivictrust.org](http://www.kinross-shirecivictrust.org)

Find us on Facebook



Email: [KinrossshireCivicTrustSecy@gmail.com](mailto:KinrossshireCivicTrustSecy@gmail.com)

### Planning Issues

**Extra houses at Lathro:** Persimmon have applied to build an extra 82 houses in phase 2 of the Lathro Farm development. Persimmon currently have permission for 113 houses in phase 2, which is on the west side of the site, close to Gallowhill Road. These houses were originally going to be mainly five- and six-bedroom houses, with just a few one-, two- and three-bedroom units. Now Persimmon want to build mainly smaller houses, but a lot more of them. Of course smaller houses have fewer bedrooms, but because there will be more houses, there will still be an increase in the number of bedrooms (and therefore people): up by 127 bedrooms from 449 to 576 in phase 2.

The Local Development Plan had an allocation of 260 houses for the whole Lathro site, with only 140 to be built up to the year 2024. PKC gave permission to Persimmon for 300 and disregarded the phasing restriction. Springfield bought sub-sections of phase 1 from Persimmon and gained consent for an extra four houses in the process.

If Persimmon get permission for the increased number in phase 2, that will take the number for the whole site up to 386 houses – quite an increase on 260.

By the time this *Newsletter* is published, it will be past the deadline for commenting. Documents can be viewed on the PKC planning portal under reference 19/00917/FLM.

**Kirklands Garage:** Following the unauthorised demolition of the sandstone building by the developer, PKC issued a Temporary Stop Notice. Just before this ran out on 5 July, PKC issued a Stop Notice and Enforcement Notice to prevent any further development on the site. A retrospective application for demolition is to be considered by the Council.

**Former Kinross High School:** The Trust still finds itself contacting the Council regularly to query aspects of the development of the former Kinross High School site and we still await replies to these. (Some queries were made two months ago.)

Recently concrete steps were installed at the front of the retained Edwardian building, whereas an earlier stage of planning stated that the original stone steps would be renovated.

The original application, when passed by PKC, was completely lacking in detail in regard to how the retained building would be renovated, with a lot of matters 'conditioned', i.e. to be dealt with later to the satisfaction of the planning officers. This effectively took away the opportunity for individuals or bodies like the Civic Trust to have any say on the matter. The result is a disappointing renovation with inappropriate features such as the wrong design of windows, concrete used where stone should be used and coarse random stone used where there should be squared dressed stone.



*The front of the retained High School*

### Programme

**Kinross Show on 10 August:** The Trust will have a stall at the show. Please come and have a chat with us. We will be running a tombola, and members are asked to donate items for this. Please hand in to either Elsa Sinclair, 13 Reid Crescent, Milnathort, KY13 9TB, or Eileen Thomas, 50 Muirs, Kinross, KY13 8AU.

**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 will be sent an invitation. If you do not receive 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](mailto:KinrossshireCivicTrustSecy@gmail.com)

### Well Kept County Competitions

Judging of Hamlets will take place on **10 September** and of Villages on **11 September**.

The presentation of cups and certificates will take place at 7.30pm on **Wednesday 25 September** in the Masonic Hall in Kinross.

For further information on the Well Kept County competitions, please contact David Hill at [drhmarshbrook@gmail.com](mailto:drhmarshbrook@gmail.com)

### Planning a Community Event?

Check the Diary on [www.kinross.cc](http://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](mailto:admin@kinross.cc)

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# Sports News

## Kinross Golf Club

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

### Ladies Senior Open Greensomes

This took place on Thursday 11 July. Despite the adverse weather warnings, the day turned out to be beautiful, calm and sunny with just the odd short shower. The Montgomery course was looking stunning and we received many complimentary remarks from our visitors. A massive thank you to our head greenkeeper Andy Crawford, who made sure the course was in excellent condition for the event.

Congratulations to all the prize winners listed below. Thanks to all who took part and those who helped make the day a huge success.

1st handicap, A Smith, Kinross and H Thomson, Lundin Ladies, net 71.6; 2nd handicap L Kyle and S Travers, Milnathort, net 75.4; 3rd handicap, L Murray, Kinross and B Brannan, Milnathort, net 75.8; 4th handicap, M Brown and J Armstrong, net 77.4; 5th handicap, M Douglas, Lochgelly and F Johnston, Blairgowrie, net 77.6; 1st scratch, G Wallace and H Anderson, Blairgowrie, 87 (BIH); 2nd scratch, L Whyte, Dunbar and D Richards, Peebles, 87; Nearest the line on the 5th A Smith, Kinross; Nearest the pin on the 17th L Whyte, Dunbar; 2's sweep, C Wighton and M Gaffney, Niddrie Castle, 1st hole.

### Lady Captain's Prize

Twenty ladies took part in the recent Lady Captain's Day 18 hole stableford competition.

It was great to see some fantastic scores coming in and well-deserved cuts to handicaps. Prizewinners were: Overall Winner, Heather Gough, 38 points; Silver, Lyn Murray, 34 points, Audrey Thomson, 33 points; Bronze, Moira Campsie, 37 points, Lesley Balfour, 33 points.

In addition to the Lady Captain's Prizes, Heather received a £100 voucher and all the ladies present received a £10

gift card from Missdesignergolf.com who sponsored the competition. The golf was followed by a lovely selection of delicious sandwiches, cakes and refreshments in the clubhouse.



*Lady Captain's Prize winners*

### Ping Mixed Championship

Kinross hosted its qualifying event for the Ping Scottish Mixed Championship on Friday 5 July. The winning pair, Derek and Isobel Murphy, will go onto a national leaderboard. The top 40 pairs who qualify for the grand final will play on the Queen's course at Gleneagles (venue for the 2019 Solheim Cup) on Monday 19 August.

Congratulations to our new club champion Thomas White who triumphed with a 5 and 4 victory over Scott Michie in the Montgomery Cup A Championship. Also to Ewan Arthur who triumphed in the Beveridge Cup B Championship beating Les Giffen.

Follow us on Facebook and Twitter, or check out our website for more information.

## Kinross Rugby Club

### Minis Section

As the new season approaches the minis are on the lookout for new players. We are looking for boys and girls in school years P1 to P7. Whether previously a player or new to the sport, everybody is welcome!

Training starts on **Saturday 17 August** at King George V playing fields which are located behind the Muirs Inn. P1 to P3 train from 10.30am to 11.30am and P4 to P7 train from 10.30am to 12noon.

We have around 16 coaches qualified to UKCC level 1 and two at level 2. Most are first-aid trained.

As we continue to grow the sport and club our emphasis is on building confidence, playing as a team and making friendships which last forever. So, if you're around on Saturday mornings, bring your kids along and let them try it!



### Visiting Kinross-shire?

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

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

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## **Kinross Tennis Club**

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

Wimbledon may now be a passing memory but the tennis season still has a long way to go in 2019. With our newly resurfaced courts resplendent in Wimbledon and Kinross colours, there is no better time than the present to pick up a racket and join us for a game.

We have adult and junior and adult and child coaching sessions, social tennis on weekdays and weekends plus league matches for those with a more competitive nature. There is something for everyone at all levels of ability.

### **League Matches Tennis Tayside**

Our men's team (playing in the four player division of the league) had a very successful season. They won seven out of their eight matches with one exception which finished in a tie. Fifteen points were accumulated during the season and, for the second year running, we were champions of the four player league.

Our ladies team, playing in division one, also had a successful season. They played ten, won five, drew one and lost four matches. With 11 points they finished fourth and can look forward again to playing in division one again next season.

### **Henderson Vase**

During July and August we enter teams in the mixed doubles competitions. Our first team are in division three and opened the season with a game against Lundin Links on 8 July.

### **Perth and District Leagues**

Men's and ladies members have entered teams. Matches are played in July and August.



## **Coaching**

Summer tennis camps for minis and juniors will be run by coach Daniel Reed from 5-9 and 12-16 August. Mini camps run from 9-10.30am (£42 per block). Junior camps are from 10.30am-1pm (£90 per block). Email [dartennis@gmx.co.uk](mailto:dartennis@gmx.co.uk) for bookings.

Junior coaching at all levels will also be available from the end of August on Tuesday afternoons from 3.30pm onwards (classes available for 5 to 16 year olds).

Tots and family tennis will also run from the end of August on Saturday mornings.

Rosemount nursery sessions will continue on a Wednesday morning.

Classes for adult beginners and improvers are also available on Tuesday mornings and Sunday evenings.

Places are still available for all sessions.

To book for all junior and senior coaching (with the exception of the summer camps for minis and juniors) please contact Siobahn Macleod by email at [kinrosstenniscoaching@gmail.com](mailto:kinrosstenniscoaching@gmail.com) or on 07443223408.

## **Club Championships**

The senior championships are now underway with matches to be played during July and August. Finals day is on Sunday 8 September.

### **Non-Members and Visitors**

Sands the Ironmongers are able to provide access to the tennis courts for a small fee.

### **Further Information**

Check out our website or find us on Facebook.

## **Orwell Bowling Club**

Website: [orwellbowlingclub.weebly.com](http://orwellbowlingclub.weebly.com).

Find us on Facebook.

The Willie Dewar Quaich was played in brilliant sunshine on Sunday 14 July. Eight balloted pairs played in a round robin format and the winners were David Winton and Nicol Tomney.

Congratulations to the following: Sandra Fullerton, Linda Reid and Maz Thorn who won the Scottish District Final. They will play in the Scottish Triples at Ayr on Thursday 25 July. Congratulations also to Margaret Hooper, Linda Reid and Jean Menzies for winning the county triples, and to the gents' county team for reaching the semi-final of the Balfour. The Gents County competitions are progressing well; the 4 bowl pairs and the rink have reached the semi-final stage to be played on Saturday 3 August.

The results of the last 3 friendlies are:

Saturday 15 June

Away to Menstrie: Orwell 45 Menstrie 75

Sunday 30 June

Home to Luncarty: Orwell 42 Luncarty 45

Wednesday 10 July

Home to Glenfarg: Orwell 39 Glenfarg 38

The senior friendly against Dalgety Bay was cancelled.

Entries are coming in for both the Open Pairs. The Ladies Open Pairs is on Wednesday 29 August and the Club Open Pairs is on Sunday 25 August. There are still places in both. See the website or Facebook for more information or contact the club. Our address is Bowling Green Avenue, Milnathort, KY13 9YN, or call 01577 863739.



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## Kinross Kobras Junior Hockey

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

The junior hockey season ended in June with a tournament held in Dundee where all the Midland District clubs attended. The Kobras fielded five teams across three age groups, all of which had a busy schedule of games. As skills have improved throughout the year, the standard at these tournaments shows continual improvement with some great play at all age groups. The coaches would like to thank all the players that make themselves available for tournaments as these really encourage focus on teamwork, organisation and communication. This compliments the hockey skills the players learn in training. As players progress it is their



One of our 10+U teams

ability to play as a team that becomes increasingly as important as their individual skills. It was great to see good passing and interplay leading to goals where a solo effort to dribble through and round all opponents usually fails. Training has stopped for the summer holidays but will restart in the middle of August when the schools start back. Training takes place on Tuesday and Thursday evenings and details for the next season will be available on our website when finalised.

New players are always welcome. Those wishing to give it a go should contact the club and arrange to drop in on a training session. Alternatively, you can attend our annual club day which will be held on Saturday 24 August; Kids sessions typically run from 10am-12noon.



Our 14+U team

## Kinross Hockey Club

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

### Men's Section

We are looking forward to the middle of August when training for next season starts.

Our first team, under the captaincy of Lachlan Scott, will be playing in East District Division 2. This will provide a strong environment in which the experienced players can test themselves against teams from the top clubs in the Edinburgh area.

Our second team, captained next year by Andrew Getley, plays in East District Division 4. This will give younger and newer players the ideal chance to develop their skills and for older players to keep their physios in business. Games at this level are competitive but friendly and include all abilities and ages from 14 upwards.

The men's section trains on Tuesday evenings from 7.30-9pm at the astroturf pitch at KGV. Players of all ability levels are welcome.



## 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.

## Kinross Cavaliers Basketball Club

Kinross Cavaliers Basketball Club are offering a free basketball taster session for 8-14-year-olds, **Tuesday 27 August** at Loch Leven Community Campus in the main sports hall from 6pm to 8pm.

This is an exciting opportunity to try a new sport. No previous experience is needed. Just bring yourself, enthusiasm and energy and let's have some fun.



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# Out & About

## RSPB Loch Leven

facebook.com/RSPBTaysideFife

www.rspb.org.uk/lochleven

Telephone: 01577 862355



Now that we are into August, we look out eagerly from our cafe window at RSPB Scotland Loch Leven watching for an osprey or two (or even six!) lined up along the edge of the loch, perched on the fence posts or perhaps flying over the loch searching the surface of the water for a fish for breakfast.



An osprey  
Image by skeeze from Pixabay

Most of the ospreys which we see at this time of year by the loch are young ospreys which hatched from eggs laid in April or May. The newly hatched ospreys grow at a tremendous rate, fed by their parents on a very rich protein diet of fish to reach full adult size in only about six or seven weeks. They are now learning to fish, preparing for their first ever migration southwards. Many migrate to Africa but some may only migrate as far as the south of Spain. Amazingly, these young ospreys set off on their first migration unaccompanied by their parents or their brothers or

sisters, and instinctively manage (most of the time) to find their way to their wintering grounds.

Now that the breeding season is drawing to a close, huge flocks of tufted ducks and greylag geese have been gathering in Vane Bay and in the wetlands in front of our hides. There has even been a ruddy shelduck amongst the large flock of geese.

Butterflies can be seen all over the reserve. There have been red admirals, orange tips, ringlets meadow browns and painted ladies. Just like the osprey, the painted lady butterfly has undertaken a very long journey, spreading northwards from North Africa, to spend the summer in our countryside. Given the size of the butterfly (a wingspan of 64mm), it is not surprising that many look a bit worse for wear after their hard journey! This year has been a particularly good year for seeing this species with many thousands reaching our shores. The butterflies will now have laid their eggs, their caterpillars hatching to eat thistles and nettles. After pupation, the next generation of painted ladies will emerge ready for their migration south for the winter.

We are organising two exciting walks at RSPB Scotland Loch Leven this month. Come and visit the reserve in the dark and join us at one of our **Bat Walks**

on **Sunday 18 August** and **Saturday 24 August** from **8.30pm to 10pm**. We will explore the reserve and search for bats in the area. We may be lucky enough to find up to five different species of bats, using bat detectors to help us hear and see these fascinating nocturnal creatures as they flit through the trees, catching insects on their way. Booking essential; adult RSPB members £8, adult non-members £10, child RSPB member £3, child non-member £5. To book please visit our Eventbrite page at [rspblochleven.eventbrite.com](http://rspblochleven.eventbrite.com).



Painted lady butterfly  
Image by mycol from Pixabay

Things are now progressing with the completion of the underpass. The water main on the north side of the road has been removed and work has begun on the landscaping. 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](http://www.historicenvironment.scot/lochleven-castle) or via the local ticket office. Phone 01577 862670 for further information.



The Pier  
Photo: Hannah Phillips

### 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: (includes ferry trip)  
Adult £9, Child £5.40, Conc £7.20. HS members free.







What a fantastic spell of weather we've had. There's been plenty of bright sunshine.

Our summer events programme has been well received. It was fantastic to see so many people take an interest in our first National Meadows Day at Burleigh Sands in July. There was plenty to see on the day with the butterflies and moths being very popular. Thanks to all our volunteers that helped on the day.

Last year we did a very popular batwalk at Burleigh Sands. On **Wednesday 14 August** we plan to do another one with the help of Martin from the Fife Bat group. The walk runs from 7.30pm-10pm. Please phone up to book a place on 01738 458609.

We shall be at the Kinross show on 10 August. We will have the stand up and lots of craft activities for the kids.

Sarah and I spent a week up in Findhorn on a Forest Skills course. We can now light fires, use knives safely and create games to inspire the next generation of conservationists. We were hoping for a nice week in Findhorn in July but unfortunately bogged down with assignments and assessments while we were not in class. It's a lovely area and I certainly need to get back up there for a proper explore.

The sheep are safely on St Serfs again for another summer. There is plenty of grass for them to munch through.

The volunteers have been busy cutting the verges, pulling balsam and getting ready for events. They are vital for us for help. In July we had our annual away day. This year we went to St Abbs Head in the Borders. The weather was fantastic and there was lots to see. The cliffs were still full of seabirds and there was a great variety of butterflies and other insects on the wing. We had a fantastic picnic lunch and ice creams back at the visitors' centre.



*Ruddy shelduck*

There will be an evening Osprey Walk on **Wednesday 21 August** from 6-8pm. Louise also plans to do drop in osprey sessions during the weeks.

Every year we count the lesser butterfly orchids at Loch Leven. The colony at

Carsehall has done very well in the last few years. We looked closely at the management. With sympathetic grazing, removal of gorse and cutting bits that are not getting grazed we have improved the colony from just 20 in 2000, to 552 this year. It was an unpromising start to the survey with few found at the south end of the bog in the very long vegetation but as we got nearer to the path the more we found. We had a good team of our own volunteers and SNH staff from Battleby helping out. The survey took about three hours.

We've not had much time to trap moths this year but we've been catching plenty of lovely big elephant and poplar hawk moths. It's amazing to think these big moths occur in the trees and manage to hide themselves. There have not been many rare bird sightings but it was nice to see a ruddy shelduck out with the greylags. There are plenty of duck broods in the margins at the moment.

The blog is being updated regularly by both Louise and I. We also get regular content out on the Loch Leven NNR Facebook page.

It'll soon be time for the kids to go back to school and summer will be over again.

TTFN

*Jeremy, Reserve Officer*

## Farming

What a difference a year makes. Although this time last year we were basking in the sunshine, there were serious concerns across the farming community about the lack of grass growth, both for grazing animals and for making into hay and silage for the following winter. Cereal crops, struggling with a lack of rain, hadn't grown as tall making straw for animal bedding in short supply.

This year, after an early spring, plenty of moisture to germinate seeds and encourage growth, along with a bit of warmth, we have a complete turnaround in the situation. Across the country, and certainly, here in *Newsletter* country, silage and hay crops have been very good, animals have an abundance of grass for grazing and cereal crops, both winter and spring, are thick and tall. Even here at Backward Farm



*Barley is doing well this year*

grass growth has been very good and our barley is also looking well by our (admittedly low) standards. The biggest concern about the barley is that heavy thunder showers could flatten it.

The stark contrast between the two growing seasons highlights the great challenge of farming. It's about predicting what you need for the year, trying to second-guess what help or hindrance mother nature might throw at you and planning a strategy around these factors. Everyone wants to be as efficient as possible, and indeed farmers are encouraged by various industry bodies and 'experts' who are outstanding in their fields (sorry, terrible pun!) to maximise stocking rates of grazing livestock and yields of crops. They are advised to do this whether the stocks are for animal, human or industrial use, and rightly so because we are, after all, running a business and every business should strive to be the best it possibly can. The problem with running on the limit, however, is that when mother nature throws us a curved ball it could mean that there is no slack in the system to cope with it. It makes sense to have a contingency plan to deal with the unexpected. The fact that mother nature plays such a large role in the fortunes of farming is what makes it different from most other industries. It isn't a simple number-crunching exercise of put 'x' in and get 'y' out. There are an infinite number of variables. But that is what we, as farmers, relish. We enjoy the challenge, the excitement, and there is nothing better than a moan about the weather, because that is the big factor that can scupper the best-laid plans.

*John*

# Gardening

August is classed as late summer, which is quite depressing – where has the rest of the summer gone?

There's lots to do in the garden this month. Now is a really good time to divide your perennial flowers, all the plants that have become too large or untidy, namely hosta, poppies or irises, and many more. Lift the plant out of the ground on to an old rubble sack or a bin bag and then take a sharp spade or large knife and divide it into smaller clumps. Plant the smaller divisions as soon as you can – I like to put some in pots for the patio – I'm a huge fan of pots!



*Hosta: a good candidate for autumn division*

Now's the time to plan some colour for the autumn. Chrysanthemums are ideal for this and come in a really wide range of colours. I have some garden mums in pots and place them around the garden when they start to flower – I overwinter them in the greenhouse so I have them every year. Asters are brilliant too and are really easy to grow from seed earlier in the year. I'll try and remember to remind you when it's time to sow them next year. Dahlias are also a great bet for late summer and early autumn colour and come in a staggering array of heights and colours. The annual, usually single-flowered ones, are again so easy to grow from seed. The annuals in pots and baskets are now starting to fade and get a bit sparse so try replacing any spent plants with new

ones. This will prolong the colour show throughout autumn. Just gently pull out the dead or dying flowers, mix in a bit of fresh compost and replace.

If you're anything like me, you've put off doing some weeding for a while. August is the time to get back into it. Both annual and perennial weeds are now developing their seed heads ready to infest your garden in time for next spring.

August is also the perfect month to plant any perennials and flowering shrubs for next year. They'll be able to put down roots in the cooler autumn months, ready to bloom next year. Good candidates are hyndangeas, peonies and daylilies. Just remember to keep them watered if it's still warm.

If you have sown biennials for next year, it's probably time to prick them out and move them to slightly larger pots, ready to plant out into the garden in September. Keep them well-watered.

You should also start thinking about stopping feeding your garden plants (carry on feeding baskets and pots to prolong flowering) as you don't want to encourage any new growth that isn't going to survive the winter.

I hope you have a lovely time in your garden this August, but remember to leave yourself enough time to enjoy the fruits of your labours.

*Teresa Stirling*



*Overwintered garden mums, getting ready to add a splash of colour*

## Local gardens to visit in August



The school holidays are here and with many people enjoying extra visitors at this time of year, why not visit some of the stunning gardens nearby, where the children (free admission with an adult) can let off steam, and every penny raised from your visit supports local charities.

**Mount Tabor House**, Mount Tabor Road, Perth PH2 7DE  
Sunday 4 August 12-4.30pm. Admission £3.50, children free.

**Drummond Castle Gardens**, Crieff, PH7 4HZ  
Sunday 4 August 1-5pm Admission £5, children under 5 free, family and concession tickets available.

**Cloan**, By Auchterarder PH3 1PP  
Wednesday 14 August 11am-5pm Admission £4, children free.

**Bradystone House**, Murthly PH1 4EW  
Thursdays only, 1 and 8 August 11am-4pm admission £5, children free.

**Hollytree Lodge**, Muckhart, Dollar FK14 7JW

By arrangement Liz Wyatt 0797 3374687 elizwyatt@aol.com  
admission £4, children free.

**Parkhead House**, Burghmuir Road, Perth PH1 1RB

By arrangement Mr & Mrs Tinson 07748 186815  
maddy.tinson@gmail.com admission £4, children free.

**Dowhill**, Cleish KY4 0HZ

By arrangement 01577 850207 pippamd@icloud.com

**Kirklands**, Saline KY12 9TS

By arrangement 01383 852737 gill@i-comment360.com  
admission £5, children free.

**The Japanese Garden**, Cowden, Dollar FK14 7PJ  
[www.cowdengarden.com](http://www.cowdengarden.com) for tickets and opening times.

Please see the Scotland's Gardens website, [www.scotlandsgardens.org](http://www.scotlandsgardens.org) for details of these, and many other, gardens open for charity all over Scotland this summer.



# Kinross-shire Churches Together



## Kinross Parish Church of Scotland

*Following Christ | Spreading the Word  
Serving the Community*



10 Station Road, Kinross KY13 8TG (Charity no SC012555)  
Church website: [www.kinrossparishchurch.org](http://www.kinrossparishchurch.org)  
Facebook: [www.facebook.com/kinrossparishchurch.org](https://www.facebook.com/kinrossparishchurch.org)  
Church E-mail: [office@kinrossparishchurch.org](mailto: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 and August. See the re-start dates below.*

**Sundays:** 10.30am: Morning Service with Crèche. Junior Church is having a break until 18 August but there will be 'Summer Sundays' activities for children in the church during the service.

**Wednesdays:** 10.45am: Mid-week Worship, Church Centre.  
1.30pm: Craft Group (restarted on 24 July).

**Saturdays:** 10am-12noon 'Coffee Stop', Church Centre.  
Coffee, cakes and book sale most Saturdays.

### Other Events and Services

#### July

**Tue 30** 2.30pm: Service at Causeway Court.

#### August

**Sun 4** 10.30am: Service to mark the start of **Family Week**, 'Backpackers'.

**Mon 5 – Fri 9**, 9.45am-12 noon: **Family Week**: Fun every morning, plus additional events below.

**Mon 5** 2.30pm: **Family Week**: Family Scavenger Hunt, church garden.

**Tue 6** 1.50pm: **Family Week**: Seniors (S1+) trip to Megazone Lazertag. Meet at Park & Ride.  
2.30pm: Service at Whyte Court.  
4pm: Service at The Sycamores.

**Wed 7** 2.30pm: **Family Week**: P6/7 trip to Hollywood Bowl. Meet at church car park.

**Thu 8** 2pm: **Family Week**: Family film afternoon, in the church.  
7pm: **Family Week**: Senior and P7 film night, in the church.

**Fri 9** 6.30pm: **Family Week**: Final celebration, in the church followed by barbecue in church grounds.

**Sun 11** 10.30am: Morning Service, then informal Communion at 11.45am.

**Thu 15** 7pm: All Friends Together, including special visitors from Immanuel School, Debrecen, Hungary.  
9pm: late evening service of Compline.

**Sun 25** 10.30am: Morning Service, **Junior Church resumes** (at church centre from 10.15, finishing at the church)  
7.30pm: **Crossfire** (S1 upwards) **resumes**, at church centre.

**Tue 27** 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: [estenhouse@churchofscotland.org.uk](mailto:estenhouse@churchofscotland.org.uk)

Session Clerk: Neil Maclure

Email: [neil.maclure19@gmail.com](mailto:neil.maclure19@gmail.com) Tel: 01577 864826

Please visit our website: [www.cleishchurch.org](http://www.cleishchurch.org)



### Sunday Services 11.15am

#### August

**Sun 4** 11.15am **Morning Worship** followed by tea served by Guild members in aid of Guild funds. Traidcraft Stall.

**Sun 11** 11.15am **Morning Worship\***.

**Sun 19** 11.15am **Morning Worship** followed by a Congregational Lunch in the Village Hall.

**Sun 25** 11.15am **Morning Worship. Sacrament of Holy Communion\***.

\* 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 4 August** Rachel House.

**Sun 11 August** Kinross Sports & Fitness Clubs.

**Sun 18 August** Kinross Police.

**Sun 25 August** Kinross Fire & Rescue Service.

To find out more about us and our forthcoming services, please visit [www.lochlevenchurch.com](http://www.lochlevenchurch.com).

## Kinross Gospel Hall

Montgomery Street, Kinross [www.kinrossgospelhall.info](http://www.kinrossgospelhall.info)

Sunday 10.30am Breaking of Bread.

12.30pm Sunday School.

4.00pm Gospel Meeting (1st and 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](mailto:office@kinrossparishchurch.org)

## **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](http://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**

**4 Aug** Joint All-age Service in Portmoak Church at 10.30am.  
No morning service at Orwell Church.

**25 Aug** Joint All-age Service in Orwell Church at 10.30am.  
No morning service at Portmoak Church.

**1 Sept** Joint All-age Service in Portmoak Church at 10.30am without the Praise Band. No morning service at Orwell Church.

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](mailto:orwellandportmoakchurch@gmail.com)

## **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](http://www.trinity-church.co.uk)) or call Jerome on 07843 873 091.

Do you have

### **Photographs of Kinross-shire**

you'd be happy to share with others?

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

## **Fossway, St Serf's & Devonside Church**

**Church of Scotland** (Charity number SC013157)

Church Road, Crook of Devon, Kinross-shire, KY13 0UY

[www.fosswaychurch.org.uk](http://www.fosswaychurch.org.uk)

Minister: Rev Lis Stenhouse Telephone: (01577) 842128

Email: [estenhouse@churchofscotland.org.uk](mailto:estenhouse@churchofscotland.org.uk)

Session Clerk: Mrs Janet Harper Telephone: (01577) 840225

Email: [aclassicsoul@aol.com](mailto: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.

### **August**

**Sun 4** 9.15-9.30am A Time for Prayer.  
9.45am Morning Worship followed by refreshments.

**Sun 11** 9.15-9.30am A Time for Prayer.  
9.45am Morning Worship.

**Sun 18** 9.15-9.30am A Time for Prayer.  
9.45am Morning Worship.

**Sun 25** 9.15-9.30am A Time for Prayer.  
9.45am Morning Worship and Celebration of Holy Communion.

### **Refresh Thursday**

Thursday afternoons 2-4pm. Join us for a friendly blether with delicious home baking, tea and coffee, all are welcome.

### **House Group**

The House Group meets on Wednesday evenings 7.30pm till approx 9pm. The group is having a break and will start meeting again in September. All are welcome. For more details please phone Debbie Hill 01577 842268.

### **Film Evening**

Friday 2 August, 7.30pm-9.30pm in the Church Hall.

Our next film is *Stan and Ollie*<sup>12</sup>. Laurel and Hardy, the world's most famous comedy duo, attempt to reignite their film careers as they embark on what becomes their swan song – a gruelling theatre tour of post-war Britain.

Please join us for the film, a cuppa and a blether and even some popcorn.

## **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 cafe – 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.*



## St Paul's Scottish Episcopal Church

(Part of the Worldwide Anglican Communion)

Muirs, Kinross, KY13 8AY Tel: 01577 864299

Email: office@stpaulskinross51.plus.com

Website: www.stpauls-kinross.co.uk

Fr David Mackenzie Mills, Rector. Tel: 01577 863795

Email: frdavidkinross@gmail.com

Between Monday 1 and Tuesday 16 July, The Reverend Fliss Shaw, Assistant Priest. Tel: 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.

**Forthcoming services and events – all welcome**

### August

**Sun 4 Pentecost 9 (Proper 18)**

8.30am Holy Communion.

11am Sung Eucharist.

4pm Evensong with hymns.

**Sun 11 Pentecost 10 (Proper 19)**

8.30am Holy Communion.

11am Sung Eucharist.

**Sun 18 Pentecost 11 (Proper 20)**

8.30am Holy Communion.

11am 'Welcome (Back)' Family Sung Eucharist.

**Sun 25 Pentecost 12 (Proper 21)**

8.30am Holy Communion.

11am Sung Eucharist.

## St James' Catholic Church

5 High Street, Kinross, KY13 8AW

Parish Priest: Father Martin Pletts. Tel: 01577 863329

www.catholickinross.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.

## Deaths

**SCOTT** – The family of the late John Scott wish to thank all relatives, friends and neighbours for their kind expressions of sympathy, cards and flowers received following the sad loss of a dearly loved husband, dad, grandad and great-grandad. Special thanks to the staff at Perth Royal Infirmary, to Rev. Duncan Stenhouse for his lovely service, to Stewart Funeral Directors for their help and guidance and to all who paid their respects at Perth Crematorium and gave so generously the sum of £300 to the respiratory unit at Perth Royal Infirmary.

## DAVID NAIRN

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tel: 01577 863186 mob: 07900 403 708 email: lee@cree8.co.uk

# 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](mailto:milnathortbt@gmail.com)

Or find us on Facebook



## SWANSACRE PLAYGROUP, SCIO

21-23 Swansacre, Kinross

Tel: 01577 862071/07592 392235

[www.swansacreplaygroup.org.uk](http://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](mailto: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](mailto: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 9.30-11.15am, Fridays 9.30-11.15am

Contact Debbie Kennedy 07545 339494,

[debileighs@hotmail.com](mailto: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 11.30am

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](mailto:portmoakplaygroup@hotmail.com)

or find us on Facebook

## MONTGOMERY TODDLERS

Every Thursday 9.30am-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](mailto:editor@kinrossnewsletter.org)



# Notices

## 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.

## Let's Sing

We were delighted at the response to the first 'Let's Sing' in June.

Our afternoon included a cup of tea and a chat, then we sang some well-known songs around the theme of 'Sunshine'.

The next 'Let's Sing' will be on **Sunday 11 August** at 2.30pm in Kinross Parish Church and then every second Sunday through September to December. This is an invitation to those with dementia and their carers to join us.

Further information can be had from Brenda Frier on 07771 985265 and Isobel Watt 07961 919967

## Glenfarg Folk club

**Andy Popplestone / Tripple**

**Monday 5 August, 8pm**

**Door entry members £8; non-members £10**

An exciting double-header offering a welcome return to the Club for Andy, accomplished singer and guitarist from Stonehaven, and, from the same neck of the woods, a debut appearance for Tripple: a mother and two daughters with songs old and new.

## Sing Around

**Monday 12 August, door entry £3**

Back to school now that the summer holidays are over, 'work', or indeed 'relaxation', depending on perspective, is the theme tonight. As always, however, any song of your choosing is also most welcome.

## Jim & Susie Malcolm

**Monday 19 August, door entry £8 members; £10 non-members**

A warm welcome back to the Club for the popular Jim and Susie Malcolm from Perthshire. For masterly crafted songs, versatile musicianship on guitar, harmonica (and occasional trumpet) and their engaging craic, this has all the hallmarks of another unmissable night

## Luke Jackson

**Monday 26 August, members £8; non-members £10 (please check venue as there may be a change).**

'Every so often a new voice emerges, one so stunning that it knocks you sideways' (*Acoustic Magazine*). Described as 'one of the most dynamic and exciting live performers of his generation' (Folk Radio UK) with comparisons to a young Richard Thompson, it is with great pleasure that we welcome Luke to the Club.

## Fossoway & District Horticultural Society

fossowayflowershow@outlook.com

**~~~ 101st Show ~~~**

**Vegetables, Flowers, Baking,**

**Industrial, Photographic and Children's Sections**

(Children's Sunflower Competition (from seeds given out at the Fossoway Gathering in May), delicious teas & cakes)

**Saturday 17 August 2019**

Doors open 2pm followed by presentation of trophies

**Village Hall, Crook of Devon**

**Admission: Adults £1, Children free**

Schedules available from:

Fossoway Store or Garage, Crook of Devon or George Harley 01577 840752

(Entries can be left in the hall between 7-9pm on Friday 16 August and from 7.30-9.30am on Saturday 17 August)

**ALL VERY WELCOME - PLEASE COME AND SEE THE FRUITS OF OUR LABOUR AND SHOW YOUR OWN**



# 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](mailto:shonafowler@nhs.net) [rgray@pkc.gov.uk](mailto:rgray@pkc.gov.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:  SOHO



CONTACT: kinrossshow@aol.com

JANE: 07836 764183

## 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







# S.H.I.P.

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

### 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](http://www.pkc.gov.uk/cif). Two deadlines for applications have been agreed, Wednesday 21 August and Thursday 12 December.

### 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](mailto:mail@andersons-kinross.co.uk)



## KINROSS HUB THE CARERS CAFE

**Dates**  
**1<sup>st</sup> July 2019**  
**(Cancelled)**  
**5<sup>th</sup> August 2019**  
**(TBC)**  
**2<sup>nd</sup> 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**  
**1<sup>st</sup> MONDAY of EVERY MONTH**  
**10am—12noon**



Contact Gail Boath  
 Tel. 01577 867306  
 Or Annette Bond  
 01738 567076



## KINROSS CARERS THERAPIES



**REIKI**



\* you can be an unpaid carer and still receive benefits such as Carers Allowance

### 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 1<sup>st</sup> 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](http://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](mailto: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](http://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.

<b>Aug 18</b>	Ewan Galloway	<b>Nov 17</b>	Johnny Duncan
<b>Sept 22</b>	Leonard Brown	<b>Dec 1</b>	Christmas Concert
<b>Oct 20</b>	Colin Brown	<b>Dec 15</b>	Peter Bruce

## 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.



## 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](mailto:dollarmuseum@btconnect.com)

[www.dollarmuseum.org.uk](http://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.

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

Issue	Deadline	Publication Date
September	Friday 16 August	Saturday 31 August
October	Friday 13 September	Saturday 28 September

## 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](mailto:shonafowler@nhs.net)

Richard Lister: 07885 971298, [richard.lister@cairscotland.org.uk](mailto: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](mailto: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](http://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](mailto:barrydavies57@btinternet.com)



**Give a Greyhound a Home**  
[www.greyhoundrescuefife.com](http://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](mailto:femiejimmyf@aol.com)







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!**

Every Friday 11am - 2pm  
@ The Millbridge Hall

🍲 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](http://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](mailto: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](mailto: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](mailto: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](mailto: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](http://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](mailto:luke.graham.mp@parliament.uk)

Twitter: @LukeGrahamMP

Facebook: [www.facebook.com/Luke-Graham-for-Ochil-and-South-Perthshire-392788644215614](http://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](mailto: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](mailto:Claire.Baker.msp@parliament.scot)

**Murdo Fraser MSP** (Conservative) Tel: 0131 348 5293

Email: [Murdo.Fraser.msp@parliament.scot](mailto:Murdo.Fraser.msp@parliament.scot)

**Dean Lockhart MSP** (Conservative) Tel: 0131 348 5993

Email: [Dean.Lockhart.msp@parliament.scot](mailto:Dean.Lockhart.msp@parliament.scot)

**Alex Rowley MSP** (Labour) Tel: 0131 348 6826

Email: [Alex.Rowley.msp@parliament.scot](mailto:Alex.Rowley.msp@parliament.scot)

**Mark Ruskell MSP** (Green) Tel: 0131 348 6468

Email: [Mark.Ruskell.msp@parliament.scot](mailto:Mark.Ruskell.msp@parliament.scot)

**Liz Smith MSP** (Conservative) Tel: 0131 348 6762

Email: [Elizabeth.Smith.msp@parliament.scot](mailto:Elizabeth.Smith.msp@parliament.scot)

**Alexander Stewart MSP** (Conservative) Tel: 0131 348 6134

Email: [Alexander.Stewart.msp@parliament.scot](mailto:Alexander.Stewart.msp@parliament.scot)

## Mobile Library Service

### Visiting on Tuesdays 13 & 27 August

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

### Visiting on Wednesday 7 & 21 August

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](http://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](mailto: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](mailto:clare.slight@brokennotbroken.org)

**Greyhound Rescue Fife** at Baltree 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](http://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](mailto: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](http://www.kleo.org.uk). If interested, please contact Bouwien Bennet at [info@kleo.org.uk](mailto: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](mailto: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](mailto: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](mailto: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](mailto:davidcolliar@tiscali.co.uk) or Bill Freeman, email [billywhizkid78@gmail.com](mailto: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](mailto:amandajames1577@gmail.com)

**Children's Hospices Across Scotland:** Can you spare a few hours of your time? We are looking for volunteers in our **kitchen, housekeeping, driving, childcare** and **garden** teams.



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](mailto:volunteering@chas.org.uk). To apply online visit [www.chas.org.uk](http://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](mailto: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](mailto: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](http://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](http://www.kinross.cc) and look for 'Volunteering', or look at [www.vaperthshire.org](http://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 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.

## Situations Vacant

In conjunction with [www.kinross.cc](http://www.kinross.cc), the *Newsletter* is pleased to publish local situations vacant. Please go to the [kinross.cc](http://www.kinross.cc) website before applying to see full details and to **check whether a position is still available**. (Go to [www.kinross.cc](http://www.kinross.cc) then click on 'Local Adverts' and choose 'Situations Vacant').

### Bar Positions, Kinross Curling, Green Road, Kinross, KY13 8UT

Part-time staff required to serve snacks, meals and drinks. Hours are variable, subject to a rota, including evenings and weekends. Shifts throughout the curling season from September to April only. Experience in hospitality services is preferred but not essential. Hourly rate dependent on experience. Interviews will be held week commencing 12 August. Contact Steven Kerr by email at [iceman@kinrosscurling.co.uk](mailto:iceman@kinrosscurling.co.uk). Please give details of your experience and provide your CV for consideration.

## 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](mailto:Perthshirelipreading@hotmail.com).

Facebook-Perthshire Lipreading

## 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



## Items for Sale

The Newsletter publishes items for sale listed on the [kinross.cc](http://www.kinross.cc) website. If interested in purchasing an item, we suggest **checking the website for current availability** ([www.kinross.cc](http://www.kinross.cc) then 'Local Adverts' then 'Classified Adverts'). If interested in selling an item, please list it on [www.kinross.cc](http://www.kinross.cc) and it will automatically be published in the next available Newsletter, subject to space.

### Desk/workstation £30

Corner desk/workstation complete with 2 drawer pedestal.

Seller Details:

Katrina Leslie 01592 840554

[Katrina.leslie8@btinternet.com](mailto:Katrina.leslie8@btinternet.com)

### Male Indian runner duck £15

One male left from a recently incubated batch. Needs a good home. Almost 7 weeks old. Very handsome bird.

Seller Details:

Marion Hutt 01577 861741

[stephen950@btinternet.com](mailto:stephen950@btinternet.com)

### Electric fireplace with mantelpiece £40

Dark wood surround. Excellent condition. Buyer collects.

Seller Details:

C Edwards 07980 340554

[gillduncrive@gmail.com](mailto:gillduncrive@gmail.com)

### Wooden desk £20

Wooden desk, ideal for student.

### Pine bed £20

Extra long (200cm) single pine bed by Moriartibeds.

Standard single mattress available if required.

Seller Details for above 2 items:

Janet Irving 01577 861518

[rosalind\\_irving@yahoo.co.uk](mailto:rosalind_irving@yahoo.co.uk)

### Construction and surveying books £50

26 assorted construction and surveying books. Some superseded editions but would be ideal for school leaver starting a construction based course. Includes some specific quantity surveying titles.

Seller Details:

Patricia Mulrine 01577 866989

[patriciamulrine@aol.com](mailto:patriciamulrine@aol.com)

### 3 piece suite £150

Terracotta with storage foot stool. In good condition from non-smoking, pet-free house. Fire labels attached. Sofa 185x90cm and 2 chairs 100x90cm. Foot stool 60x55cm. Collection only.

Seller Details:

Dugald McIntyre 01577 208316

[dugaldmci@aol.com](mailto:dugaldmci@aol.com)

### Bookcase/display unit £45

With glass doors, 2 adjustable shelves, cherry melamine. H 115cm, W 80cm, D 45cm.

Seller Details:

C Campbell 07783 931005

[Kenchriscampbell@yahoo.co.uk](mailto:Kenchriscampbell@yahoo.co.uk)

### Old washing machine wanted

Do you have an old washing Machine you want to dispose of? Contact me.

Contact Details:

Christine Campbell 07783 931005

[Kenchriscampbell@yahoo.co.uk](mailto:Kenchriscampbell@yahoo.co.uk)

## 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.





## Weekly Programme

<b>Monday</b>	<b>Exercise Class 11.15am</b> <b>Scrabble, cards &amp; other games 1.15pm</b> <b>Bingo 1.30pm</b> <b>'Stride for Life' Walking Group 2pm</b>
<b>Tuesday</b>	<b>Carpet Curling 11am</b> <b>Relaxation Class 1.15pm</b> <b>Games 1.15pm</b> <b>Singing group with Alex Cant 1.45pm</b>
<b>Wednesday</b>	<b>Morning Worship 10.45am</b> <b>Dominoes, Scrabble &amp; other Games 1.30pm</b> <b>Tai Chi 1.30pm (14th, 28th)</b> <b>Fantastic Fun Quiz 2pm</b> <b>Art Class 1.30pm</b>
<b>Thursday</b>	<b>Carpet Curling or Boccia 11am</b> <b>Film or music Afternoon 1.30pm</b> <b>Dominoes, Scrabble, cards 1.30pm</b> <b>Balance &amp; Strength Class 1.30pm</b>
<b>Friday</b>	<b>Balance &amp; Strength Class 11.15am</b> <b>Dominoes, Games or music 1.30pm</b> <b>Bingo 1.30pm</b>

**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 August

<b>Chiropody</b> (Tel 01577 863869 for an appointment)	<b>9.45am-1pm</b>	Thursdays 1st, 22nd
<b>Hearing Loss Support and Advice</b>	<b>11am-12pm</b>	Monday 12th
<b>Day Trip to Callander</b>	<b>9.30am-4.30pm</b>	Wednesday 21st
<b>Barge Trip</b>	<b>9.30am-3.30pm</b>	Wednesday 28th
<b>Library Trip</b>	<b>1.30pm</b>	Thursday 29th

**Public holiday 5 August - Centre closed**

## 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

## 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

## 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

<b>August</b>			<b>Page</b>
Thur	1	Kinross & Ochil Ramblers Walk (see p51 for other walks throughout the month)	51
Mon	5-9	Kinross Parish Church, family week 'Backpackers'	67
Mon	5	Deadline for Funding: Kinross-shire Fund	77
Mon	5	Glenfarg Folk Club (see p75, all Monday nights in August)	75
Tue	6	<b>Fossoway Community Council meets</b>	29
Wed	7	<b>Kinross Community Council meets</b>	29
Sat	10	<b>Kinross Show</b>	6
Sun	11	Let's Sing!	75
Tue	13	<b>Portmoak Community Council meets</b>	29
Wed	14	Bat Walk, Burleigh Sands	63
Thur	15	IT Help Session, library	46
Fri	16	<b>Deadline for September Issue of the Newsletter</b>	78
Sat	17	Fossoway and District Horticultural Society Show	75
Sun	18	Bat Walk, RSPB Loch Leven	60
Sun	18	Ceilidh dancing, Milnathort Town Hall	78
Mon	19	Summer Reading Challenge ends	47
Tue	20	Journeys into the unknown	46
Wed	21	Evening Osprey Walk	63
Wed	21	Deadline for Funding: Kinross-shire Community Investment Fund	76
Sat	24	Bat Walk, RSPB Loch Leven	60
Sat	24	<b>Kinross Farmers' Market</b>	
Sun	25	<b>Walk for Parkinson's</b>	25
Tue	27	Kinross Cavaliers Basketball Club taster session	59
Tue	27	Creative Writing Group, library	46
Fri	30	Regional Archaeology Conference	11

<b>September</b>			<b>Page</b>
Sun	1	<b>Mary, Queen of Scot's Boat Race</b>	8
Tue	3	Glad Rags - Vintage & New Stalls at Lochend Farm	
Wed	4	Networking Breakfast, Loch Leven's Larder	
Sat	7	Cafe Book Club at library	46
Sat	7-8	Doors Open Days in Kinross-shire	12
Sat	7-15	Perthshire Open Studios	15
Tue	10	Well Kept County Hamlets judging begins	52
Thur	12	<b>Milnathort and Orwell Community Council meets</b>	29
Wed	18	Battle of Arnhem talk, library	46
Sun	22	Ceilidh dancing, Milnathort Town Hall	78
Sun	22	Apple Day, Portmoak Woods	42
Sat	28	<b>Kinross Farmers' Market</b>	
Mon	30	Deadline for applications to the Dr Donald Duncan Bequest Committee	76