



Kinross Newsletter

Founded in 1977 by Kinross Community Council
Published by Kinross Newsletter Limited, Company No. SC374361

All profits given away to local good causes by The Kinross Community Council Newsletter, Charitable Company No. SC040913

www.kinrossnewsletter.org

www.facebook.com/kinrossnewsletter

Founding editor,
Mrs Nan Walker, MBE

ISSN 1757-4781
Issue No 481

February 2020

DEADLINE

for the March Issue

5pm,

Friday 14 February 2020

for publication on

Saturday 29 February 2020

Contributions for inclusion in the Newsletter

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

Email: **editor@kinrossnewsletter.org**

(all emails will be acknowledged)

Post or hand in to:

Kinross Newsletter
c/o Ross McConnell accountants
3 High Street
Kinross
KY13 8AW

Editor

Hannah Phillips.....07591 228884

editor@kinrossnewsletter.org

Advertising Manager

Julia Fulton

10 Gowan Lea

Dollar, FK14 7FA.....07936 151223

advertising@kinrossnewsletter.org

Treasurer

Ross McConnell

3 High Street

Kinross KY13 8AW.....01577 865885

treasurer@kinrossnewsletter.org

Subscriptions

Ross McConnell (address as above)

subscriptions@kinrossnewsletter.org

Distribution

David Anderson07747 890375

distribution@kinrossnewsletter.org

CONTENTS

From the Editor, Letters.....	2
Thanks and Congratulations.....	3
News	5
Features.....	17
Police Box	25
Health and Wellbeing.....	26
Community Councils	33
Club and Community Group News.....	45
Sport.....	69
Scottish Women's Institutes.....	79
Out and About.....	81
Church Information	87
Playgroups and Toddlers.....	95
Notices	96
Chemists.....	97
Classified ads	105
Day Centre.....	107
Diary	108

Commercial Advertising in the Newsletter

Our advertising terms and conditions are available to view at
www.kinrossnewsletter.org.

Display Adverts

Rates shown are for new advertisers

	<i>Eighth page</i>	<i>Quarter page</i>	<i>Half page</i>
Black & White	£14.70	n/a	n/a
Colour (internal)	£19.00	£38.00	£76.00

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

Typed Adverts

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

Up to NINE lines (including blank lines) £8.60 per insertion

TEN to FIFTEEN lines (including blank lines) £14.35 per insertion

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

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

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

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

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

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

Editor Hannah Phillips **Assistant Editor** Joyce Horsman

Advertising Julia Fulton **Treasurer and Subscriptions** Ross McConnell **Distribution** David Anderson

Editor's Page

Cover photo: Leah Phillips

Design: Lee Scammacca of Cree8.

Letter from The Editor

Happy New Year! Everyone here at Newsletter Towers would like to wish all our local Kinross businesses, advertisers and readers a happy, healthy and prosperous 2020.

Firstly, huge congratulations to Jo Middlemiss on her well-served MBE for her work with the Ethiopia Medical Project. You can read all about her big news on p5, and find out more about the project on p17.

We've got news on the latest on the plans for the Windlestrae hotel on p6-7 and you can read about First Minister Nicola Sturgeon's recent visit to Broke Not Broken, our local food bank. It seems like a long time ago since the Festive Street Market and Christmas Lights Display - but, if you enjoyed the lights, why not go along to the annual Light Up Kinross Quiz Night in February (see p97) and help raise funds for next year's display?

If, like me, you've already failed to keep your New Year's Resolutions, don't despair. Our article on p29 has some advice on how to break those bad habits and start afresh, and how best to make

achievable resolutions next time you decide to make a change.

If you want to take up a new hobby in 2020, read through the Club and Community News and Sports sections, starting on p45 – you are bound to find something of interest and you can be assured of a warm Kinross-shire welcome.

Why not treat yourself to a meal at the newly refurbished Green Hotel? They have a great offer for *Newsletter* readers – see p20 for details.

I'm still hopeful for a little snow in February, as we live in such a beautiful part of the world. Please do keep sending in your photos by email, they are always great to have for future editions of the *Newsletter*.

Hannah Phillips, Editor

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

The Newsletter on Facebook

We use our Facebook page to announce:



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

'Like' our page to be kept informed. Search for 'Kinross Newsletter' or go to:

www.facebook.com/kinrossnewsletter

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.

Thanks



Jamesfield Farm Centre, Abernethy would like to say a special thank you to your local electrician **A. Craig Electricals**. Andy came forward within minutes of our appeal for help with the fitting of our defibrillator. Andy's service was fantastic, and free of charge. Such a genuinely nice thing to do and could very well save lives. Andy asked for nothing in return. We are all very grateful. Thanks again from all at Jamesfield.



Andy Craig

Each year **Andersons Solicitors** endeavour to raise funds for a local charity, group or club. This year we are working with Kinross Otters, currently the national swimming club of the year! We had a very successful bake sale and in November, our annual Quiz Gala. To date we have raised £885.20, with more events to come. Firm Partner, Lorna Miller, presented an interim donation to Coach Fiona in December. We could not raise this money without generous donations of raffle prizes from local firms and individuals. Thanks must also be given to all of the Andersons team who give their own time to organise these events and to **Mike and Elaine Spain** who ensure the Quiz Night is a great success. Of course, our main thanks go to those who support our events. We look forward to more of the same in the coming year!



Photo by Alasdair Bennett



Festive Street Market

Light Up Kinross hope you have all enjoyed this year's display and would like to thank the following for their contribution to its success:

Mark Beaumont & family for switching the lights on,
Kinross Community Council Newsletter Ltd and the Kinross Common Good Fund for financial assistance,
Kinross Cooperative local charity contribution,
Drama Club for financial assistance,
Kilted Tree Co. for the Christmas tree (erection and removal)
Kinross & District Pipe Band for playing at switch on
Santa Claus for entertainment,
Alan Copland PKC (Tayside Contracts) for erection of the lights,
Robert Purvis for storage of the lights,
Kinross Rotary for the Santa Sleigh,
Span Access for use of stage,
Kinross & District Men's Shed for light repairs,
Loch Leven Laundry (Richard Scott) for their window display,
and the following for their donations:
Courthouse Restaurant
Douglas Miller Plumbers
Stewart Funeral Directors
Todd & Duncan Mills
Bayne the Bakers
The Complete Look Beauticians
Peel Tech Ltd (Malcolm Wood)
Mr Chans Chinese Restaurant
Reminisce Café

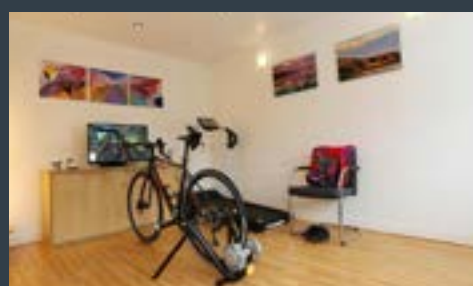
Not forgetting all the members of the public who have supported and donated to us over the year!

Charity office 10 Rannoch Place KY13 8BQ
(Kinross Christmas Lights) Charity No. SC047534

Congratulations

Iona and Lindsay Philp are thrilled to announce the safe arrival of Cora Alice Philp Smythe, a sister for Lachlan, on 7 November 2020. Congratulations to Mum & Dad (Georgina & Alexander). Looking forward to even more fun times!

Andrew and Jean Shearer, of Crook of Devon, are delighted to announce the birth of their first grandson, Daniel McKenzie Tripp, to Gillian and David at the Queen Elizabeth University Hospital, Glasgow on 17 December 2019. Many thanks to all relatives, friends and customers for all the lovely gifts and cards. They are very much appreciated.



Beautiful Handcrafted Garden Studios & Offices

www.kinrosswoodenproducts.co.uk



**KINROSS
WOODEN
PRODUCTS
COMPANY**

Email or call for a no
obligation quotation
01577 863040

info@kinrosswoodenproducts.co.uk

ALAN JOHNSTONE STUDIOS

KITCHENS • BEDROOMS • BATHROOMS

Quality craftsmanship coupled with almost 30 years' design experience make Alan Johnstone Studios the number one choice for discerning customers looking for the perfect kitchen, bathroom or bedroom.



Alan Johnstone Studios, 153 Linburn Road, Dunfermline, KY11 4FB
01383 324600

www.alanjohnstonestudios.co.uk

Kinross's Jo Awarded MBE For Ethiopia Charity Work

KINROSS RESIDENT, Jo Middlemiss, who co-founded a charity to support a medical clinic for women in Ethiopia over a decade ago, has been awarded an MBE in the Queen's New Year's Honours list for her work – which, so far, has helped more than 8000 women.

Jo began the Ethiopia Medical Project (EMP) with her cousin Maureen Burnett from Glasgow, in the tiny clinic in Buccama, in a remote part of Southern Ethiopia. At the time the centre was inundated with patients suffering with severe uterine prolapse, and staff were struggling to cope, without enough food or medical resources.

The painful condition, often caused by carrying heavy loads or frequent pregnancies with little recovery time, happens when the pelvic muscles are too weak to support the uterus. In some cases the entire womb falls outside the body, where it can develop ulcers and become infected. Many women over the years have reported living in shame and fear, hiding their pain due to the social stigma, where those affected have been seen as 'impure' and ostracised from their families.

After hearing about the experiences of patients and the dedicated staff, Jo launched the first appeal at home in Scotland, planning to raise enough for a few basics such as mattresses. Now the charity aims each year to make a minimum of £25,000 through charity events, and donations from hundreds of people in Kinross, and beyond, as well as organisations such as the Rotary Club of Kinross, St Paul's Church, Kinross and the Common Grounds Charity Cafe in Milnathort. The management of the charity is done on a shoe string, where apart from items

like postage and leaflets all money goes directly to the clinic, and both founders pay all their own expenses when travelling to Africa.

The clinic has expanded to become the Buccama Health Centre with two wards, a laboratory and 22 members of staff, including five qualified nurses. The dedicated staff educates women about their bodies,

helped. One of the many highlights has been witnessing attitudes around the stigma evolve, as more and more women speak out, and those who need to, get support.'

Jo said on her reaction to receiving the award: 'Opening the letter took me by surprise, it was a shock really, and I just burst into tears! I was jumping up and down and wanted to tell everyone, but you have to keep it a secret, until it's announced, so I've been bursting to tell my family all Christmas.

'My co-founder Maureen Burnett, who is also to receive an MBE, feels we have learned and gained so much more than we have given. We feel like we are going back to family when we go to Ethiopia, and we're not just two old grannies – the women there don't care how old we are, or how grey our hair is, they know we believe in them, and that we will do everything we can to continue to support them.'

Each February, Jo travels to live and work at the clinic for a month at a time, to assess what is required for the coming year, and as the health centre has recently expanded to treat those with the endemic foot disease Podoconiosis, the need for funding continues to grow. The charity aims to raise £5 million to enable the clinic to be self-sustaining in the future. Jo said: 'My wish for the New Year is that through this award, some great benefactor or organisation will discover the charity, and will want to come onboard and support us to help more people.'

For more information about Ethiopia Medical Project visit www.ethiopia-medicalproject.com.



Jo Middlemiss with her granddaughter Rosanna Middlemiss, and cousin Maureen Burnett

explaining that they are not to blame, prepare those who need it for a relatively simple operation, and treat those with less severe cases, using a £3 'pessary' ring, which helps keep the womb in place.

EMP co-founder Jo Middlemiss spoke about some of the women who have been helped over the years. She said: 'There have been women who had the worst cases imaginable, and they literally danced for joy, when they were supported back to health.

'Women can gain back their self-respect, they're no longer banished from their homes, and can go back to their children and families, and contribute to the community. The impact stretches way beyond the individual women

**Grass Cutting, Rotovating , Hedge Trimming, Tree Pruning
Turfing, Slab Laying, Fencingwork undertaken**

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

Need to check something in an old Newsletter?

Consult our electronic archive at
www.kinrossnewsletter.org

Issues from September 2006
to two months ago available

Windlestrae Controversy

- Empty hotel to form basis for new retirement village
- Landmark tree gets the axe

THE WINDLESTRAE HOTEL will become a retirement village.

Planning permission has been granted for plans by Juniper Residential which will see the now empty Windlestrae hotel site turned into a retirement village. The properties, which are to be built for residential assisted living, will only be available to residents aged 55 and over. The proposed housing mix is 22 detached and semi-detached houses (14 two-bed and 8 three-bed houses), 11 x 2 bed cottages and 8 x 2-bed affordable apartments. The proposal also includes the formation of parking areas, and landscaping work. Planning officers met at the Perth and Kinross Council Planning & Development Management Committee meeting on Wednesday 15 January 2020. The committee approved the proposal for planning permission by 7 votes to 5.

Some of the objections that Kinross residents had related to the felling of over 50 trees, including the large sycamore tree at the start of the avenue of trees on the Muirs at the Market Park. Objectors think this will have a detrimental effect on the skyline but this tree, something of a Kinross landmark, will now be cut down in order to widen the access road.

Some development is also planned for the Market Park: a strip will be converted to tarmac to create a wider access road, and a pumping station and tanker hardstanding are proposed in order to supply drainage. The drainage will be connected to the appropriate waste water treatment works, which

will be dealing with phosphorus appropriately before any discharge enters the loch, and 'therefore will have no likely significant effect on the SPA'.

Representatives from The Kinross Civic Trust attending the meeting, along with local Councillors. You can see the report from the Civic Trust on p65.

Amendments were proposed by various local Councillors to refuse the application because of the density of the development and the encroachment into the Market Park. Hopes were expressed that developers would retain some of the existing hotel garden and trees. Some doubts were also raised about the standard of the ecology report which claimed there are no bat

The Kinross Civic Trust state that 'Council officers made a serious error in the report to councillors recommending approval: they stated that the access road to the Windlestrae is not in the Conservation Area, whereas it is.' For more details see their report on p65.



To Be Settled At Last



roosts in the trees, based on a walkover of the site. According to the Report of Handling, 'The dusk survey carried out in August 2019 confirmed that no bats were observed to enter or leave the building.' An Environmental Impact Assessment (EIA) was not thought to be required, as the proposal was 'not considered likely to have significant environmental effects'.

Juniper Homes held a Public Exhibition in Kinross Masonic Hall back in September 2019 and feedback was invited from the local community, local councillors and community representative groups. This resulted in changes being made to the original proposal, including more planting to compensate for the removal of the existing trees. The Report of Handling states 'The site is populated with several Lawson cypress cultivars and Norway spruce, which have estimated height of 13-15m, are non-native, and have limited amenity value as part of this ornamental planting.'

Kinross Community Council had raised the following issues:

- **overdevelopment of the site**
- **lack of parking**
- **loss of trees**
- **impact on conservation area**
- **possible strain on GP surgery**

The NHS were consulted as part of the planning application process but made no comment within the consultation period. While some think the retirement homes will be detrimental to the community, others hope that the increase in population will generate increased footfall and spending in the local economy.



STEWART & SMART

- Service centre with latest diagnostic technology
- MOT centre – approved by the Ministry of Transport
- Modern, independent repair workshop for cars/light commercial vehicles
- All makes of tyre supplied and fitted – from budget to brand
 - Four-wheel laser wheel alignment
- Parts – original manufacturer or pattern parts
 - Forecourt with self-service fuel pumps
 - Used car sales (test drives available)
- Courtesy car (plus collection/delivery) available, if required
 - Full after-sales service
- Garage shop stocking car accessories, oil, batteries, sandwiches, drinks, confectionery, newspapers & magazines, logs, coal & kindling

Whatever your car or commercial vehicle requirements – from repairing a fuse to the annual MOT, purchasing a reliable replacement vehicle – we'd be delighted to advise you. Just call in or ring us on 01577 862423 to speak to one of our team today.

tyres
exhausts
batteries
MOTs
servicing



8-16 Stirling Rd, Kinross KY13 9XG 01577 862423 www.stewartandsmart.co.uk

LOCH LEVEN'S LARDER

22nd March 2020

MOTHER'S DAY

Our Mother's Day Specials are available from 12pm
with last orders at 6.30pm.

Roast Leg of Lamb, Pancetta wrapped in Green Beans, Baby
Roast Potatoes, Red Wine & Rosemary Gravy £11.95

Grilled Fillet of Salmon, Classic Caesar Salad £10.95

Wild Mushroom & Herb Crepe Gateau, Kale & Preserved
Lemon Salad £8.95

Afternoon tea and Cream Tea also available.

Booking strongly advised to avoid disappointment.
Please call us on 01592 841000.

Channel Farm, KY13 9HD



lochlevenslarder.com

First Minister Visits Kinross Food Bank

IT WAS AN amazing start for Broke Not Broken in 2020 to find out that they would be visited by the First Minister Nicola Sturgeon. It was met by exclamations, cleaning, organising, cup-cake making and some more cleaning.

It is a huge testament to the work done by the founding members of Broke Not Broken, and in particular Clare Slight, Chairperson. She has tirelessly worked as a volunteer to make sure that the charity have grown into one that is valued, respected and validated to the point where the First Minister's office picked them out as a model for community-led hunger and poverty support. This kind of thing just doesn't happen overnight. It has taken five years of hard work, but hard work done by people who had never done this before but who were determined and focused. The combination of food bank, focused projects and the Advice Hub set up by Clare at the Health Centre combined to be a fit for purpose, low cost, high impact network that has grown organically to meet the needs of those clients that the charity engages with.

The visit by the First Minister was a fantastic boost to the volunteers, represented on the day and who were individually thanked by her. They were also glad to be joined by Dr McCracken and Dr Pattison, two of the referral agents who have been staunch supporters from the beginning. Shona Fowler from the NHS spoke wonderfully to the First Minister about the part BNB plays in supporting people in crisis in Kinross-shire. Fr David Mackenzie-Mills represented St Paul's, who have so

Shona Fowler NHS talks to First Minister Nicola Sturgeon



Claire Slight, Chair of Broke Not Broken, with Nicola Sturgeon

kindly let Broke Not Broken rent The Beacon and supported all their endeavours. Michael, the manager of Sainsburys was there too. Sainsburys has supported them for a long time and have always been willing to go the extra mile.

Carrie, the charity's councillor, was also thanked by the First Minister for the important role she plays in the BNB story, helping people regain their mental health. This is a crucially important part of helping people who are often at their lowest ebb.

The First Minister had a cuppa, poured and served by Kathy and Rosemary in one of our BNB mugs. It was a fitting way to end her visit. Having the time and space to sit and have a cuppa and a chat, is a key part of engaging with clients. Nicola Sturgeon also viewed the garden, the location of the last volunteer BBQ. There wasn't one in 2019 due to the weather, but hopefully the First Minister's visit makes up for any disappointment. How can BNB top that?

<p>ZUMBA fitness Mon: 6.30pm - 7.15pm Wed: 6.30pm - 7.15pm</p>	<p>Ultrabody conditioning with Evelyn Crichton KINROSS CHURCH CENTRE</p>
<p>Pilates Mon: 7.15pm - 8.00pm</p>	<p>TRX Wed: 7.15pm - 8.00pm</p>
<p>Booking information: TRX and Pilates classes must be pre-booked. Pay as you go or 4 week packages also available.</p> <p>telephone: 07884 233144 email: evelyncrichton@hotmail.co.uk</p>	

Kinross Company Wins Sustainability Award

KINROSS WOODEN Products Company Ltd won the 2019 Perthshire Chamber of Commerce Business Star Awards in the Contribution to Sustainability category. Managing Director, Kirsteen Ross, said 'We were thrilled to win as we were up against some strong opposition. It's fantastic to be recognised as a company that not only has green credentials and ambitions but can offer cost effective solutions to businesses to help them reduce their environmental impact'.

The company's furniture management programme diverts large quantities of surplus furniture out of the waste stream and brings it back into reuse through a remanufacturing programme, which has been adopted by several local authorities and organisations.

'By 2019, our furniture management programme has seen over 20,000 items of furniture put back into use, delivering in excess of 600 tonnes of land-fill diversion with over 93% of materials being reused or recycled.'



This award gives the company a boost to their 2020 plans to expand their manufacturing facility which produces products that make use of recycled materials from surplus furniture.

Larger scale products are manufactured from raw materials accredited with the international Forest Stewardship Council (FSC) label, ensuring that

materials are produced from a sustainable source.

The company are grateful to Circular Tayside who sponsored the award as well as the Perthshire Chamber of Commerce judging panel. The award was presented by Circular Tayside Manager, Vaso Makri (left) pictured with Kirsteen Ross (centre) and John Ross.

Hunters Win Scotch Lamb Butcher Of 2019

BUTCHERS FROM throughout Scotland were invited to enter their best and most innovative Scotch Lamb products into the 2019 Butcher Of The Year competition. The products were judged by a team of chefs from the Scottish Chefs Federation who visited Napier University in Edinburgh.



The competition aimed to recognise butchers with skills and a real passion for their jobs, who take pride in selling Scotch PGI Lamb.

Hunters of Kinross received the Scotch Lamb Butcher of the Year Award for Innovation, for their Lamb Bhuna

and Mango Chutney sausage, which received very high praise for its quality and execution, with the curry-filled sausage proving a hit with the judges. Hunters' wider selection, which includes Italian Scotch Lamb's Liver Casserole, Scotch Lamb Hot Pot Pie were also recognised for their originality.

Claire Higgs, PR and Communications Manager from Quality Meat Scotland said: 'The Scotch Lamb Butcher of the Year Awards are one of the highlights of the butchery calendar, celebrating the work that goes on in creating high-quality and delicious Scotch Lamb PGI products.'

A huge congratulations to Hunters of Kinross who receive some well-deserved recognition for their impressive selection of innovative entries which demonstrated exceptional standards of quality, taste and flavours.'

Hunters of Kinross are known to provide the finest of quality produce and as local as possible to their shop. The Scotch lamb used in this instance was from Mark Thomson at Tyllierie Farm in Milnathort and the lambs are chosen by Mark specifically for Hunters. Iain said: 'This is some of the finest lamb I've ever worked with. We're very proud to have received another national award and being able to bring it back to Kinross-shire. If more people shopped locally and used local ingredients the local economy as well as carbon footprint would be better for all. Please support your local High Street shops.'

10th-birthday cake for Hunters





Beautiful Hearth Warming Stoves



DESIGN | SUPPLY | INSTALL

Turfhills, Kinross, KY13 0NQ

☎ 01577 861440 ✉ info@kinrossstovecentre.co.uk

www.kinrossstovecentre.co.uk

Jonathan Auborn Carpenter & Joiner Crook of Devon



Full kitchen design and installation
by a skilled and experienced
craftsman

References Available

01577 542015 / 07766 541955

www.JonathanAuborn.co.uk



DESMOND COLLINS
OPTOMETRIST & CONTACT LENS PRACTITIONER



FOR YOUR FREE NHS EYE TEST
OPEN MONDAY, TUESDAY, THURSDAY, FRIDAY
ALSO WEEKEND & AFTER HOURS BY APPOINTMENT

TEL: 01577 864455 20 NEW ROAD, MILNATHORT KY13 9XT

EMAIL: DCOPTOM@OUTLOOK.COM

WWW.DESMONDCOLLINSOPTOMETRIST.CO.UK

QWERTY IT SERVICES

Your Local

COMPUTER EXPERTS

Covering Perth & Kinross

We pride ourselves on offering the best service
to all of our customers at an affordable price.
We always go the extra mile to make sure all of
our clients return to us time and time again.
David Silvester, owner



REPAIRS



SERVICING



UPGRADES



VIRUS REMOVAL

Get in touch

8 Mountview Road, Perth, PH1 1LD

01738 479 564

info@qwertyitservices.co.uk

www.qwertyitservices.co.uk



BRINGING FRESHLY MADE WOOD FIRED
PIZZAS TO A STREET NEAR YOU!

🔥🔥🔥 FEBRUARY TIMETABLE 🔥🔥🔥

CROOK VILLAGE HALL CAR PARK
SATURDAY 1st - 5pm till 8pm

GLENFARG VILLAGE HALL CAR PARK
SUNDAY 9th - 5pm till 8pm

PORTMOAK CHURCH CAR PARK
SATURDAY 15th - 5pm till 8pm

MILNATHORT AT THISTLE HOTEL
THURSDAY 20th - 5pm till 8pm

KINROSS AT OCHIL VIEW
SATURDAY 22nd - 5pm till 8pm



ALSO AVAILABLE FOR WEDDINGS / PARTIES / EVENTS
PLEASE CONTACT US FOR FURTHER INFORMATION

e : info@pizzavia.co.uk t : 07591 104652

ROSEMOUNT NURSERY

Come & see what makes us special

Nursery (0-5 years)
OSC & Holiday Club (5-12 years)

**Graded Excellent in most recent
Care Inspectorate report**
Partner Provider Grant
Funded Education
(Escort/collection Kinross Nursery
& Kinross Primary School)

Visit us at 55 High St, KINROSS
01577 864408
www.rosemountnursery.co.uk
info@rosemountnurserykinross.co.uk

Fruix Storage

Safe and secure, clean and dry space, flexible terms
Easy to find at J5 of M90, only 3 miles south of Kinross
Andrew and Fiona Turnbull, Fruix Farm, KY13 0LA
07787180399
andrew@fruixstorage.co.uk
fruixstorage.co.uk

**CLEAN & DRY, SAFE & SECURE SPACE.
7 DAY ACCESS AND YOUR OWN KEY.**

- Self Storage rooms - new for 2018, we will be offering 40 storage rooms in convenient sizes. The new rooms are ideal for storing furniture, belongings or hobby equipment
- Garages - great for classic cars or small business storage.
- Container storage - these can safely store the contents of a 3-bed house.
- Commercial units - suitable for all trades and local businesses.

LOCH LEVEN DOG GROOMING

Providing a professional service in a friendly and stress-free environment.

- Clipping and scissoring
- Hand stripping
- Nails trimmed and ears cleaned
- Bath and tidy up
- Small to large breeds
- Young to old
- Introductory session for puppies (ideally from 2 weeks after 2nd vaccination)

Please contact us to discuss your requirements:
Mobile: 07971916099 Email: sue@lochlevendoggrooming.co.uk
Web: www.lochlevendoggrooming.co.uk
Address: Fruix Farm Cottage, Fruix, Kinross, KY13 0LA

Spirit Of Christmas Abounds In Kinross



NO ONE in Kinross had to spend Christmas Day alone, thanks to a community group who invited all those who might otherwise be alone to join them for Christmas lunch at the Kinross Community Centre.

This year's festive lunch was thoroughly enjoyed at Kinross Church Community Centre by all the guests who attended and the volunteers. The event was organised by Richard Scott of the C.I.A cleaning services and his crew of volunteers. Jan Hill and Zoe Fraser were on hand in the kitchen. Bruce and Kathy Fraser, Sylvia Scott, and David Hill did a sterling job of serving the guests a three course meal complete with all the trimmings.

Richard was Head Chef on the day and Zoe made the 'Eton mess' dessert. The fine quality meats for the meal were kindly

donated by Hunters of Kinross. Transportation for the guests was provided by Richard Nesbitt, Hazel Nesbitt, Finlay Nesbitt and Evelyn Crichton.

Piper John Cameron greeted us and Tich Frier serenaded guests with some festive tunes on his guitar. Young Matthew and Lucy delighted the audience with a repertoire of festive songs on guitar and percussion followed with a performance by local rock band 'Oxymorons' Zach Estebanez, Euan Thomas and Ross Menzies.

Good festive cheer was had by all. This Community event represents the true Spirit of Christmas. Everyone is looking forward to another successful event in 2020!

Vincent Johnston

Fairtrade Fortnight

(24 Feb – 8 March 2020)

THE 90KG RICE Challenge by JTS, a Scottish based fairtrade food importer, is an exciting way for us to all make a difference to the lives of farmers in Malawi while enjoying delicious rice. Also, if you would like to also make even more of a difference, you could buy two 1kg bags and donate one to a foodbank!



90kgs is the amount of Kilombero rice that gives hope to the rice farmers of Northern Malawi and provides them with an income to create sustainable livelihoods, allowing them to reinvest in their farms, feed and clothe their families

and send a child to secondary school for a year. It gives them a route to work their way out of poverty with dignity.

To find out more, come along to our event in St Matthew's Church, Perth on 22 February 10am-12pm where there will be samples of jams, marmalades and chutneys to taste.

A bag of Kilombero rice can change a life!

GrowBiz

Making Rural Business Digital

2020 IS WELL under way. It's now a good time to take stock and plan for the year ahead.

GrowBiz provides advice to anyone living in a rural area who is thinking about starting a small enterprise or business. GrowBiz deliver one-to-one meetings for any rural business looking to start, grow or diversify. They aim to increase people's capacity to be innovative and enterprising and to develop strong business networks where collaborations are possible.

Their Making Rural Business Digital project provides support with digital solutions, providing training to anyone in business who wants to improve their digital skills with the aim of making Perth and Kinross the most entrepreneurial rural economy in Scotland.

GrowBiz also regularly holds free events on a variety of topics that help clients feel more confident using technology, increasing their capacity to be innovative and enterprising, developing strong business networks and fostering collaborations where possible.

For further information please see www.growbiz.co.uk. All services are free and confidential.

Facebook (@GrowBizPerthshire) Twitter (@Grow_Biz).

Roseanna Cunningham, MSP

I AM SURE you will have heard about the amazing news from MND Scotland last month about their ground-breaking new clinical drug trial, MND-SMART.



This trial is seen as so important that MND Scotland has committed to bringing more MND trials to Scotland in 2020, and by investing £1.5 million this pivotal research is now taking place. This investment accounts for more than half of the charity's annual turnover, which really does highlight the importance the charity places on these trials as part of their mission to find a cure for what is a dreadful, debilitating disease.

Additional funding for the trial has also been made available from the My Name's Doddie Foundation and the Euan MacDonald Centre for MND Research.

The innovative clinical trial is designed in such a way that multiple treatments can be tested at once, while also allowing the addition of newly discovered treatments on an ongoing basis.

The UK-wide trial is open to everyone in Scotland with the illness. With more than 400 people in the country with MND it is absolutely crucial that as many of them as possible get a chance to contribute to this vital work, whether they live in an urban or rural area.

I know that there will be MND sufferers in Kinross-shire and I want to take the opportunity through this column as I have through other platforms to try and spread the word about this trial as far and wide as possible.

For anyone who is interested in taking part in the trial, there is a link for those with MND to sign-up online at www.MND-SMART.org.

As for the rest of us, we can help to support this ground-breaking and exciting research and donate £5 by texting CUREMND to 70660, or by calling 0141 3323903 to make a donation.

In other news, applications are to be taken in advance for the new Scottish Child Payment to help cope with an anticipated high demand. An estimated 170,000 children will be eligible for the new £10 weekly Scottish Child Payment when it goes live later this year. To help manage demand, families will be invited to apply in advance of the benefit being introduced in the autumn. Parents will be able to apply by post, phone and online. Applications will be assessed for eligibility in the autumn with the first payments made by the end of this year.

In an additional move to assist families, Best Start Grant payments, Best Start Foods and the new Scottish Child Payment will all be available through a single application, making it more straightforward for people to access the money they are entitled to.

Roseanna Cunningham

Discover Loch Leven Website

To discover the myriad things to see and do in Kinross-shire and its neighbouring counties, visit www.visitlochleven.org

Liz Smith, MSP

EVERYONE READING this newsletter knows just how lucky we are to have such excellent farms and rural businesses on our doorstep. There is a wide range of top-class local produce, a good deal of which can be seen in the shops in Kinross and Milnathort and, of course, in Loch Leven's Larder run so successfully by the Niven family.



For social, economic and environmental reasons, agriculture has always been integral to Kinross-shire and long may that continue. The challenge however, is to ensure that the ever-changing balance of these factors can be carefully managed so that future generations will also be the guardians of the countryside on which we depend so much. But there is more to it than that.

We want the public to have an increasingly strong relationship with the countryside and to take advantage of all the other amenities such as Vane Farm which make this possible.

A document produced by Scotland's Rural College in 2016, entitled 'The Future of Scottish Agriculture,' contained some encouraging statistics; that half of all outdoor recreation visits by residents in Scotland in 2013 (around 198 million visits in total) were to the countryside for activities like dog walking, hillwalking, birdwatching or cycling and mountain biking and that 11 % of outdoor recreation visits (about 44 million visits per year) involved access to farmland.

But the report had some warnings too; that only 48 % of outdoor users were aware of the Scottish Outdoor Access Code, suggesting there is a bit of a blank when it comes to many of the visitors to the countryside understanding the rules they should abide by.

The report said that despite high levels of use of the countryside as a place of recreation there is often a disconnect to farming, and that is despite the growth of farmers' markets in Scotland in recent years, including the one in Kinross.

Sadly, we have also seen the growth of rural crime: theft of agricultural machinery, red diesel and, of course, the appalling instances of sheep-worrying that were reported in the Kinross area over the Christmas break.

I am grateful to the rural partnership and the local NFUS who will, alongside the police, be running an event on 30 January to examine the ways of crime prevention.

The Royal Highland Educational Trust is also working hard to find ways, particularly in schools, to help the general public become more aware of and better understand farming and rural issues and I have had the privilege of seeing this at first-hand with some of the school visits which are taking place. The rural community is absolutely essential to the future welfare of Kinross-shire.

It is our responsibility to provide all the assistance we can.

Liz Smith

Planning a special community event?

Check dates in the diary at www.kinross.cc/diary first to avoid clashes. Email admin@kinross.cc to have details of your event entered in the online diary.

John Nicolson, MP

ELECTIONS ARE the the slowest of processes. And yet, the speediest. During the long weeks of campaigning for this election, days merged seamlessly into weeks as campaign workers braved the icy winds to chap doors and engage with voters. Winter elections have special challenges: can you ring people's doorbells after dark? Does it seem rude—or thoughtless—if the householder is older, and forced to come stand at an open door with draughts shooting down their hallway?

Choices. But as a journalist who has worked in some nasty dictatorships—Iraq under Saddam Hussein and Belarus to name but two—I'm always struck by how glorious it is that, in Scotland, we have a flourishing multiparty democracy, and are able to come to one another's doors and debate the issues of the day with civility and in safety. We owe our rights to the generations before us who fought and died for our democracy.

Election day passes in a flash. I spent it driving round our huge, beautiful constituency thanking election workers and officials who were monitoring the count. I sensed momentum. Turn out was brisk. People had been queuing for polling stations to open. I didn't think that would be to vote for Boris Johnson.

And so it proved. When polls closed and the stacks of ballot papers were tipped on to counting tables, it became clear we'd won – and with a healthy majority. While the Conservatives had swept to victory south of the border, Scotland did 'send Nicola a message' as requested. Westminster would have to listen.

Candidates learn their fate before anyone else in the room. The Returning Officer summons us into a huddle, hands are shaken, and then it's time for the stage and declaration. As someone who has known both election victory and defeat, I was acutely aware of how personally painful the process would be for my opponent who was losing his seat. I knew too how his staff must be feeling, facing redundancy just before Christmas. Politics is a brutal business.

With little sleep, the new SNP MPs found ourselves meeting the press at the magnificent V&A building in Dundee. There were hugs and shared campaign stories before a dash home and a flight down to London. As a returning Member of Parliament and political journalist, I know Westminster well. But for many of my new colleagues, there are seemingly impenetrable rules. Men can't carry bags into the Chamber, yet women can. Clapping isn't permitted – except when it is. Friends across the political spectrum aren't allowed to sit together in the tea rooms. And while you could read the *Kinross Newsletter* on your iPad, you can't read the print version in the Chamber. That makes Mr Speaker bellow. No one seems to know why.

As I write, I'm back down in London. It's our second week back after the Christmas holidays. But I still have neither an office, nor a desk. I've no phone for private constituency business. But I do have a cloak peg and sword hook. En garde, Westminster.

John Nicolson

Please mention the Newsletter when answering advertisements



Councillor Richard Watters

AT THE FULL council meeting before Christmas, officers presented an Interim Climate Change Report and Action Plan in response to the motion passed earlier in the year. The report can be found on the council's website.

The UK Met Office has reported that the last 10 years have been the warmest on record since records began in 1850 and NASA has stated that the last five years have been the hottest on record. While we watch, with great sadness, the bush fires that are currently devastating Australia, largely attributed to Climate Change, this clearly underlines the importance of putting climate change at the centre of decisions in the council.

The report was in response to the Motion passed last June, that requested the Chief Executive set out a route map to deliver a low carbon Perth & Kinross. It also highlighted the work that has already been completed to tackle climate change, including the challenges that face the council, and Perth and Kinross as a whole, to meet our Climate Change obligations.

The Interim Report addresses both mitigation (actions to reduce our greenhouse gas emissions) and adaptation (the actions we need to take to adjust to the impacts of climate change). It also importantly includes a commitment to "just transitions", ensuring that climate change actions progress hand in hand with fairness and equality; and that no one in a vulnerable situation is disadvantaged by climate change transformation.

In response to the initial motion (where the Chief Executive was instructed to work with citizens and other stakeholders to provide a route map for the transformational change required to deal with the Climate Emergency), officers are currently working on creating a 'Climate Change Partnership'. This will develop a shared vision, strategy and actions, which will be essential for the entire Perth and Kinross area to achieve a net zero carbon future. This Partnership will bring together key organisations and advocates for change from across the area. These will include local communities, as well as the public, private and third sectors.

SNP group statement relating to Climate Change

Within the SNP group, tackling the Climate Emergency has been given the highest priority, and as such, a sub-group including myself, Cllrs Sarwar and McEwan, focusing on environmental matters has been formed. We are focusing on substantial council and area wide changes. Many of us have been making personal changes for decades now, but realistically, in order for there to be the significant reduction in carbon emissions that the planet needs, we must see high-level structural and strategic action. The SNP's focus is policy development in housing, biodiversity, transport infrastructure and the electric fleet amongst others. We must be careful that, as we tackle the climate crisis, we do not isolate those in vulnerable socio-economic positions or increase inequality – again this is why we are focusing on wholesale changes that we as a council can influence.

Richard Watters



Looking for Contact Details?

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

Kinross Lathro Farm

2, 3 & 4 bedroom homes ready now



**LBTT
PAID**
limited time
only

Take advantage of this great offer.
See terms and conditions at springfield.co.uk

Move in for Spring!

Start fresh in a new Springfield home complete with everything you need to make the most of your garden in the warmer months.

We've thought of it all - turf, outside tap, 1.8m fence - It's Included.

Plus sunrooms are available on selected plots.



Visit our sales office Thursday - Monday, 10am - 5:30pm
6 Acremoar Drive, Kinross, KY13 8RD
Tel. 01577 898604

Ethiopia in the New Year

Once again, Jo Middlemiss MBE brings us her annual report on the great work carried out by the Ethiopia Medical Project

It's early in the New Year, and once again I find myself in the deep, rural south of Ethiopia for a month: our eleventh year running. By the time you read this, I shall be ensconced in the life of Buccama Health Centre. The people are still eking out a living – buying and selling small amounts at market – if you don't work, you don't eat. Everyone has to be resourceful in order to survive.

Ethiopia Medical Project (EMP) also has to be resourceful, in order to keep the project current, effective, manageable and do-able. Many of you will know that, initially, our main interest was women suffering from uterine prolapse. We have made great inroads into helping with this problem – education, hygiene, pants, exercises, pessaries and in some cases, medical intervention, have all gone a long way to alleviating the problem in our area.

We pay the salaries of the clinic staff: £2250 per month for 23 people. Unfortunately, prices are constantly rising in Ethiopia. When the prices hike, the salaries don't go so far, and then we have delicate negotiations to do, as keeping a stable, happy staff is vital to the smooth running of the clinic.

However, readers will recall that we took on, over two years ago, the education and alleviation of the problem of podoconiosis. This is a form of elephantiasis in the lower leg area, contracted from silicon in the soil and not from worms or mosquitoes. The care and cure is very simple. Simple, but not easy: soaking, soaping, massaging, socks and shoes. Simple if you have access to all those things, impossible if you don't. The Health Centre is now running outdoor clinics for this treatment. You don't need doctors or nurses. You

Jo and Maureen (MBEs) with Nurse Fellakech



With Sister Haimanot who runs the clinic, and a patient

just need the basics, plus determination and a good deal of courage and empathy. Podoconiosis is not pretty, the affected feet and legs swell badly, it is incredibly debilitating and uncomfortable, and the people are ashamed and disgusted. None of us would, or could, tolerate it for half a day.

The phrase 'You have seen our shame, and you haven't been ashamed of us' was spoken once during a farewell speech, and has become a bit of a mantra for us. That sentence alone keeps us going.

None of what we do would be possible without the help of the good people of Kinross-shire, so this article is really a letter of thanks to all of you who help The Ethiopia Medical Project (EMP), who support us, who give socks, pants, money, love and support. Particular thanks to our local Rotary Club – under Phil Teale's leadership, and Alistair Smith's terrific help with grant applications – Common Grounds, various Ladies' Guilds, St Paul's Episcopal Church, and the many individually generous, local people, who have contributed over the last few years.

Finally – an MBE FOR EMP...

Maureen and I were humbled, surprised and overjoyed to be each awarded an MBE in the New Year's Honours List 'for services to healthcare in Ethiopia'. Wow – who would have thought it? We are truly grateful for this recognition, and for the chance that we have been given to do this work. Lots of people have asked me if the folk at the Health Centre will have any understanding of such an award. We'll soon find out, but they do love a party, and a medal might impress them, who knows. However, they are the real heroes, and we unreservedly dedicate this award by The Queen to them.

Jo Middlemiss and Maureen Burnett – MBE x 2!

Serving You Well – For Almost A Century!

The heart of the community, in the heart of the village

BUCHAN'S GARAGE in the historic village of Kinnesswood has been keeping the wheels moving in the district since 1925. Never more so than now, it is the beating heart of the Portmoak communities.

This month our Distribution Manager, David Anderson, stopped by this long-established business to find out about the garage's success over the generations and the plans for the future.

With the Kinnesswood Village Shop currently relocating to the adjacent garage now is such a period of transition for the Buchans, but the garage and shop service are very much open for business.

The garage and newly renovated forecourt shop is staffed by a team of well-known local faces and you are always assured of a warm welcome, great service and advice, all at good value for money prices.

David, the third generation of Buchans, who runs the garage along with his wife, Ishbel, explained the local ethos of the business; 'We provide good value for money attended fuel service, MOT and servicing for cars and vans and we offer a repair and recovery service for our customers.' He continued; 'Although we've had to relocate the village store from just across the road we are very excited about inte-

grating the business into our recently expanded forecourt shop within the garage.'

On offer in the new look store is a good range of newspapers and magazines, groceries, confectionery and hot and cold drinks. In addition to providing a dry cleaning service, the shop is also a PayPoint and National Lottery retailer and has a range of high street gift cards on sale too.

The *Kinross-shire Newsletter* continues to be a big part of the business at Buchan's garage, David told us; 'Our family have been supported by the Portmoak folk over the decades and always try very hard to provide a service that they can always trust and rely on.' He continued; 'We are very much in the centre of the community and so want to make sure that local folk know that the *Kinross-shire Newsletter* is always available for sale here.'

So, whatever you need, from a pint of milk to a tank of fuel, from a daily newspaper to an MOT, make sure you don't miss the chance to pop in to support a very unique local business and don't forget your next month's edition of the *Newsletter*!

Thomas Buchan and Son Garage and Shop, Kinnesswood.



Property Care Roofing Roof Coatings General Maintenance

- Slating ▪ Tiling ▪ Ridge Caps ▪ Pointing
- Roughcasting ▪ Flat Roofs
- Gutters Repaired & Cleaned from £25
- Roofs Cleaned from £350 Moss Control
- Paths, Patios & Walls Cleaned & Restored
- Exterior Paintwork Undertaken
- All building work Undertaken



For a FREE no obligation quote call on: ▪ OAP's Discounts

FREEPHONE 0800 535 3547



Yell

Google

www.pcroofingandbuilding.co.uk ▪ pcroofing09@googlemail.com

Templeton House, Cleish

Ashley House



A Truly Exceptional Place to Stay

Ashley House is situated within its own secluded landscaped gardens, which boast beautiful views including Loch Leven and the surrounding hills. Our highly trained staff are carefully selected to deliver an excellent standard of care, whilst providing our residents with a real home from home atmosphere.

We can accommodate up to 32 residents at rates which still remain very affordable.

Write or phone for full details and new colour brochure.

Registered with the Care Commission



Ashley House Care Home

18 Perth Road, Milnathort, KY13 9XU Tel: 01577 864438
Email: info@ashleyhouse.org Web: ashleyhouse.org.uk

Earnside



UK & European luxury coach hire

Air Conditioned 16 to 53 seaters

www.earnside.com

01577 830360



Green In Name Only!

LAST MONTH the Newsletter had the privilege of meeting up with Nick Kourie and Mike Sheffield from Amity Hospitality, managing agents of The Green Hotel and Glen Taylor, hotel manager. We were interested to know more about their vision for the hotel, and they were keen to show us just some of the changes and improvements they have made to this long-running business during the last year.

Amity Hospitality first took on the day-to-day management of the hotel in February 2019, on behalf of the Kinross Estates Company. Not the first agents to be tasked with bringing the hotel back into the market place as the premier hotel in Kinross, Amity, with over 70 years of experience in bespoke, tailored solutions for small to medium sized businesses in the hospitality industry, are ideally placed to put the Green Hotel on the map.

Have you been to Jock's bar recently? If you haven't been



in a while you may not recognise it now. It has undergone a serious transformation. The new and improved Jock's Bar opened in December and the first family-friendly Hogmanay Hoolie was a great success. You may be wondering who Jock was. The Black Watch were, of course, our most famous local regiment – perhaps one of the most famous in the British Army. Initially formed to 'watch' over the Highlands, they recruited primarily from Perthshire, Fife, Angus and Dundee. Soldiers in all Scottish regiments have traditionally always been known as 'Jocks' and the bar was duly named in their memory.

Whether your preferred tipple is a local Loch Leven Gin or a barista-style coffee from Myrtle Coffee, Jock's Bar is the place to head for a relaxed dining environment. Open all day from 8.30am, you can pop in for fresh patisserie anytime, although the bar also has an all-day menu featuring lite bites, sandwiches, sharing plates and much more. In the evenings, this vibrant bar offers local ales and Sky Sports (in ultra HD, no less!) on a 65" TV screen, and Mike tells us there will soon be regular live entertainment on the menu. Next on the agenda for Jock's Bar is a partially covered outside area for al fresco dining – great to look forward to when the Scottish summer evening weather is kind.



Now that the bar has undergone some modernisation it's time for a new name for the newly refurbished bar, and suggestions are welcome. There is a competition on the

Facebook page (www.facebook.com/GreenHotel-Resort/), and it's not too late to send in your suggestions. You could even win a prize!

Kinross, one of the great historic towns of Scotland, is known for – among many other things – its ferry to Loch Leven. In the year 1567 Mary, Queen of Scots, was imprisoned at Loch Leven Castle and The Green Hotel has named their new, more formal, restaurant 1567 in her honour.

1567 is a real diner's delight; beautifully decorated in a design that's modern and clean. One of the Green Hotel's relatively unknown features is its rarely visited courtyard garden, and the newly refurbished dining area offers great views over the striking fountain at its centre.

Visitors can enjoy breakfast, or lingering, romantic dinners here, or simply pop along with friends to try out the lunch menu. You can even take your dessert and coffee outside – if the weather permits. Little ones are welcome to have some fun feeding the fish – just ask one of the



team for some fish food. 1567 offers all day dining from 10am with a view out to the gardens.

We've got a great offer just for readers of the Newsletter. Enjoy a meal at The Green Hotel with this great deal!

EAT FOR FREE AT THE GREEN HOTEL!

Take advantage of this great offer to dine with a friend and pay for just one!

- *Buy one get one free on all mains when you buy a starter full price*
- *Valid from 01/02/2020 until 31/03/2020*
- *Guests **MUST** quote 'Feb Newsletter Offer' on arrival*
- *Available in both restaurants - 1567 (Friday, Saturday and Sunday only) / Jock's Bar 7 days a week) for bookings between 12noon and 8pm*
- *Comment cards must be filled out before departure*
- *T&C's apply*

The Courtyard Gardens



MONA'S Coffee Shop

MUCKHART

COME AND ENJOY:
MORNING COFFEE • LUNCH • AFTERNOON TEA

ALL FOOD FRESHLY PREPARED AND ALL CAKES
LOVINGLY HOME BAKED.

ENJOY A RELAXING ATMOSPHERE

OPEN 7 DAYS

GIFTS, HANDBAGS & JEWELRY

OUTSIDE CATERING ASK FOR DETAILS

RESERVATIONS CALL 01259 781322

OR VISIT OUR WEBSITE AT

WWW.MONASOFMUCKHART.CO.UK

MONA'S
OF MUCKHART



REGENCY MEMORIALS



DESIGN, SUPPLY AND ERECTION
OF NEW MEMORIALS

EXISTING STONES CLEANED & RE-LETTERED
TABLETS, PLAQUES, VASES & GRAVEMARKERS

— Argyll House, 45 High Street, KINROSS KY13 8AA —
Tel: 01577 864607 email: regency@stewartfuneralgroup.co.uk

ACTIVE PEST SOLUTION

DISCREET SERVICE GUARANTEED

DOMESTIC, COMMERCIAL
& INDUSTRIAL ENQUIRIES

FREE QUOTES
FULLY INSURED

T: 01577 862035

OR 01592 240091

M: 07764 768151

9 ALEXANDER DRIVE, KINROSS

SPECIALISTS
IN RODENT
CONTROL



BIRD PROOFING

SQUIRRELS

MOTHS & ALL INSECT
INFESTATIONS



A Craig Electrical Ltd

Free estimates and advice

Domestic
Commercial
Agricultural
Industrial
PAT testing
EICR reports
New builds

Call 01577 866609 or 07813 331740
andy@acraigelectrical.co.uk | www.acraigelectrical.co.uk





Exclusive offer for all
Kinross Newsletter
readers

FREE upgrade
to anti-reflection lenses

**FERRIER &
MACKINNON**
OPTOMETRISTS

**SAVE
£30**

74 High Street, Kinross 01577 864009

Terms & conditions apply. Purchase of new complete glasses only (reglazes excluded).
Advert must be presented at time of order.

Find us on 



WELLSIDE POWER WASH

MOBILE POWER CLEANING

Is your Patch up to Scratch

FREE QUOTATION & REASONABLE PRICES

PUBLIC LIABILITY INSURANCE

Removes all grime & slime or grit & dirt!



Patios - Drives - Paths

Decking Garden Furniture

Fences - Sheds

Grass & Hedge Cutting

No Job too small give Dave a call on

07756 324118

or 01592 840652

www.wellsidepowerwash.co.uk




Copywrite
Scotland

Calling all local businesses!

Fancy a fresh start to the new year?
Do you need a PR person / copywriter / proofreader?
...That'll be me then!



- Press releases
- Web blurb
- Ghost writing
- General help with the written word

NEW YEAR OFFER!

All services half price
until the end of March!

Contact Liz:
07340-790-669
copywritescotland@gmail.com
www.copywrite-scotland.co.uk




ENJOY A
NEW LIVING
SPACE IN
2020



Pay
nothing
until
2021

Only
2.9%
APR
Representative

crsmith.co.uk | 0800 200 444

★ Trustpilot ★★★★★ Rated 'Excellent'

A Lorimer tiled sunroom from

CR SMITH

home sweeter home

CR Smith Glaziers (Dunfermline) Limited acts as a credit broker and is authorised and regulated by the Financial Conduct Authority. The credit advertised is provided by one credit provider with whom we have a commercial relationship. CR Smith, Gardeners Street, Dunfermline, KY12 0RN. Registered in Scotland No. SC51530.

Introducing our brand new purpose-built dance space!

MATTHEW DANCE ACADEMY STUDIOS

**CLASSES FROM THE AGE OF 2 TO PROFESSIONAL TEACHER DIPLOMA LEVEL
WE ALSO PROVIDE ADULT CLASSES!**

SOME OF OUR CLASSES AVAILABLE ARE:

Ballet, Tap, Modern Dance,
Jazz Street / Commercial,
Contemporary, Stretch Flex,
Ballroom, Groovaroo,
Theatre / singing vocal technique class,
Competition Team

*Many other classes are available
from outside instructors!
See our website!*

**B.A.T.D DANCE EXAMS * DANCE COMPETITIONS
STUDIO TRIPS * DANCE SHOWS IN
PROFESSIONAL THEATRES
GUEST INSTRUCTORS * FETES, GALAS AND FUN DAYS
WORLDWIDE CAREER & STUDY OPPORTUNITIES**

CALL 07869 120 989
www.matthewdanceacademy.co.uk
Matthew Dance Academy Studios,
27c Stirling Road, Milnathort, KY13 9XS

SALON 62
HAIR ✂ BEAUTY



LADIES AND GENTS WELCOME

OPENING HOURS
MONDAY TO SATURDAY 9am - 6pm
TUESDAY - THURSDAY till 8pm

L'ORÉAL PARIS **WELLA** **PAUL MITCHELL**

62 The Muirs, Kinross KY13 8AU
Telephone: 01577 330 524



Wildlife Crime

To emphasise our commitment to Scotland's natural environment, in January Police Scotland launched a new wildlife crime investigators course to enhance capability across the country in this complex area of local policing.

Wildlife crime covers a wide range of offending from badger baiting, to raptor persecution, freshwater pearl mussel theft, to hare coursing and salmon poaching.

It includes the illegal disturbance, destruction, theft and sale of animals, birds and plants both in the countryside and urban areas, and includes the destruction of and damage to protected habitats. Wildlife Crime poses significant harm to the species targeted by the criminals, as well as the communities who rely on wildlife for employment and tourism.

While wildlife crime poses significant harm to the species targeted by criminals, it also impacts on the communities who rely on wildlife for employment and tourism.

There are currently six specific Wildlife Crime Priorities in Scotland:

1. **Bat Persecution**
2. **Badger Persecution**
3. **Bird of Prey Persecution**
4. **Freshwater Pearl Mussels**
5. **Convention on International Trade in Endangered Species issues**
6. **Poaching and coursing**

And the penalties for such crimes can be severe. For instance, for every Fresh Water Pearl Mussel killed, taken or injured, a fine not exceeding £5,000 or 6 months in custody may apply. The Crown Office & Procurator Fiscal Service also has a dedicated Wildlife and Environmental Crime Unit; working together we aim to ensure our officers are trained to the highest level to ensure thorough investigation and prosecution of wildlife crime.

More information on wildlife crime can be found at www.scotland.police.uk/contact-us/report-wildlife-crime

Recent Incidents

Between 3am and 11am, Wednesday 8 January, a tool box was stolen from Kipper Hire, Junction Road, Kinross. (CR/603/20)

Between 9am and 5pm on Thursday 9 January a blue Ford Fiesta had its paintwork scratched on Mill St, Kinross. (CR/83620)

On Friday 17 January two vehicles in the South St car park,

Milnathort had their catalytic converters removed through the use of an angle grinder. A further vehicle was then targeted on Clashburn Rd, Kinross. (CR/1571/20)

Overnight on Tuesday 14 January, entry was gained to Balado Quarry, Kinross, and a quantity of red diesel stolen. (CR/1274/20)

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 Matthew Ross.

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

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

Community Inspector for Perth South (Strathearn, Strathallan, Almond & Earn, Kinross-shire): **PI Katrina Thompson.**

PC Spalding is also on Police Scotland twitter and can be followed on twitter.com/policescotland or @Kinross

Ways of Following the Police:

Twitter: @KinrossPc or twitter.com/policescotland

Facebook: www.facebook.com/PoliceScotland

Website: www.scotland.police.uk

Community Watch

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

Crime Stoppers – Telephone 0800 555 111

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

Property and Wedding Photography by your local Photographer

Is your house not selling quick enough?

Specialist in drone images

Tel: Vincent 07949 377 475
www.vincentanthonymedia.com

Connect Counselling Scotland
Accessible Counselling Service
Milnathort & Kinross Area

Carrie Arnott PGDip
Person-Centred Counsellor

talk@connectcounselling.scot

07425 167 569

Cosca Membership No 3130



Health & Wellbeing

News from the Health Centre



Men's Health Update

At Loch Leven Health Centre, we are committed to supporting our patients to address their health care needs wherever possible. We are always looking at ways to widen our scope of practice in certain areas to achieve this. We recognise that in Scotland, men's health in particular has not been prioritised as it should be and to address this we have compiled this piece of information to inform and reassure the men registered with us that your health is extremely important to us. If you are suffering with an embarrassing condition you have been worried about approaching us with in the past, or if you have a new set of symptoms you want to discuss with us in a non-judgemental professional manner, we are here to assess and advise. Our diverse team consists of both male and female nurses to ensure we can provide you with a gender appropriate consultation if required. As part of our minor ailments service, some of the services our male nurse will be focusing on are as follows:


- **Prostate/Urethra problems (e.g. difficulty in passing water, pain)**
- **Bladder (e.g. pain, passing blood in urine, altered sensation)**

- **Urinary Tract / Kidney Infections**
- **Penile spots, bumps and lumps**
- **Penile pain**
- **Testicular lumps, pain and swelling**
- **Testicular/penile self-examination education**
- **Erectile Dysfunction**
- **Haematospermia (Blood in the sperm)**
- **General Sexual Health Advice**
- **Male Pattern Baldness**

If you feel any of these services may be of value to you, or indeed if you have any associated symptoms, please contact Reception on 01577 862112 and ask for a Men's Health appointment with Gregor, our Senior Nurse in the first instance. An explanation of symptoms is not required. Your confidentiality and dignity will be respected at all times.

Scottish Government's 'Count 14' Campaign

On 20 January, the Scottish Government launched phase 2 of 'Count 14 campaign' a national alcohol public information campaign to highlight the Chief Medical Officers' low risk alcohol guidelines. *(Continued over page)*



THE LINDEN TREE


DENTAL LOUNGE

3 George Square, Castle Brae, Dunfermline KY11 8QF


Contact us to book your free 'meet and greet' appointment to discuss your dental needs. Along with ample free private parking we have convenient opening hours from 8.30am – 8.00pm, with lunchtime appointments available along with late night hygiene appointments.

We offer


- Dental Implants and Implant alternatives
- German Telescopic partial dentures and bridges – unique in Scotland
- Invisible and fast teeth straightening – Invisalign, Inman Aligner.
- Great quality private general dentistry for the whole family with very competitive dental membership plans available with convenient monthly direct debits, giving you peace of mind and exclusive discounts.



Stephanie Kerr




Roger Gonzalez



Colum Finlay

Visit our website thelindentree.co.uk to read more or call today on **01383 221777**

Children of registered patients will be seen on the NHS until the end of education. Interest free finance available





The Treehouse

Optimise

Health and Fitness

Gym and Classes

A Gym with Childcare

Indoor Play

LES MILLS
RPM
LES MILLS
SH'BAM
LES MILLS
BODYPUMP
LES MILLS
BODYBALANCE

First Floor, Jamesfield Centre | Abernethy | KY14 6EW
www.treehouseandgym.co.uk
info@treehouseandgym.co.uk
[@treehouseandgym](https://www.instagram.com/treehouseandgym)
01738 851111

KINROSS

Physiotherapy

Chartered & State Registered Physiotherapists

- Strains, Sprains & Tears
- Post Op Rehabilitation
- Arthritic Conditions
- Neck & Back Pain
- Sports Injuries

T: 01577 864 875

M: 07912 100 845

**28 New Road, Milnathort
Kinross KY13 9XT**

www.kinrossphysiotherapy.co.uk

enquiries@kinrossphysiotherapy.co.uk



LOCH LEVEN WALKATHON

Chest
Heart &
Stroke
Scotland



Sunday 29th March 2020

Walk 7k, 12k, or 13 miles for Chest Heart & Stroke Scotland
and help people do more than survive

www.chss.org.uk/lochleven
0131 225 4800



Scottish Charity no SC018761



Heaven Scent
eat drink unwind



MOTHER'S DAY

Afternoon tea buffet ~ Sunday 22nd March

Treat the special lady in your life to our selection of
delicious sweet and savoury treats, returning to the enticing
afternoon tea station as often as you like within your sitting.

Add a mini bottle of Prosecco as an extra treat!



* Two sittings: 11.30-1.30pm and 2.30-4.30pm *

* £15.50 per person (£5pp deposit required) *

* Special Mother's Day bar available *

Please book by calling 01577 865577 or popping into the shop.

19 South Street, Milnathort, KY13 9XA | www.heavenscentcoffeeshop.co.uk



Supporting business and enterprise in rural Perthshire

www.growbiz.co.uk e: connect@growbiz.co.uk t: 01828 627790



Already running a business or
thinking of starting one from scratch?

Then maybe someone from the GrowBiz
team could help you out. Not sure?
Get in touch to find out more.

We also run learning sessions and
networking events – you'll find all the
details on the events page of our website.



GrowBiz is funded by Perth & Kinross Council, Scottish Enterprise and The Scottish Government, and the Making Rural Business Digital project is supported by the Rural Perth and Kinross LEADER Programme 2014-2020: The European Agricultural Fund for Rural Development: Europe investing in rural areas. For more on LEADER go to www.pkleader.org

The Inn



CROOK OF DEVON
KINROSS-SHIRE
Tel: 01577 840207

BAR MEALS SERVED DAILY
Monday - Saturday 12 - 2 & 5 - 9pm
Sunday 12 - 9pm

Take Away Food Service
Room available for small parties & meetings
Front & Rear Car Parks
MODEL RAILWAY RUNNING DAILY
ARTEFACTS & CURIOS

ANDREW MILLER FIREPLACES
Jamesfield Farmshop Conservatory by ABERNETHY
Open 9am - 5pm
&
27-29 Westerloan, Milnathort KY13 9YH
Showroom by appointment
Email: millerfireplaces@btconnect.com
Tel: 01577 862173 Mob: 07870 284 868
DESIGNER ELECTRIC FIRES & STOVES and more



THE COMPLETE JOINERY SERVICE
A Kinross business offering a full range
of joinery services including:

- Bathrooms
- Alterations
- Windows
- Kitchens
- Floorings
- Decking
- Renovations
- Doors
- Fencing

Call: 01577 864847 or 07380 807363
Email us: info@bsjoinery.co.uk or visit our website:
www.bsjoinery.co.uk

  
The Complete Joinery Service

To keep your risks from alcohol low, it's recommended that you drink no more than 14 units a week, spread evenly over at least 3 days. Fourteen units are:

- 6 pints
- 6 glasses of wine
- 7 double measures of spirits

For further information, including interactive resources, please visit the campaign's website www.count14.scot

Resolving Your New Year's Resolutions

As I write this, January is almost gone and, perhaps, so are the bad habits that we vowed to try and eradicate with our New Year's resolutions. We all have them, but the reality is that most of us are destined to fail to get rid of them despite our best intentions.

A new year can make us reflect on our behaviour and our goals for the future. While we might have started out feeling positive about all the changes we intended to make, whether it's to lose weight, stop biting your nails, start going to the gym or stop looking at your phone so much, many of us will reach February feeling frustrated that we have already failed to keep those resolutions and not achieved the goals we set out to.

I resolved (in about 2015) to resume where I left off with yoga and have not set foot in a yoga class since. In the process of moving house, I have hopefully and optimistically packed two roll mats, two yoga blocks, a yoga bag, stretchy yoga trousers, and to be honest, all hope that I will ever get back to it.

In fact, before January has even come to an end, most of us will have already given up on our annual commitments to



ourselves. About 80 percent of us will fail to keep our New Year's resolutions, according to clinical psychologist Joseph Luciani.

So, what's the secret to keeping those New Year's Resolutions? Psychologists say we should start with small, attainable goals which we can reach throughout the year, rather than setting one, overwhelming goal at the beginning of January. Resolutions to change need to be realistic. The timeline towards reaching your goal should be realistic, too.

A lot of resolutions fail because they're not the right ones. They could be the wrong ones because:

- They are resolutions created based on what someone else (or society) is telling you to change
- They are too vague
- You don't have a realistic plan

Aim to change one thing at a time, not everything at once. Begin with small changes and build on those. Set goals, reflect on your progress, accept that changes can and will be hard, and remember that results won't happen overnight.

continues over page...



Podiatrist/Chiropodist
HPC Registered

Kate Miller BSc MChS

Tel: 01577 863498

HUSBAND & WIFE HANDY TEAM READY FOR ACTION

Can't be bothered? Don't have the time for those jobs around the house?
Painting, Decorating, Repairs interior/exterior
Slab & Mono block, layouts/repairs
Major & minor repairs considered
Flat pack assembly assistance
No job too small / free quotes

CONTACT / TEXT us on
07532 811723 / 07532 814124

Email us at: mrandsmrs.readyforaction@gmail.com

PRIMARY TUITION

Given by a qualified Primary Teacher with 20 years teaching and over 10 years tuition experience.

All sessions last an hour and are tailored to your child's needs. No charge for first session.

contact Denise 01577 861465 / 07714 161924
denise.dupont@hotmail.co.uk

Kor Newhouse

Usui Ryoho Reiki Practitioner

Traditional Japanese reiki treatments offered by Okuden qualified practitioner at Scotlandwell studio.

Come and enjoy Reiki's holistic system for balancing, healing and harmonising all aspects of your person.

E: kornewhouse@yahoo.co.uk M: 07739 462465





Write your goals down. This can make them seem like more of a commitment, making you more likely to succeed.

Keep talking – joining a group of people with a similar goal to yours will give you much needed support, and someone to share your struggles and successes with.

Ask for help. Accepting help from people who care for you will strengthen your resilience and help you to manage stress.

Forgive yourself for mistakes. Perfection is unattainable. Remember that minor slip ups are normal and okay. Don't give up completely if you have a setback. Ups and downs are part of life – just accept that no one is perfect, and keep going.

Perth Samaritans

Need to talk? We'll listen.

Contact us by

phone on 01738 626666 or 08457 909090

Email us jo@samaritans.org

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

Mondays 1630 – 2130 Thursdays 1630 – 1900

Wednesdays 0830 – 1100 Fridays 1000 – 1630

and 1930 – 2130 Sundays 0800 – 2130

No pressure, no names, no judgment.

We're here for you, anytime.

HIGH STREET SEWING

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

Workshop opening hours: 09.30-17.00 Mon-Thurs

Fri 09.30-12.30 and Sat 10-12noon

Location - behind Loch Leven Laundry and Baillies

Contact LINETTE MANN – 07732 902419

Old Habits Die Hard

Habits can be triggered by what is going on around you, and often your habit behaviour is the first thing you think of before you have the chance to reach an alternative behaviour. To eradicate a habit, you need to make it harder to perform.

If you bite your nails, wear gloves. Or get a manicure. Secondly, can you change the cues that are activating the habit? Can you find other ways to reduce your stress levels, making you less likely to reach for that wine bottle? Thirdly, can you develop an alternative, conflicting habit, that you can practise enough that it will begin to replace the old habit?

Fresh Starts

Finally, it's worth remembering that January is just a month like any other in the calendar. A fresh start can happen on any day you want it to. Ask yourself:

- **Why do I want to make this change?**
- **Is my goal concrete and measurable?**
- **What is my plan to achieve my goal?**
- **Who will be there to support me?**
- **How am I going to celebrate my successes?**

Remember that however many times you feel you've failed – *nothing* is impossible. Good luck!

Discover Loch Leven Website

To discover the myriad things to see and do in Kinross-shire and its neighbouring counties, visit

www.visitlochleven.org

Your Local Joiner

Alan Herd Joinery

Internal & External Doors
Kitchens supplied and fitted
Staircases and Balustrades
Sliding doors Fencing and decking
Laminate and Hardwood Flooring
Renovation Work and Extensions
Loft Conversions Loft ladders Fitted
Upvc Doors and Windows
For Free Estimate and Advice

Call **ALAN** Home 01577 865415

Mobile 07765167982

S.W.H.
HOME & GARDEN
SERVICES
TIME SERVED JOINER
ALL INTERNAL & EXTERNAL
WORK CONSIDERED
07786 815697 / 01577 208368
stuart-hunter@hotmail.co.uk



Yoga Classes in Kinross

www.simplyyoga.com

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

Thursdays - The Millbridge Hall

Baby Yoga - Mums, Dads & Carers welcome

Pregnancy Yoga

enquiries@simplyyoga.com

07466 360152

Please contact before attending to ensure availability.



Bayne's Morning Roll

Unique in taste and freshly baked
every day by our skilled craft bakers

Always baked and sold the same day!

Visit our shop at
101 High Street, Kinross
www.baynesthefamilybakers.co.uk



THE KIRKLANDS

HOTEL & RESTAURANT

OPEN DAILY FROM 10am SERVING ARTISAN COFFEE, TEA & FRESH CAKES.

LUNCH 12.00 – 2.30pm | DINNER 6.00 – 9.00pm

AT THE WEEKEND KICK BACK AND RELAX WITH BRUNCH FROM 10am – 12.00pm,
LUNCH SERVED ALL DAY, AND OUR SUNDAY ROAST TO ROUND THINGS OFF.



CALL US ON 01577 863313 FOR BOOKINGS AND INFORMATION
WWW.THEKIRKLANDSHOTEL.COM | FIND US ON

20 HIGH STREET, KINROSS, KY13 8AN
INFO@THEKIRKLANDSHOTEL.COM

MARK BREMNER

JOINERY PLUMBING ELECTRICAL



Kitchens & Utility Rooms
Luxury Bathrooms
Ensuite & Shower Rooms
SUPPLIED & FITTED
Property Maintenance
General Repairs
Fascias & Guttering
Replacement Windows
**ALL TRADES
UNDERTAKEN
FREE QUOTATIONS**

E: markbremner_hms@icloud.com

Mobile: 07739 884111

TELEPHONE: 01577 865412



Providing quality childcare to the community of Kinross.

Places available for ages 6 weeks to 5 years.

Dedicated parking.

Large enclosed gardens.

In-house chef.

Open door policy – please feel free to come in for a look around at any time and meet our friendly team.

Next to Loch Leven Leisure Centre 01577 383838

www.letslearnyoung.com



STEWART

FUNERAL DIRECTORS

Funeral Planning ~ Funeral Service

~ Memorial Sales ~

www.stewartfuneralgroup.co.uk

24 Hour Emergency Service Tel. (01577) 864607

— Argyll House, 45 High Street, KINROSS KY13 8AA —
Tel: 01577 864607 email: office@stewartfuneralgroup.co.uk

Community Council News

The Community Council News is based on draft minutes of local CC meetings. Full draft minutes are posted on local websites and notice boards. Please note, the Community Council News is not a verbatim reproduction of CC minutes. Where there are two months' worth of reports, there will be a considerable amount of editing.

Kinross Community Council

News from the December Meeting

Present at the meeting held on 17 December 2019 were Community Councillors (CCllrs) Bill Freeman (Chair), Margaret Blyth, David Colliar, Lynne McKay and Thomas Stewart, Minute-taker Caron Aird, Councillors (Cllrs) C Purves, W Robertson and R Watters, a Police Representative and two members of the public.

CCllr B Freeman welcomed everyone to the December meeting.

Apologies: CCllrs D Cuthbert, S Bathgate, A Thomson and D West, who have all resigned from the Council, CCllr M MacFarlane and Cllr M Barnacle.

Minutes of Last Meeting

CCllr D Colliar requested an amendment to the draft minutes of the November 2019 meeting – relating to the Kinross Newsletter Awards. CCllr Colliar requested that the phrase 'with note that there is a crisis and that this will need to be addressed' be removed. Other than this amendment, the minutes were accepted as an accurate record of the meeting. Proposed by CCllr T Stewart and seconded by CCllr D Colliar.

Police Report

Police Scotland advised the following:

Theft of motor vehicle on 15 December 2019. Keys for the vehicle had been obtained via access through a cat flap in the door and residents were reminded to keep keys away from doors.

School holidays – residents were advised that regular patrols would be carried out and that any issues should be reported by phone. In response to a question from CCllr B Freeman, a member of the public advised that the anti-social behaviour in Lathro Park had improved slightly. The member of the public commented that crime seemed to be increasing in the area and asked if the Police had any idea as to why this was. Police Scotland could not comment on the reasons for the increase but did not think that the increase had been consistent over the last few years. He also advised that, although cover was provided 24/7, there was a large area for the 2 officers to cover.

CCllr L McKay thanked Police Scotland for setting up the community engagement events and commented that these appeared to have been well attended. Members were advised that Police Scotland intended to do these events on a more regular basis. Cllr C Purves advised Police Scotland to speak to the elected members with regard to who to contact in the Community Councils for help in setting up these events. Cllr W Robertson asked if there was anything which could be done in respect of the sales of Buckfast in the area in order to stop the anti-social behaviour by children but was advised that this was not possible.

The recent drink driving campaign had resulted in one person being stopped.

The CC thanked Police Scotland for attending the meeting.

Matters Arising

Lathro Meadows Road Surface – Mr Davies advised that a response had been received from PKC in respect of the state

of the road into the estate and he was very unhappy with the response, which said PKC were not responsible for the repair of the road - Mr Davies asked when the road would be adopted by PKC and he was advised that this would not happen until all building works were complete. Mr Davies agreed to forward the response from PKC to the CC.

Stagecoach No 56 Bus Service – Cllr C Purves advised that he was still to follow this up. A report would be given at the next meeting.

Community Investment Fund – Members were advised that CCllr S Bathgate would not be submitting a bid.

In respect of the Provost's Lamp, it was agreed that a bid would be submitted to CIF for approx. £3000. CCllr D Colliar and Cllr W Robertson to discuss.

Kinross-shire Community Transport Group – CCllr D Colliar advised that he had emailed Cllr M Barnacle re a meeting but had not had a response. In Cllr Barnacle's absence, Cllr W Robertson advised that it was noted to arrange another meeting in January.

Gannochy Trust Funding Roadshows

CCllr B Freeman advised that discussions were progressing with The National Lottery Community Fund and The Robertson Trust to co-deliver workshops in the area in January 2020.

The workshops will offer new and existing grant applicants

- a summary of the funding themes currently available;
- an opportunity for them to put their questions directly to funders;
- an insight into the common issues funders face in assessing applications, and;
- guidance in writing funding applications.

After discussion it was agreed that CCllr D Colliar would attend the Kinross meeting (16 January). He will provide an update at the next meeting.

Local Electricity Bill

An email request had been received from 'Power to the People' asking the CC join 27 Parish, Town and Community Councils that have already resolved to support the Local Electricity Bill.

The Bill, if made law, would empower local communities to sell locally generated clean energy directly to local customers by establishing a statutory Right to Local Supply. This is currently impossible because of the huge setup and running costs involved in doing so.

After discussion, it was agreed not to sign up to the Bill but that information should be shared when received.

Kinross Town Centre Regeneration

CCllr M Blyth advised that residents had raised an issue re parking at the Old Town Hall with her and she had advised them that it was shared spacing, there were no signs to say that people could not park in the area. Cllr W Robertson agreed to speak to the parking attendants and ask what could be done to improve the situation. In response to a question from CCllr M Blyth, Cllr Robertson advised that the parking attendants worked any hours but mostly late afternoons and evening.

Community Council News

Planning Matters

Planning Applications Received Since The Last Meeting

19/01876/FLL – Change of use from hostel (class 7) to jewellery workshop (class 4) (in retrospect) at Garage Flat, Garage House, Green Road, Kinross, KY13 8TU

19/01833/LAW – Alternations and extension to dwelling house (proposed) at 2 Gallowhill Road, Kinross, KY13 8RA (certificate of lawfulness use)

19/01922/LAW – Extension to dwelling house (proposed) at 32 Gallowhill Road, Kinross, KY13 8RA (certificate of lawfulness)

19/01948/FLL – Alterations to dwelling house at 5 Curate Wynd, Kinross, KY13 8DX

Other Planning Matters

It was noted that an email had been received from Jamie Montgomery in respect of funding for a new car park at the pier, which may alleviate some of the parking issues in the town centre.

It was also noted that the Boat House had gone into liquidation and plans were being drawn up to change the use of the building to a brewery and café. Concern was raised with regard to the access route and Cllr Robertson advised that PKC would look to improve and upgraded passing places. Cllr D Colliar advised that he was happy to liaise re the plans.

Reports from Perth & Kinross Councillors

Cllr R Watters advised a full Council meeting was due to be held the following day.

The next stage of the Climate Change Bill was due to commence and it would be essential to engage with communities and get people involved.

Cllr W Robertson advised that there was an issue in respect of residents having access to a garden waste collection service, even when PKC charge for the service. A meeting is arranged for Thursday 19 December at the Community Campus.

Cllr Robertson agreed to report Cllr M Blyth's broken household bin issue.

Reports from CC representatives

Cllr L McKay commented that the Remembrance Day parade had gone well.

Licensing

An application had been received from Avant Garde in respect of the old bank. No concerns were raised in respect of this application.

Any Other Competent Business

Resignations from CC: Cllr B Freeman wished to place on record his thanks to Cllr David Cuthbert and Cllr Dave West for their service on the Council over the years. He also wished to thank Cllr Susan Bathgate.

Sub Committees: It was agreed that a discussion would take place at the next meeting in respect of Sub Committee membership.

Entrance to Gellybank Farm: Cllr T Stewart raised an issue with the state of the road at the entrance to Gellybank Farm (opposite side at the sharp bend) and Cllr W Robertson agreed to report this.

Potholes at Wilson Court: Cllr L McKay advised members of a potential at Wilson Court and Cllr W Robertson advised that there were also potholes at Springfield Road and the park and ride.

Wreaths: Cllr L McKay advised that only one wreath had been paid for. The Scouts and Pipe Band were still to pay. Cllr D Colliar agreed to speak to their representatives on Thursday, and it was noted that KCC NL needed to be repaid £35.

Cllr D Colliar advised that he had spoken to the Captain of the Boys Bridge who had apologised for the delay in payment, with the reason given as a change to bank account details.

Cllr McKay questioned whether KCC should be providing wreaths for the Remembrance Parade and whether this should be left up to individual organisations. It was noted that there had been no issues up until the last few years and KCC were the only local CC who provided wreaths, and it was agreed that a decision would be made mid-Summer 2020.

KCC Bank Account: It was noted that following the resignation of Cllr I Jack and also Cllr A Thomson, Members were unsure as to the state of play with the CC bank account. After discussions, Cllr D Colliar agreed to be treasurer for a one-year period until the new members settle in.

Royal Garden Party: Cllr B Freeman advised that the CC had been requested to nominate two local people to attend the

The Newsletter on Facebook

We use our Facebook page to announce:

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

'Like' our page to be kept informed. Search for 'Kinross Newsletter' or go to:

www.facebook.com/kinrossnewsletter



Royal Garden Party on 1 July 2020. Nominations were to be submitted by 31 January 2020.

CCTV: Cllr L McKay raised the issue of CCTV in the High Street and advised that for a one-off payment of £20,000, this could be linked into the Council network, giving Police Scotland access as and when required. It was agreed that this could be problematic and would need to be balance up with the need to resolve crime.

In respect of the CCTV at the defib, Mr Davies reminded the CC that the coverage runs out on 13 December 2020 and agreed to forward the details to Cllr B Freeman.

Milnathort: A member of the public raised the issue of flooding at North Street, Milnathort and that it was so bad that residents had to wash cars on a daily basis. Cllr W Robertson agreed to ask the Council to resolve this issue.

2020 Meeting dates

In response to a question from Mr Davies, Cllr B Freeman confirmed that future CC meetings would be held on the fourth Tuesday of every month at 7.30pm in the Masonic Lodge, The Muirs, Kinross.

The following meeting of the Kinross Community Council was held on January 28. The next meeting will be on Tuesday 25 February 2020 in the Masonic Lodge, The Muirs, Kinross.

Cleish and Blairadam CC

News from the October Meeting

The Cleish and Blairadam CC are due to meet on **Monday 3 February 2020** at 7.30pm. Draft minutes of previous meetings may be available on the CC's website at www.cleishandblairadam.org.uk.

Kinross CC minutes and agendas are posted online at:
www.kinross.cc/cc.htm


You can also follow Kinross CC on Facebook at:
www.Facebook.com/KinrossCC

The Kinross Community Council Newsletter


is available from:

The Co-operative	High Street, Kinross
Baillies	High Street, Kinross
Sainsbury's	Station Road, Kinross
Giacopazzi's	Lathro, Kinross
Giacopazzi's	New Road, Milnathort
Stewart & Smart	Stirling Road, Milnathort
Heaven Scent	South Street, Milnathort
Buchan's Garage Shop	Main Street, Kinnesswood
Fossoway Store	Crook of Devon
Fossoway Garage	Crook of Devon
Mona's Coffee Shop	Muckhart
Powmill Stores	Powmill
RSPB Shop	RSPB Loch Leven
Loch Leven's Larder	Near Wester Balgedie
Glenfarg Village Shop	Glenfarg

ANTIQUE AND BESPOKE



RESTORATION AND REPAIRS



John Moncrieff Ltd
Best Designer Lighting
Supplier - Scotland

John Moncrieff Lighting
Traditional · Vintage · Contemporary

11 Clashburn Road
Bridgend Industrial Estate, Kinross
KY13 8GB
01577 864870
www.jmoncrieff.co.uk

Community Council News

Milnathort And Orwell Community Council

News from the January meeting

In attendance at the meeting held on 9 January 2020 were Community Councillors (CCllrs) Craig Williams (chairman); Malcolm Thomson (vice-chairman); Elizabeth Rougve (secretary); Andrew McCrae, Councillors Willie Robertson and Callum Purves, and eight members of the public. Apologies were received from CCllr Sean Colebourn and Cllr Richard Watters.

Police Matters

No police were in attendance but members of the public raised issues of concern, namely vehicles parking on the single white line in Church Street, which is illegal; speeding on Wester Loan and North Street, and vehicles parking on double yellow lines. Following discussion, Cllr Robertson agreed to take these concerns up with the police.

Matters Arising

Loch Leven water quality: Cllr Robertson reported that further research is to be undertaken into the causes of the frequent algae blooms on the loch. Algae scum was present in December, which is highly unusual, although tests conducted by Scottish Natural Heritage had confirmed that it was not toxic.

Football pavilion: Concerns continue about the state of the football pavilion in Donaldson Park, which remains unfinished. The site is considered to pose a danger to children due to the building materials etc left lying around. After discussion, the following actions were agreed:

Cllr Robertson will contact the council, as the access road into the park is its responsibility.

Cllr Purves will write to the Health and Safety Executive to ask for a site inspection.

The secretary will invite the chairman of Kinross Colts to the February meeting of the community council.

Planning

Application submitted: Alteration and extension to Devon Cottage, Middleton (19/01888/FLL). Noted.

Pitdownies: The CC noted that the deadline for comments on this application had been extended to January 11 as the applicant, Springfield Properties, had submitted revised drawings showing a second entrance to the proposed development. Following discussion, it was agreed that Cllr Robertson would try to find out when the application was likely to be considered at committee and that a delegation would be formed to attend. More than 180 objections to the plans have been received.

New Matters And Correspondence

Public phone box: A letter was received from PKC about a public consultation being carried out by BT regarding the proposed removal of 12 public payphones across Perth and Kinross. Amongst them is the phone box in Milnathort, which statistics show is the most used in the area, with 195 calls in the space of a month. The consultation period closes on February 19, 2020, and comments should be submitted to developmentmanagement@pkc.gov.uk.

‘ALTERED IMAGES’

UNISEX HAIRSTYLING
in the comfort of your own home
Call LINDA on 01577 863860

Comments And Questions From The Floor

Litter: A member of the public expressed concern about the amount of litter on the motorway and surrounding roads. Cllr Robertson advised that the motorway was the responsibility of BEAR Scotland, who will send out a litter-picking team if required, while A-roads are the council's responsibility. Anyone concerned about rubbish on main roads can contact Cllr Robertson, who will arrange a litter pick.

CCTV: A member of the public asked if any progress had been made with regard to the installation of CCTV in the centre of the village. The chairman advised that the idea had been abandoned by the CC because it had proved to be too expensive and too complicated in legal terms. Following discussion, it was agreed that the CC would liaise with the Town Hall Committee on the matter.

Toilets: A member of the public noted that the only publicly available toilets in the village, at the Thistle Hotel, had been closed when needed by a visitor. Cllr Purves explained that the comfort scheme was a voluntary one and therefore there was little that could be done.

Police surgeries: A member of the public commented that the police ‘surgeries’ held recently in Heaven Scent had been a great success and the public are encouraged to support the initiative.

Dog fouling: Concerns were raised about the increase in dog fouling on the village's streets, particularly Bridgefauld Road and South Street. Irresponsible owners were even allowing their dogs to foul in the school playground. Anyone failing to pick up after their pet should be aware that PKC dog wardens are to patrol the streets in plain clothes and can impose hefty fines.

Councillor Reports

Councillor Purves: PKC officers are preparing their savings proposals ahead of the Council setting its budget. However, he stressed that the proposed cuts will not necessarily be approved.

Councillor Robertson: A number of people have come forward who are interested in forming a paths group, with the aim of keeping local paths open and preventing them from becoming overgrown. PKC will provide machinery and training where necessary. It was agreed to add this item to the next CC agenda.

The next meeting of Milnathort and Orwell Community Council will be held at 7.30pm on Thursday, 13 February, 2020, in Milnathort Town Hall. Members of the public are invited to attend.



w telford plastering

free quotations
reliable quick service

‘get plastered with wayne’

92 high street, kinross ky13 8aj
01577 861 903 or 07738 514 342

Portmoak Community Council

News from the January Meeting

Present at the meeting held on 14 January 2020 were Community Councillors (CCllrs) Graham Cox, (Chairman); Susan McGregor (Secretary); Anne Cragoe (Treasurer); Susan Forde; and Dave Morris; and Councillors (Cllrs): Richard Watters and Callum Purves; and; 11 members of the public.

Apologies: Mike Barnacle, Willie Robertson

Approval of previous minutes: The minutes of the meeting held on 12 November were amended as followed and approved. Amendment 1: move an amendment to the minutes of the CC meeting held on 12 November under the heading of the treasurer's report so that it names Malcolm Strang Steel, Bruce Calderwood & Robin Cairncross as the signatories to be removed from all 3 of the A/Cs. Additionally to list by name the 3 new signatories.

Matters Arising

School Access: The CC has responded to the consultation in respect of restricted parking on Buchan Avenue. It noted that at the same location PKC had commented that proposals to revise and improve child safety including marked crossings will be presented separately. The revised school bus service from Scotlandwell to Portmoak Primary has alleviated congestion and parking issues to some extent. The plan from PKC is to put double yellow lines around the corners and scope future changes people might want. Chairman put question to floor for any comments:

Footpath from Scotlandwell to the Church, Hall and beyond: The CC agreed to meet as a small group discussion to decide two or three proposals to take to PKC. Cllr G Cox outlined the situation: there are five options on improving the path way, the discussions are ongoing for 15yrs or more; there appear to be no easy solutions and there are known sensitivities with the five options, some of which are expensive, others lower cost. Compulsory purchase is a potential requirement, but would rather be avoided, if possible. Depending on the option selected funding may come from PKC, or in part from Sustrans who would order a feasibility study once an option was selected. The Chairman invited comments from the floor: again, there was public feeling that this was an essential improvement to the paths network and that the existing path was very dangerous.

Portmoak Cemetery: With securing an additional site to extend Portmoak cemetery, the Chariman explained there are sensitivities on options available, while topographical issues with some options where the land is deemed too steep for access. The Chairman invited ideas/comments from the CC and from the public. There have been recent burials where those people would have liked to be buried at Portmoak but this had not been possible due to the lack of space, so this is a pressing local Community issue.

Rural Transport (Kinross-shire Community Transport Group) Previous meetings of the Transport Group have been poorly attended, however Cllr M Barnacle, and Cllrs S Forde and A Cragoe will attend a forthcoming meeting and then have a working group to discuss progress. Community transport have drawn up a proposal. A decision on the route will have to be made dependant on what the community wants. Will require subsidy.

Hedges: 1) Woodmarch 2) Bruce Road/A911 junction: initial trimming had been effected. 3) Footpath from Easter Balgedie to Kinnesswood: a preliminary cut had been undertaken. 4) Impeded sight-lines to the left at the junction of the road from Wester Balgedie/Glenlomond with the A911.

Woodmarch: The CC had received an email from the new occupants of Woodmarch Hall requesting clarity around

which property, (previously minuted only as 'Woodmarch'), was actually being referred to. The CC thanked the new Woodmarch Hall occupants for choosing to attend the CC meeting and advise about what action had been taken at their property. The CC members agreed that the hedge did now appear to be in order. There were general discussions about path improvements at Woodmarch where the footpath becomes very narrow. The options of a build out of the narrow path into the roadway or widening of the path into the garden area were raised. The CC would undertake further discussion with the Woodmarch Hall residents.

Footpath from Easter Balgedie to Kinnesswood: A member of the public commented that the previous clipping had left thorny branches all over the pavement which were hazardous for dogs' paws when people were walking along the footpath, as well as bicycle tyres.

Impeded sight lines to left at the junction of the road from Wester Balgedie/Glenlomond with the A911.

The CC commented that nothing has been done yet at this location. It is possible for the council to complete the trimming and then charge the owner

Wester Balgedie VAS: The CC noted that the issue had been raised to PKC and confirmation had been received in turn that the Wester Balgedie VAS request had been added to the budget for 2020 and would be considered accordingly. Consultation with the Community Council would be sought from PKC about the exact locations of the VAS.

Kinnesswood Shop relocation to garage and increased pedestrian traffic crossing road at corner: This item had also been raised at Kinnesswood Development Trust meeting on 13/01/20; now the shop is relocating to the garage the public will have to cross when using impeded sightlines, especially when crossing from west to east. Members of the CC felt it was now necessary to look, once again, at the options to build permanent traffic calming measures or site a temporary traffic light. A 20mph speed limit trial through Kinnesswood is due to commence (date tbc). It was noted that a 20mph speed limit would not alleviate the issues of the narrow pavement outside the shop, or the impeded sight lines when crossing the road. The CC agreed to take this up with RKC Roads Dept as a matter of urgency, with a view to new measures being in place by the day that the new shop arrangements came active.

Police Report

CCllrs noted that police have started to hold local meetings, e.g. one held at the Court House, discussed anti-social behaviours. One was also held in Scotlandwell. This does not seem to have been widely advertised and CC were not aware. CCllrs have requested that they be notified for similar local meetings in future and will inform CC. This was seen as



Community Council News

a good initiative as the Police are not always able to attend CC meetings. The Chairman invited comment from the floor on this item: no comments.

PLANNING

New applications:

19/01901/FLL P8- Kinross-shire Erection of a dwelling-house at Land 30 Metres North East Of Arkle Cottage

The CC discussed both this application and **19/01902/FLL** Erection of a dwelling-house at Land 20 Metres West Of Apperigg in tandem as they are on the same site. The CC noted that both applications fit very well in principle with LDP2 as both are infill sites within an existing settlement. However, the style and siting of the dwellings did not seem to be in keeping with the Scotlandwell conservation area, though the designs may be acceptable in their own right. The proportionality and height of the houses seems excessive in the location they are in, and the location set back from the road is not in keeping with other houses within the conservation area. The CC had requested to PKC on 11/12/19 an extension to the consultation date, but had not received any response. The CC agreed that they would register an objection to both application 19/01901/FLL and 19/01902/FLL. Cllr G Cox and Cllr S McGregor to prepare and register an objection.

19/01902/FLL P8- Kinross-shire Erection of a dwelling-house at Land 20 Metres West of Apperigg. Cllr G Cox and Cllr S McGregor to prepare and register an objection.

19/01984/FLL Findatie (Loch Leven cafe) Extension to cafe. Comments by 17 January. The CC agreed that the increase in parking and extra toilet facilities were generally an improvement to the area. It was agreed that no objection would be raised.

19/02053/FLL Shores of Loch Leven (by the Trail) Erection of three Viewing Screens – comments by 24 January: The CC agreed that no objection would be raised.

19/02068 Siting of 2 camping (glamping) pods (note not cabins) formation of vehicular access and associated works. At land 40 metres NE of Leven View, Wester Balgedie.

The CC discussed the application noting several points: the pods are sited close to the settlement which may or may not be in accordance with the Local development Plan (LDP), they also appear to be outside the Settlement Boundary, and may not have appropriately mitigated for effluent treatment. The CC can't comment on the commercial aspects but it was felt that more glamping pods were not required in the area. Residents from Leven View attended the meeting: they had concerns about the siting of the pods behind their house, about noise, and that the planning application was registered against their property. Additionally, an access into the field had been widened and may have undermined a large tree near their property. They had concerns about legalities of the application being linked to their house. The Chairman noted other adverse comment from members of the public present. CC to arrange a meeting with the applicant, and to make comment to PKC, if necessary.

Progress with Developments: Westfield Community Liaison Committee: Report on 27 Nov 2019 meeting

A meeting on 21/11/19 was attended by Cllr D Morris, with most of the discussion being about site security. In addition, it was recognised that the circular path around the site was incomplete and further discussion with Fife Council and an adjacent landowner was needed to resolve this. The issue of smell was raised but assurances had been given by the developers that modern techniques would mitigate this type of waste incineration problem. The project is proceeding and the developers hope to start construction in 2020, with 36 months to complete. The possibility was raised issue re: an off-road route for walking and cycling between site and M90

as had been discussed during the planning application phase. Hargreaves, the developers, indicated that a meeting to discuss this further would be useful. A member of the public raised concerns about lack of knowledge of what is happening at the site as there are three adjacent houses that are affected to some extent by ongoing work. The Chairman offered to enquire as to why minutes of meetings do not appear to be readily available to members of the public. WCllr C Purves confirmed minutes should be public and that concerned parties can make complaints via Ward Councillors or via a CC representative. Cllr Morris also indicated that he had convened a further meeting with Hargreaves and others on 17/12/19 to discuss the potential off-road route. This may lead to a feasibility study probably costing in the order of £15K to £20K. Cllr G Cox to enquire as to why minutes of the main Westfield Liaison Group meetings are not being made public.

Roads: The CC noted: To consider progress with current developments.

Potholes: A911 between Wester Balgedie to fork for Kinross/Milnathort

It was agreed that there are a number of potholes on the road. Request to CCllrs to move this on. There is a facility for notifying of potholes via the MyPKC and identify where they are and fixing will be done. A member of public pointed out that heavy traffic on the roads causes the problem around the drains - the drains need to be off the road. Cllr Watters agreed potholes are an ongoing issue in bad weather. No info from PKC on expenditure on potholes.

High Street – Kinross: The CC noted that in order to permit Openreach works on the above section of road a temporary traffic regulation order be prepared. It is to be effective from the 11 February 2020 for a period of two days. The order will temporarily prohibit all vehicles from parking and loading (both sides) of High Street, Kinross from its junction with Clashburn Road (311822, 701706) to its junction with Number 188 High Street (311848, 701782), a distance of 79.3 metres or thereby.

Paths Group: to note progress. At this time of year, no on-ground action is taking place but work is proceeding to establish a paths map and associated information in the school car park in Kinnesswood later this year. The CC noted reports of damage to the Michael Bruce Way – the path is a muddy mess – due to cattle being present on the hill all winter. DM to discuss with George Lawrie what action could be taken.

Treasurers report: The balance at the end of the month ending 31/12/19 was £582.50. There is £2021.48 in the Michael Bruce Way account. This gives a total of £2603.98.

AOCB

Planning Performance and Fees Consultation – until 14 Feb 2020

The Chairman outlined this consultation is regarding fees going up, more robust policy about planning.

Consultation on Licensing of Sexual Entertainment Venues – response by Monday 6 April 2020

Planning query

A member of public enquired if there was opportunity for CC to get involved at an early stage of planning a new build to discuss any concerns at an early stage when neighbours are being notified? The CC will comment as part of general policy, but it was felt that if they can get involved at an earlier stage, it is helpful to avoid dispute, cost and delay, and this was an ideal approach, if possible, to consult informally earlier.

The next meeting of Portmoak Community Council will be held at 7.30pm on Tuesday 11 February 2020 at Portmoak Village Hall.

MIHAUS

complete kitchen & bathroom solutions

Exquisite Kitchens & Bathrooms
Designed for the Connoisseur

www.mihaus.co.uk

T 0845 982 5486

Mihaus showrooms at:

Unit 5, Suite 3
Lomond Business Park
Glenrothes
Fife
KY6 2PJ

Lewis House
Unit 213, East Way
Hillend Industrial Park
Dalgety Bay
KY11 9JF



DANCE CONNECT

DANCE SCHOOL

BALLET ~ JAZZ ~ STREET ~ TAP ~ HIGHLAND ~ DDMIX

Full timetable of all Dance Styles, Classes and Times

www.danceconnect.co.uk

Please contact us to book a space - Age 18 Months to Adult

@ www.danceconnect@btinternet.com ☎ 07920424925 f Dance Connect



New Pilates Classes

Available to book at our purpose built dance studios in Kinross from May
Day and evening options and private tuition available in mat based pilates
with qualified instructor. Suitable for beginners to advanced and post-natal

For information and to book free individual consultation contact

Rachel Webb - VTCT Level 3 Diploma in Mat Based Pilates

@ www.danceconnect@btinternet.com ☎ 07483824617



* Romantic Castle * Rustic Barn * Festival *

Whatever your wedding style, we've got the space and flexibility to suit.

Tullibole is yours exclusively for the whole weekend so you can enjoy a relaxing barbecue with friends and family the next day.

Visit us for a show round, please email hitched@tullibolecastle.com



TULLIBOLE CASTLE
WEDDINGS & EVENTS

CROOK, OF DUNON, KINROSS KY13 8AA TEL: 01577 862326 WWW.TULLIBOLECASTLE.CO.UK



Consultations by appointments 9am to 11.30am, 4pm to 6.30pm Monday to Friday, 9am to 12.30pm Saturday.

**We're now offering
Puppy Socialisation
classes!**

Give us a call to
find out more.

01577 863328



39 High Street, Kinross KY13 8AA



Like us on Facebook

www.facebook.com/IngIsAlphaVet

Taking you, where you want to be!



Taxis Service & Airport Transfer

Professional Friendly Service
Local And Long Distance
Prompt Reliable Service



DRT

07508 126720

angelascars21@gmail.com



Jackson's
Accident Repair Centre



HAD AN ACCIDENT THAT WASN'T YOUR FAULT?
CALL US FIRST TO FIND OUT HOW YOU CAN SAVE YOUR
EXCESS AND BE IN A LIKE FOR LIKE HIRE VEHICLE
FOR THE DURATION OF THE REPAIR

ACCIDENT REPAIRS

SPRAY PAINTING

VAN LIVERY IN FLEET COLOURS



WE DO IT ALL

FREE NO OBLIGATION ESTIMATES

www.jacksonarc.co.uk

77 OAKFIELD STREET, KELTY, KY4 0BX

01383 830 645

Fossoway and District CC

News from the January Meeting

In attendance at the meeting held on 7 January were Community Cllrs (CCllrs) Sarah Bruce-Jones, Angus Cheape, Trudy Duffy, Carol Farquhar, Carole Haigh, Michael Haigh, Graham Pye and Rob Young; Councillors (Cllrs) Mike Barnacle and Callum Purves; and seven Members of the Public (MoP).
Apologies: Cllrs Willie Robertson and Richard Watters.
Declarations of Interest: CCllr Young declared an interest in planning application 19/01826.

Police Report

There was one incident to note in our area since the last CC Meeting: between 12.30pm and 1.10pm, Saturday 7 December, a wallet and fleece were stolen from a Kia Sorento parked in Vicars Bridge Road, Blairingone.

A MoP reported excessive speed of vehicles through Powmill. There was general agreement that installing 100 metre countdown markers leading up to the 30mph limit from the Crook of Devon direction would help. Cllr Barnacle will investigate if this could be done.

Cllr Barnacle has asked Inspector Kat Thompson of Police Scotland for a meeting to discuss local issues.

Matters Arising

Rumbling Bridge Gorge Bridge: George Lawrie and other members of the TRACKS group have conducted a detailed site visit to assess water levels and produced a design that should ensure the bridge is safe from any future flooding. SEPA's requirement is for there to be least 600mm clearance above their 1 in 200 flood level, and this design comfortably exceeds that. The bridge would have one span of 24 metres and one of 6 to 9 metres. The North landing point of the bridge would be in line with the gate. Copies of the proposed plan were circulated amongst those present.

Representatives of the Army Reserves have visited the site and they have subsequently expressed an interest in being involved in the project, but without committing to a timescale at this stage, although it would probably be a year away. This would approximately halve the construction costs.

SEPA believe that the proximity to the old site would remove the need to submit a planning application, although this is not the view of the TRACKS team. It would also be necessary to do a tree survey upstream of the bridge to check for any potential fallers.

Full costs (if the Army were not involved) would be £75-80k. TRACKS propose to construct a three car parking area which would be used for site office during construction.

The next step is to organise a meeting with the CC and other interested parties to agree the proposed site, followed by release of funds to fund structural engineer's calculations of foundations, creation of drawings, submission of planning application, etc. Additionally, the landowners need to be consulted and their agreement obtained.

In response to a question, George answered that disabled access would be OK from the North side, and across bridge but it would of necessity be difficult on the Crook of Devon bank as there are steps. Cllr Barnacle suggested that an approach should be made to PKC's Community Greenspace group to see if they can do something about the steps, hence making the bridge and paths generally accessible.

Powmill in Bloom: In November the group reported that PKC were not cutting the verges in Powmill. Cllr Watters investigated this, but was told that the verges are too narrow to be cut safely. CCllr Farquhar reported that the group has recently planted ten and half thousand bulbs!

Powmill Play Park: CCllr Farquhar reported that there is new

equipment installed, and the site looks very promising as work continues.

Crook & Drum Growing Together: In November, Amanda James, chair of the group had contacted the CC requesting assistance with progressing planned work at the corner of West Crook Way. Cllr Watters took an action to look into this and as a result PKC's Greenspace team met the Bloom group on 22 November and the work has now been done.

Fossoway Area Transport/DRT: Cllr Barnacle reported that there have been two meetings to discuss this, but both were very poorly attended. There is a PKC wide transport forum on 16 January at LLCC. Cllr Barnacle aims to set up another local meeting in February.

A977 Mitigation: Cllr Barnacle noted that there's still over £200k of identified projects to be executed, including B9097 realignment in February, School Road junction in March, and Gateway Features and Drum Signalisation in July. CCllr Duffy asked the Councillors how potholes were supposed to be fixed – Cllr Purves replied that the process is that they should be done properly by cutting out and filling, but urgent ones might be fixed temporarily.

Crook Moss Travellers Site: Cllr Barnacle, CCllr Farquhar and Mr and Mrs McGregor from the Traveller's Site, had an informal meeting before Xmas – They decided that it would be useful to have an official meeting, which will be held at 10am on 14 January at 2 High Street, Perth, including Cllr Barnacle, CCllr Farquhar and the McGregors along with representatives from the police, PKC's planning department and SEPA. The intention is to discuss outstanding planning issues and to try to address some aspects of the site's appearance. It may be possible to explore the potential conversion of the site from a traveller's site into an affordable housing site.

Blairingone War Memorial: An LBC application (19/01944/LBC) has been made by Profile Projects. See below.

New Business

Bartholomew McLaughlin: The CC was contacted by a member of the Shetland Community Trust, who is researching the history of Bartholomew McLaughlin, also known as Bert McLaughlin, who was the minister of Blairingone Church from 1939 to 1958. The Trust would be interested to hear from anyone who knows anything about Mr McLaughlin. MoPs suggested several locals who might know of him, and they will be contacted.

Proposed 40mph Speed Limits on A977: PKC intend to create two new sections of 40mph limit: (1) East of bend after Blairingone, where 30mph limit ends, to just past Craigend junction. (2) West of Crook of Devon, from end of existing 30mph limit to just past Briglands Farm access. Comments were needed by 6th December, however as the CC was not constituted at that time it was not possible for us to comment. However, it was thought very likely that this would meet with general approval, and hence the previous CC members did not think it necessary to ask for an extension to the comment period.

Community Council Business

CCllr Cheape attended a meeting of the Kinross-shire fund on 2 December – two grants were made to other areas, but CCllr Cheape pointed out that the fund has a healthy balance available for applications. CCllr Duffy reminded the meeting that other sources of funding are available.

CCllr Farquhar said there was to be a meeting of the Sports Hub on 9 January but she was unable to attend.

CC Political Impartiality: During the run-up to the last General election the CC posted an announcement of a public meeting by one of the candidates on our Facebook page. We were advised by PKC's Community Planning Policy Team

Community Council News

Leader that this could be considered to be an endorsement of that party and it should be removed. On seeking further clarification from PKC it was agreed that events such as hustings open to all parties could be advertised by the CC, and after an election notification of surgeries of sitting Members would also be acceptable.

Councillors' Reports

Callum Purves: Cllr Purves noted that annual budget process has started, although the current difficulties with the timing of the Westminster budget may cause some problems.

Mike Barnacle: Cllr Barnacle has been discussing with other members a proposal to review the budget in two stages, firstly to hear proposals from the Officers, and then a week later vote on them, which would allow time for sensible discussion. He believes that there may be a fairly wide degree of support for this idea.

The Local Councillors wrote to the Scottish Minister about the conduct of the Local Plan review by the Reporter. Unfortunately, the response failed to address any of the stated issues.

Cllr Barnacle distributed letters to 100 residents of Blairingone to see if there was any enthusiasm for acquiring the school for the community. Regrettably there were only three replies. Consequently, it appears there is no local interest in retaining the building, so PKC can choose to dispose of it.

Planning Matters

19/01760/FLL Erection of a dwelling house and garage at land 50 metres south-west of Mitchell House, Main Street, Crook of Devon, no CC comment.

19/01826/FLL Demolition of agricultural buildings, erection of a dwelling house and extension to stable at land 20 metres north-west of Coach House, Tullibole Mill Farm, Crook of Devon, no CC comment.

19/01881/IPL Residential development (in principle) at Land 80 metres north-east of Powmill Milk Bar. The CC will object on grounds of being outside LDP2, flood risk and road capacity. Several MoPs present at the meeting had also objected to this proposal. Cllr Barnacle had spoken to the planners and they are intending to refuse the application under their delegated powers, although there is still the possibility of the applicant appealing to the LRB. A MoP asked how they can prevent the applicant continuing to make applications to develop this land. Cllr Barnacle suggested that creating a Community Development Trust would definitively record the views of residents, and possibly enable the land to be acquired for the Community's benefit.

19/01921/FLL Alteration and extension to dwelling house and formation of raised decking area (in part retrospect) 3 Riverside Lodges, Main Street, Crook of Devon, no CC comment.

19/01944/LBC Relocation of war memorial and associated works at Blairingone Church, Blairingone. The CC will write in support of this application.

19/02066/FLL Erection of a dwelling house (plot 1) at Land 30 metres south of Crook of Devon House, Main Street, Crook of Devon. This application only arrived on the afternoon of the meeting so will be discussed by email.

Decided Applications

19/01512/FLL Alterations and extension to dwelling house and erection of replacement garage Smiddy, Main Street, Blairingone, approved, no CC comment.

Appeals

19/00473/IPL / TCP/11/16(615) Residential development (in principle) at land 110 metres south-east of 3 Birkfield Park, Rumbling Bridge. Dismissed at 12th November LRB - The CC had objected to this application.

Fossoway & District CC minutes are posted on the website

www.fossoway.org

and on their Facebook page, along with other community related information. Search for Fossoway & District Community Council on Facebook.

Correspondence

All correspondence was available for viewing: The CC received copies of some objections to application 19/01881/IPL; The Gannochy Trust are holding a fundraising roadshow between 9.30am and 11.30am on 16 January at Kinross Parish Church – see www.eventbrite.co.uk/e/the-funding-roadshow-event-5-kinross-tickets-82955978565 to book. There are also other locations.

AOCB

CCllr Duffy has information about creating a Community Development Trust – interested parties should contact her to start the process going. Cllr Barnacle has experience of, and some information, from other trusts.

A MoP suggested that as we no can longer hold meetings at Blairingone School that we are perhaps restricting our locations too much and we should consider holding meetings elsewhere. The CC welcomed proposals from anyone as to how we should best geographically distribute the eleven meetings each year, with the only restriction being that school premises are only available during term times.

The next meeting of Fossoway and District Community Council will be held on Tuesday 4 February at 7.30pm in Carnbo Village Hall. All welcome.

The Kinross Newsletter

by the community, for the community

all profits are given away to local good causes

Need Equipment for a Community Event?

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

Items are listed on www.kinross.cc at:

www.kinross.cc/equipment_hire/equipment.htm

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

ADVANCED DENTURE COMPANY Ltd.

For DENTURES & DENTURE REPAIRS

A wide range is available; from basic quality, to high quality **COSMETIC DENTURES**.

All produced in close consultation with the skilled technical craftsman.

NO REGISTRATION

NO LONG WAITING LISTS

A.D.C. MOUTHGUARDS

Sports mouth guards

Night protectors for tooth grinders, can also be used to cure certain types of tension headaches.

Ian Mackay 01577 864751

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.

TICK TOCK

Clock & Watch Repairs
(by appointment only)

4 Dean Acres, Comrie, Denfermline KY12 9XS
M: 07870 913004 E: ftticktock@aol.com
FRED TURVEY

G H FLANNIGAN

PROPERTY MAINTENANCE

We specialise in all aspects of Property Maintenance
Including: Re-roofing, Flat Roofs, UPVC, Harling,
Interior and Exterior Painting, Groundworks, Etc

FOR A NO
OBLIGATION
QUOTE
PLEASE
CALL

LOCAL FRIENDLY SERVICE • PRIVATE & COMMERCIAL
Mob: 07880 952 733 • Tel: 01577 524158
Email: ghflannigan@icloud.com



J&D Funeral Directors

We care for your loved ones

7 South St, Milnathort. KY13 9XA

Personal 24 hour service.
01577 208070
jdfuneraldirectors@gmail.com
www.jdfuneraldirectors.co.uk


Loch Leven Laundry

- Washing
- Ironing
- Dry Cleaning

Pick up & Delivery Available


Phone: 01577 861 795 / 07 999 510 500

Open Monday to Friday 8.30am to 5pm & Saturday 9.30am to 2pm
77 High Street, Kinross, KY13 8AA (Opposite Sands the Ironmongers)



HUMAN RESOURCES SOLUTIONS


Providing the right people solutions and services to enable your business to grow



**CONTRACTS OF EMPLOYMENT / HR POLICIES /
DISCIPLINE & GRIEVANCE / TRAINING / RECRUITMENT**

Whether you are looking for regular support instead of having an in-house HR function, require project-based support, or you are looking for short-term additional HR resource, Rubix HR can help.

t. +44 (0)7793 038271
e. kimberley@rubixhr.com

 rubixhr.com

G. SINCLAIR

TV ■ AERIAL ■ SATELLITE SALES ■ INSTALLATIONS ■ REPAIRS

 Freeview   Freesat

FREE ESTIMATES ON ALL ITEMS BROUGHT TO THE SHOP
GOOD SERVICE IS GUARANTEED AT ALL TIMES

34/36 MAIN STREET, KELTY TEL: 01383 830 476
Mobile: 0775 9619666 E: sinclairtv@yahoo.com



Experience Nia

A fusion of dance, martial arts and mindfulness—fitness you can love.

9:15am Mon @ Loch Leven's Larder
7:45pm Tues @ Milnathort Town Hall

www.niadance.co.uk



GILLIAN FORBES STONECARVER

BESPOKE
HANDCARVED MEMORIALS
AND LETTERCUTTING

www.forbestonecarver.com
email: gilliancforbes@hotmail.com

01577 830754

KIPPER HIRE

SCOTLAND'S ARB MACHINERY CENTRE

Sales • Hire • Parts

We are a family-run business specialising in the hire and sales of arboricultural machinery, including wood chippers, stump grinders, log splitters, saw benches, mini-loaders & skid-steers.



☎ 01577 524 007 ✉ office@kipperhire.com

🏠 4 MacDuff Place, Kinross, KY13 8FU.

HGS garage doors

The garage door specialists

Your independent LOCAL family firm serving
Perthshire, Stirling, Fife & Kinross since 1993



supply - install - repair - automate

All types of garage doors

01738 444486

email: info@hsgaragedoors.co.uk
www.hsgaragedoors.co.uk



TYREFAIR



Fixed prices on every job
Same day service on most items

Fast friendly & expert advice

Huge range of winter tyres
and free advice available

Competitive prices

BRAKES
EXHAUSTS
TOOLS
GIFTS
STEERING
SUSPENSION
ACCESSORIES

Tel: 01577 865 656

Mon to Sat 8.30am to 5.30pm,
Sundays 10am to 4pm.

www.tyrefair.com

Unit 11 Bridgend Ind. Est. Kinross KY13 8GA

Club & Community Group News

Kinross-shire Historical Society

From Jummock's Deep to the Thrapple Hole

Dr David Munro 9 Dec 2019



Dr Munro has been giving the Christmas talk to Kinross-shire Historical Society for well over 40 years. This year's talk was centred on the names found in and around Loch Leven. He said that now with our own museum in Kinross, researching local subjects can be done from the archive of documents, maps and photographs held there rather than having to travel to libraries and archives around the country.

Starting with Loch Leven itself, it was first shown on Blaeu's map of 1654 as Loch Levin and the name was taken from the River Leven, meaning smooth and flowing. The first reference Dr Munro could find to the river was from 11th century in a quote about River Levine. Andrew Wynton in around 1400 said that he had been 'made Prior of the Inch within Loch Leven', a reference to the loch and an island within it. A map drawn in 1808 by John Bell, needed for the lowering of the loch, names more islands including Paddock Bower which no longer exists because of the lower level of the water. A bathymetric survey done in 1900 named more islands but there is little idea of the derivations of the names. Each map produced as time moved on introduced new names or changed names.

Because of the importance of fishing in the loch, maps were made to show the 'sets' where the nets were set up for fishing. There were many sets around the loch, by St serfs Island or the Inch, by Castle Island and by the shores on the different sides of the loch. The sets were well known and even appeared in legal documents.

David Marshall was Tacksman on the Loch. The museum now has his diaries from 1847-58. They are full of information relating to the fishing. He gives the catches of the different kinds of fish and the sets, the weather of the day. Some entries have as many as twelve set names given.

The fishing on the loch changed in 1873 when the new regime of angling took over from netting. This kind of fishing was affected by different things such as the drift caused by the wind on the loch. The names now given were points of reference on the loch rather the position of a set. New maps showed the new names that came into use instead of the sets. Most maps continued to show position of the shallow water and the deep holes but there is a continual change bringing in new names while some of the old ones fall from use.

Dr Munro answered a few questions from the members and then Ian Smith gave the vote of thanks. He said it had been a treat to hear the talk, shedding a different light on the loch, and entertaining everyone with fine stories and illustrations.

World War One; The Aftermath

On Monday 20 January, Lieutenant Colonel Andy Middlemiss spoke on the topic of 'World War One; The Aftermath'. The talk covered many aspects of life after the war for the servicemen who returned home. It incorporated words written by returned soldiers which were read out by audience members.

After stretching from 1914-18, the armistice for World War One only stopped the fighting. The Treaty of Versailles was drawn up in June 1919 but was not ratified until June 1920; nearly two years later. Then the war had finally ended.

The Jocks suffered wounds, terrible conditions and deprivation during the war. Their expectations of coming home to a country for heroes were not met. They found that the country had changed and that there was nothing for them; no work and no money.

Over three million were killed, injured or missing from the British forces. Some who returned felt survivor guilt and sadness as well as relief and pride. There was also the flu pandemic which affected the country badly.

The fields of battle had to be cleared and returned to farmland. The bodies had to be buried and, by the battle sites in France and Belgium, graveyards were put in place. Some have huge arches listing the names of those who lost their lives.

Meanwhile, at home, towns and villages erected their own war memorials. Some villages in England and Wales were lucky to lose no one in the war and they were known as 'Thankful Villages'. However, there were no such places in Scotland as all lost members of their communities

People started to visit the battle sites but this was dangerous because of the amount of unexploded bombs remaining. About twenty people each year were killed by World War One ordnance and remains from the war are still being found to this day. Lieutenant Colonel Middlemiss showed a slide of a KOSB badge on fabric that was found on a Belgian building site last year, over 100 later.

There was no employment for the returning soldiers. Their service for their country did not count as far as getting a job was concerned. Children didn't know their fathers and poverty was rife. Injured and limbless soldiers had to be looked after. The Erskine charity for Limbless Sailors and Soldiers was set up. Earl Haig set up poppy factories.

The role of women had changed during the war as they had to do all sorts of jobs previously carried out by the men who were away in the army. Women's football became a big thing; ladies' football leagues were set up and huge crowds attended the matches. However, when the war ended, their football stopped too.

CERAMIC TILING SERVICE

A large range of wall and floor tiles for supply and fix

or

You may require a labour only service

Free estimates

Phone **GEORGE BIRD Kinross 862253**

Piano Tuition for all ages and abilities

Local teacher with over 35 years' experience from
complete beginners to retirees.

School exams a speciality.

Please contact: Mrs Michelle Smith 07925 267997

CALEDONIA PLAY

THE NATURAL WAY TO PLAY



Beautiful Timber Play Equipment

Your local supplier of quality wooden play equipment for gardens, schools and holiday destinations.

We supply UK wide.

Order online, email info@caledoniaplay.com or call us today on 01577 840570.

www.caledoniaplay.com

Andrew Baillie

SOLICITOR & NOTARY PUBLIC



103 HIGH STREET, KINROSS KY13 8AQ

T: 01577 861000 www.andrewbaillie.co.uk

E: andrewbaillie@btconnect.com

HOUSE SALE & PURCHASE

COMMERCIAL LAW

REMORTGAGE

COMPANY INCORPORATION

WILLS

COMPANY SALE & PURCHASE

EXECUTRIES & TRUSTS

PARTNERSHIP



JLS associates

Independent financial advisers

PLANTING
THE
SEEDS
FOR A SECURE FUTURE



Let us help you manage your wealth and achieve your financial goals.

JLS Associates, Mansfield Stables, Strathmiglo
Cupar, Fife. KY14 7QE

Tel 01577 861341

Email gordon@jls-associates.co.uk

www.jls-associates.co.uk

Jls associates is authorised and regulated by the financial conduct authority

KINROSS CONVENIENCE STORE

GREEN ROAD, KINROSS



MON - SAT 7.30AM - 9PM

SUNDAY 8AM - 5PM

LOTTERY FAST & EFFICIENT

Pay point - Electric Tokens - Gas

E-Top Up & Postage Stamps

Bill Payment Service Available

GREAT PROMOTION DEALS

GENERAL GROCERY - CONFECTIONERY

WINE, BEERS & SPIRITS - NEWSAGENTS

LARGE SELECTION OF GREETINGS CARDS

Remember we are here for convenience shopping

All Credit and Debit Cards accepted

TELEPHONE: 01577 862691

Portmoak Film Society



Our first film of 2020, the 2002 French documentary *Etre Et Avoir* (To Be and to Have) garnered a 91% satisfaction rating on the bean count. It might be called a 'slow film' in the sense of 'slow food' compared to a McDonalds, as it follows the teacher at a one-room schoolhouse in rural France through one year with his handful of pupils aged 4-11 years. It takes us into an intimate childhood world of play, conversation and early learning.

February's film, *Free Solo*, released in 2018 is also a documentary but packed with nerve-tingling action which will have you holding your breath as you watch Alex Hannold climb 3,000ft El Capitan in Yosemite national park, California, without ropes. It's a true story and fascinating not only for the climb itself but for the portrayal of the climber's internal life as he trains for the ultimate ascent. If you're into extreme sports (or just the adrenalin rush of watching), don't miss this film! It will be shown on **Saturday 8 February** in Portmoak Village Hall, Scotlandwell.

Films start at 7.30pm and are followed by hot drinks and refreshments. Use your membership card to get in (available from Stuart Mackenzie at the Pottery in Kinnesswood: 01592 840638) or pay £6 on the door. Newcomers and regulars all welcome!

To find out more about the featured films and 2019-20 dates, visit: www.portmoakfilmsociety.org.uk

A NEW NAME & A NEW WEBSITE

THE HAPPY DOG COMPANY

Established 2007

Dog Walking and Pet Care Services

Claire Murison BSC (Hons) Animal Science

10 years Vet Nursing Experience

Insured & References Available

Tel: 01577 830588

claire@thehappydogcompany.net

www.thehappydogcompany.net

The Happy Dog Company is also on Facebook

Kinross and District Probus Club



Changing Lives Through Sport and Activity

Presentation by Kirsteen Ross (December)

When the 2014 Commonwealth Games were held in Glasgow, one of the main aims of the Scottish Government was to ensure there was a clear 'Games Legacy' and that sport would be at the forefront of much of the Government's future plans.

Kirsteen gave us an insight into the work she has been involved in, and specifically the development of Community Sports Hubs. These have been set up to get more people involved, understand community needs, provide leadership, offer a range of sporting options and most importantly get organisations to work together.

A shining example of how a Hub works was demonstrated by Kirsteen as she told us about her work in North Perth. Working with Perth College and the local community it was a very difficult start trying to get people from a deprived area to become active and participate in sport. The breakthrough eventually came and the Hub has been used as a template for other areas, setting an example for all.

In Kinross the Community Sports Hub is very active, and Kirsteen highlighted a number of its initiatives. Park runs are now a regular feature for many local residents with a 2k kids run on a Sunday and All Age 5k on a Saturday. Cycling without Age has been set up and provides Tricycles which take mainly older residents out for a run, a fantastic way of getting folk out and about and helping to tackle social isolation. Plans for a new all-purpose skate park are being developed which will encourage more usage by a wider age group.

So 2014 may seem a long time ago, but the vision of Scotland benefiting from the Commonwealth Games remains alive and well. A vote of thanks was given by John Pleass.

PLANNING AN EVENT FOR YOUR COMMUNITY GROUP?

Check your date in the diary at www.kinross.cc/diary to avoid clashes. Email admin@kinross.cc to have details of your event entered in the online diary.

I. W. JOINERY

For all your joinery requirements

- DOORS - Internal & external
- WINDOWS - Double glazed & velux
- STAIR PARTS
- SKIRTING - DADO - FACINGS
- FLOORING - laminate & hardwood

quality work at a reasonable price

Call IAN WASHINGTON
01577 865047 07870 291 783

STEVIES GARDEN SERVICES

SLABBING MONOBLOCKING FENCING

GRASS CUTTING
WEEDING
HEDGES

PRUNING
PAINTING
POWER-WASHING

FREE ESTIMATES AND ALL WORK DONE TO YOUR OWN SPEC.

CALL STEVIE ON 01577 863 038 or 07912 614 621

Probus Club (cont.) Retail in the Rural Economy

Presentation by Robin Niven (8 January meeting)

Robin and his wife Emma took on Channel Farm in 2002. They noticed that there were a lack of Scottish restaurants, only pub grub, and no local destinations selling their vegetables. There was a convoluted supply chain and farmers were at the bottom of it. The farm was originally farmed by Robin's maternal grandparents. The company now has three family farms; Tarhill, Burleigh and Channel.

Loch Leven's Larder was born from the frustration of retailing vegetables but never seeing them in their stores and struggling to find family destinations with seasonal produce. It started with a small cafe and a farm shop to act as a shop window to sell the vegetables. Now they have a food hall and deli, offer outside catering, gift shop, cafe/restaurant, outside Lodge house for private dining, two pods and are home to Kinross-shire County Cricket Club and Loch Leven Park Run.

They established the business on the ethos of traceability, provenance, seasonality and sustainability. Recognising the importance of these values to their customers, they were buzzwords a decade ago with the onset of the TV chef, who has done a remarkable job in raising the profile of rural diversifiers and artisan foods. Delivering the highest standards of customer service has been a key component of the Larder's success and Robin was keen to explain how he and Emma are continually training and developing their workforce. They put a great deal of emphasis on supporting the community, creating working relationships with Heriot-Watt University, Kinross High School and Portmoak Primary.

Loch Leven's Larder is a local business that has grown out of a traditional agricultural background and developed into a thriving enterprise. It has not forgotten its roots, and is clearly a valuable local destination, which strongly supports the economy, employment and helps put Kinross-shire on the map.

A vote of thanks was given by David Aird.

Kinross & Ochil Walking Group

(Affiliated to Ramblers Scotland)

Living on your own? Children left home? Finding it difficult to fill your weekends? We'd love you to come out walking with us. We are a relaxed and sociable group who are always very happy to welcome new people on our weekend walks. What better way to cheer yourself up during the winter months than by getting out into the open air and exercising? So, do come along and try out a walk or two to see if you'd like to join us. We operate car-sharing but it is not essential to have a car.

WEEKEND WALKS

Sunday 2 February. Dundee: Monikie to Crombie Circular, 9 miles

Walking on tracks through woods to Craigton and Crombie Country Park, returning via East and West Hillhead.

Saturday 15 February. Blairadam and Cowden Hill, 8 miles

A walk through Blairadam forest on good paths, passing Blairadam House and Walled gardens. We head then towards Nivingston Road and on to the Cowden Hill loop.

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

TUESDAY SHORT WALKS

Due to an influx of new members and the large number of people now walking with us, we regret that at present we cannot accept any new walkers on a Tuesday. We would, however, be very pleased to welcome anyone interested in trying our weekend walks.

Tuesday 11 February. Letham Glen, Leven Beach & Silverburn Estate.

A wander through Letham Glen, a walk along the beach and then through the Silverburn Estate.

Tuesday 25 February. Bridge of Earn: Dunbarney & Silver Walks

A walk through Dunbarney Estate, passing its mansion house and walled Gardens. On to the former spa of Pitkeathly and back through woodland and on the road.

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

Winnie's Toy Appeal, Milnathort Church

Winnie Muvunyi's pre-Christmas Toy Appeal was a great success! Thanks to the generosity of Kinross-shire folk the Alpha Academy in Kigali Rwanda will once again be gifted with educational toys, books, musical instruments and playground equipment. These will be replacing what Winnie received from her friends in Scotland 14 years ago when the nursery was first established. There are still no affordable educational toys in Rwanda.

The establishment of a nursery has done far more than providing the children with a safe educational place to play. During Winnie's visit in October we learned that the devastating effects of the 1994 genocide still ripple through to today. Many in her community are suspicious of one another and avoid communication. The creation of a pre-school nursery like the one her children attended in Scotland has brought mothers together with positive results. They have begun to trust each other, socialise and work together sharing what they produce to raise money for their families.

The task now is to help Tina and Norman, Winnie's amazing hosts and 'toy keepers' to fundraise enough to cover the cost of shipping what has been collected. The current estimate is £2000 for a pallet of large boxes that are packed and ready to go.

Tina has already received over £700 in donations from generous individuals and groups and a fundraising event 'Family Fun for Rwanda' has been planned for 23 February (see notice on p97.) Three of us are doing our bit with a sponsored slim. The aim is to each lose up to a stone (14lbs) by 23 February. Here's your chance to support 3 good causes:

- a healthier Tina Mart, Marg Meade and the Very Rev. Angus Morrison!
- a happier Norman Mart who wants the space back in his newly built man shed
- a well equipped nursery in Kigali

To sponsor the slimming team or donate, please email orwellandportmoakchurch@gmail.com, call 01577 861200 or pop in to the church office in Milnathort at 29 South Street. Join us on 23 February for the final weigh in!

Crook & Drum Growing Together



During the wind and rain of mid-January, we are looking forward to the spring and a new growing season. Snowdrops are already showing their shoots; look out for the hundreds of snowdrops which we planted in the grass area in the middle of Drum last year. These will be followed by crocuses in the bed on the Green and Naemoor Road, and daffodils on verges and in Penny's Wood.

Judging for the Well Kept Village competition will be in March this year, when all the spring flowers will hopefully be at their best.

We have ordered summer bedding plants for our planters, and will be asking residents along the main street in Crook of Devon if they would like us to provide a hanging basket for them to tend over the summer. We would welcome any other help from local residents who could 'adopt' a barrel or planter near them. This involves watering and taking off dead flower heads, to keep them at their best. We now have over twenty planters and a very small group of volunteers! We will also be extending planting of wild flowers in the villages.

In December we held a fundraising Christmas wreath workshop once again. It was attended by 22 ladies and two youngsters. We all enjoyed the event and everyone went home with a unique and beautiful natural creation. Thank you to everyone who came along and helped with this event.

For some time, we have been discussing with PKC Green space team about an untidy corner on the A977, beside West Crook Way, where shrubs had become overgrown and weedy. We held a site meeting with PKC officers, two Councillors and a local resident and agreed a plan of action. The Unpaid Work Team (Community Service) from Perth brought several teams of workers over one weekend and they have completely removed all shrubs and visible weeds, leaving 2 attractive trees. We are very grateful to them for their help with this.

Some of the weeds will re-sprout in the spring from roots left in the ground, but PKC will weed kill these as required. This will leave us with a blank canvas for new planting.

It is proposed to seed the front area with grass, to be mown with the existing grass, and the back with a wild flower mix which would only be cut each autumn. We may also plant some new interesting shrubs, which our volunteers will maintain. We hope that this will be attractive for residents, and visitors at this 'gateway' to the village from the west. It will also encourage bio-diversity and be easy to maintain. We have circulated residents of West Crook Way with information about our plans and would welcome any comments from them, or other local residents.

Please let us know your ideas of any ways we can enhance the environment around Crook and Drum. Details of our activities are also posted on the Fossoway Forum and our own Facebook page.

Common Grounds

www.spanglefish.com/
commongroundscharitycafe



The auld year ended on a high with our craft stall raising a record sum of £1000 in spite of the awful weather! This was followed with an equally successful Christmas raffle morning. With around fifty present to enjoy the fruit punch, tasty nibbles, cakes and festive carols, the raffle raised £196 and



Before and after pics from the Unpaid Work Team

Teddy was full with generous donations. A huge thank you to all the volunteers, friends and customers of both events for all their hard work, donations and loyal support which led to such worthwhile results.

We are now looking forward to our Valentine's morning on Friday 14 February when Valentine treats will be on offer; either on your own or making a date with your loved ones and friends, come along for a relaxed, friendly time! All will be assured of a warm welcome.

Projects: Our project for February is KidsOR, an Edinburgh based charity founded in January 2018, although it had been doing similar work under a different name prior to that. Their goal is to create a world where every child has equal access to safe surgery. The charity now works in 16 countries where they support local surgeons with the correct equipment to allow them to care for their patients. They have provided the capacity for nearly 13,000 operations, installing the first and only paediatric operating room in Rwanda, a country with a population of over 5.1m children. An installation in Tanzania helped to wipe out a three year waiting list for elective surgery in less than three months. They also work in countries such as Sierra Leone, Ethiopia and Malawi.

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

Contacts outside of opening hours are Elspeth Caldwell (Convener) on 01577 863350 and Linda Freeman (Secretary) on 01577 865045.

Need Equipment for a Community Event?

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

Items are listed on www.kinross.cc at:

www.kinross.cc/equipment_hire/equipment.htm

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

Kinross & District Rotary Club

www.ribi.org



December was a busy month for us and featured a diverse range of activities, events and speakers. We had no scheduled meetings for the first couple of weeks of the year as we have been 'scattering' to visit other clubs in Falkirk, Anstruther, St Andrews, Cupar and Tayport. It is interesting and useful to explore other clubs and enjoy the renowned fellowship of the Rotary organisation.

Recent Speakers

On a cold and frosty December breakfast meeting, Rotarian Jo Middlemiss transported us to warmer days and positive outlooks as she described her experiences of the Camino de Santiago – a network of pilgrims' ways leading to the shrine of the apostle St James in the Cathedral of Santiago de Compostela in Galicia, north western Spain.

Tradition has it that the remains of the saint are buried here. Its origins are in the middle ages (when pilgrimage was a way of cleansing sin) and has seen a revival since the 1980s.

It is now seen to have various benefits including spiritual, religious, gratitude, to be still, to slow down, to achieve something, to make connections. Each pilgrim carries a scallop shell (St James' boat was covered with shells) and the route way markers are embossed with shells. At one point there is even a wine fountain!

Jo and her husband Andy had recently suffered the loss of their beloved son, Oliver, and found some solace and peace on their walk. They also enjoyed the camaraderie and mutual support. Walkers greet one another with 'Bon Camino' and help each other along the way, enjoying spectacular views, good food and wine. Jo inspired listeners to start planning that trip.

Our next speaker was Rotarian George Lawrie. Last summer, George embarked on a tractor tour to mark the 20th anniversary of the Royal Highland Educational Trust which aims to 'bring the countryside to the classroom, and the classroom to the countryside'. As Chairman of RHET, George set himself a challenging agenda of visiting 12 schools (two each day) travelling by tractor, mostly at night. He was lent a tractor which was decorated as a



George Lawrie on his travels

Highland Cow. Kevin Paxton of Artfe created a stunning sculpture of 'Curly Soo the Highland Coo'. It was made out of discarded plough metal which George collected prior to the event and travelled in the trailer, attracting great attention.

George spent two hours at each school, meeting 1400 pupils in total! Each school was given the chance to name the tractor; the winning school was Crawford Primary with their name 'Mooosy Ferguson'.

Despite the long distances between schools and his method of travel, George was never once late and there was only one puncture. The trip ended at the Royal Highland Show. George covered a total of 705 miles and raised £12,850.

Moreover, he raised awareness of RHET's important work in providing free educational opportunities for children about where their food comes from and making them more aware of the environment around them. Great work, George!

President Phil Teale provided us with an enthusiastic description of Istria, the peninsula located at the head of the Adriatic, which he described enticingly as 'the Med as it used to be'. It provides a variety of experiences; coastal, historical, hill towns, wine growing. It is known for the highest quality of truffles and pure olive oil. There are Roman and Venetian influences in this area and the long coast means a strong fishing culture. Phil supported his talk with some

stunning photographs. Sounds like a wonderful holiday destination!

Recent Projects

Message in a Bottle

These potentially life-saving bottles were displayed and distributed at our Rotary stall at the festive street market in November. They are still available at the health centre, local pharmacies and village shops. We were delighted to receive reports that these bottles have already been used successfully in the community! Rotarian Barry Davies has done a great job in leading this project. Please pick up a bottle if you still require one.

COMMUNITY WEBSITE

For contact details of

*community groups
hall bookings
job vacancies
classified adverts
leisure facilities
visitor information*

and much more,

visit

www.kinross.cc



Young Musicians: L to R Gregor Koziel, Eleanor Baughan, Lindsay McBride

Rotary Young Musicians Competition

The local heat was held at Kinross High School on 11 December. It was a great evening of music, featuring very talented competitors, and good club and parental support. Thanks to those who attended.

The judges were Barry Douglas from KYTHE, local music teacher Isobel Watt and Major Craig Burns of the Highland Band of the Army. We are very grateful to them and to Paul Rosie and Craig Scrimgeour of KHS Music department for all their help in running this great event. After a hard fought and very close competition, we congratulated the following:- 1st Eleanor Baughan, violin; 2nd Gregor Koziel, trumpet; 3rd Lindsay McBride, violin.

Eleanor now goes on to represent Kinross at the district finals in our own Community Campus on 25 January. Sincere thanks go to Brian Timms who worked with the school to organise this highly successful event. He was a terrific compere.

Santa's Sleigh

Santa was pleased to meet so many of you on his travels in December. Despite some wet and windy weather, Santa and his sleigh visited the festive street market and enjoyed the 'Lighting Up' ceremony, followed by all the scheduled destinations in Kinross-shire. Thanks to all our helpers who came out to meet us and who donated to local causes. Santa is now back home and still drying off his clothes. He'll be back next year!

Party Time

On another wet and windy December night in Kinross Church Centre, the

residents of Causeway Court and Whyte Court were transported back to the 1960s by Rotarians and guest artists with a 'White Heather Club' style evening's entertainment of Scots songs and music. The recently formed Kinross High School Ceilidh Band made their first public appearance, and even 'Chic Murray' put in an appearance!

Nan Cook and her centre staff laid on a delicious supper and organised the centre buses to ensure that everyone was returned home safely.

The club's own annual Christmas party took place on 16 December at the Kirklands Hotel. Members and partners had a great evening of fun and lovely food. Thanks as always to the staff of the Kirklands who look after us so well. Games were played, quizzes were held, carols were sung, the Rotary choir performed, various turns were performed and moustaches were judged!

This year several members of the club held an extended Movember which

ran through November and right up to the party. This was to raise funds to contribute to men's health. To encourage participation, the cost of not growing facial hair was double that of growing it. We want to thank Shona and Linzi from the Kirklands for judging and we hope they have both recovered now! The winner was Barry Davies who earned it by painting his effort with silver sparkle nail varnish; sounds like that could have been painful to remove!

Honours for Jo

We were thrilled to hear that Rotarian Jo Middlemiss was awarded an MBE in the New Year's Honours list for her exceptional work on the Ethiopia Medical Project.

Jo writes on p17 in this edition about her work in Buccama. Kinross Rotary Club is delighted to present her this month with a cheque for £4000 to support this life-changing project. This money was raised with the support of a Rotary District Foundation Grant as well as monies collected locally by the club.

We have been eager to support this project over the years and we know that this honour is very well-deserved. Well done Jo!

For further information on the Ethiopian Medical Project go to www.ethiopiamedicalproject.com

An Invitation to Join Us

We are looking forward to new projects, activities and events in 2020. Why not come along and join us for a warm welcome and excellent fellowship?

If you would like to join us for a meeting, please contact our club secretary, Dugald McIntyre, at secretary.krdc@gmail.com or check our Facebook page.



Moustache Competition

Kinross Bridge Club



Christmas party results

We had a record turn out of eight tables at our Xmas party bridge evening! The winners were as follows:

1st	<i>North South</i>	Bob Robertson & Elaine Mitchell
2nd	<i>North South</i>	Jim Marshall & Sandy Greenhill
1st	<i>East West</i>	Liz Pottie & Jessie Mitchell
2nd	<i>East West</i>	Catriona Marshall & Jane Muirhead

If anyone wishes to join us, please ring Catriona Marshall on 01577 864482 for information.

Kinross and District Art Club



www.kadac.co.uk

Our regular meetings finished at the end of November but 29 members gathered at the Kirklands Hotel on Tuesday 3 December 2019 to enjoy a very tasty, festive lunch. This brought a successful club year to a very cheery end.

Our AGM was held the previous week when a good turnout of members enjoyed mincemeat pies and other festive treats before settling down to the business of the meeting. The chair reflected on the year gone by, thanking the outgoing committee and other club members for their support and valued commitment. She also highlighted the achievements of members including the community links with the Kinross Day Centre and Kinross Primary School.

Gillian Ross was thereafter re-elected as Chair; Glenys Andrews re-elected as Club Secretary; Pauline Connolly elected as Treasurer; Sheila Marshall agreed to continue as Minutes' Secretary. Other Committee members include Christine Cargill, Barry Carnegie, Ian Gellatly, Linda Sharp, Jackie Sutherland and Tom Sutton-Smith.

On Tuesday 7 January 2020 we had an enthusiastic start to the new year. Returning members gathered at Millbridge Hall to paint, draw and create their own works of art. Our new Treasurer, Pauline, was kept busy collecting members' annual subscriptions, which are due during January.

Tom Sutton-Smith, our professional adviser, has organised the first painting demonstration of the year for Tuesday 18 February. Our guest artist will be Sharon Black from Ladybank in Fife, who 'paints striking flower landscapes in bold, vibrant, energising colours.'

Planning for a workshop on Friday 10 April is already underway.

The Kinross and District Art Club meets weekly on Tuesdays and Fridays (2-4pm) in Millbridge Hall.

If you are interested in joining the club and developing your own creativity, you will find more information and contact details on our website.

SEWING ALTERATIONS

by MAUREEN

Fully qualified

01577 865478

Kinross and District Town Twinning Association



We recently held a 'Pot Luck Burns' Supper' which featured both traditional and vegetarian haggis as well as steak pie.

With no planned exchange until we visit Gacé in 2021, the local group will concentrate on running a number of social and fundraising events over the year.

Christmas cards and gifts were exchanged by many host families in the run up to Christmas.

Meanwhile, we are always looking for new members to join us. Our local twinning group has been in existence since 1974. For further information please contact David Munro on 01577 862126.

Kinross Pipe Band

Breaking news ... KPB is back with a vengeance! Following the exciting appointment last year of our new Pipe Major, Stuart Scott – a hugely experienced piper, having competed with both the Vale of Atholl and St Laurence O'Toole Grade 1 bands – the band continues to go from strength to strength with new members swelling the ranks and a whole new repertoire of tunes in development. In 2020 the band plans to compete at the full suite of all five Major Championships plus a number of local contests, and will also be very visible at a series of local events throughout the year. As a band we are still noted for our friendly approach and good humoured practices, but the level of focus on the playing has definitely stepped up a few notches!

If you are considering joining the band, either as an experienced piper or drummer, or to learn an instrument then please get in touch with Kathleen Mitchell on 07818 532091 or email secretary@kinross-pipe-band.co.uk. For experienced players the window for joining the band is always open, but if you would like to compete with the band this year that particular window is closing fast, as we will be working hard between now and the competing season on developing a really strong band sound, so the earlier we are all working together as a competing team, the better.

For prospective learners, we are always happy to provide tuition but for school age children it's also worth bearing in mind that it is hoped to get the new Kinross-shire youth pipes and drums (KYPAD) initiative up and running later this year, offering piping and drumming tuition in all the local schools, supplemented by an after-school 'band club' once a week. Although this is not directly related to the Kinross Pipe Band we will nevertheless actively support this great new initiative, and indeed encourage all young learners in the future to start this way as they will grow up learning and playing alongside their friends and the KYPAD band will eventually become a juvenile competing band in its own right. We expect, in time, that both bands will work together to support all local engagements, will practise together once a month or so, especially through the winter months, and will even share transport to major competitions.

The future has never looked so exciting for piping and drumming in the Kinross area. Now is a great time to get involved. www.kinross-pipe-band.co.uk

Broke Not Broken

Kinross Food Bank

As always, it has been an exceptionally busy time for our volunteers. We were inundated with food and financial donations over the festive period, and it was so heart-warming to see the community rallying round again at our Christmas hamper pack event, this year held at Kinross Primary School. Thanks to the generosity of the local community, we were also able to give gifts to each child, as well as gift vouchers.



On the night we packed up over 150 Christmas hampers, which were distributed in the run up to Christmas. All recipients were within Kinross-shire, had been referred to us by local agents and had been contacted in advance to make sure they knew we were coming!

We received over 1600 kgs of donations through our Sainsburys drop off; this is an exceptional amount. We also are grateful for the following: Kinross Otters Swim Club 141.50 kg; Inner Wheel 30.5 kg; Glenfarg Village Shop 42.5 kg; SPAN 199 kg; Loch Levens Larder 108 kg; CHAS 32 kg; St James 38.50 kg; Public donations 83 kg; 18th Birthday Party 50.80 kg; Kinross High School 250 kg.

It is amazing how quickly these donations begin to mount up. The financial donations were equally astonishing: Alexander McLauren Trust £1000; Probus Club £50; Portmoak Primary School £290; Loch Leven Payers £200; Golf Club Seniors

Donations from Val Lockhart at CHAS



£156; Anonymous £50; Orla Tulloch £40; 41 Club £50; Valerie Oswald Pilates £250.

Our thanks also go to Mrs Watt, Mr Bilton, R Lovell, Derek Aitken and the other private donors.

Further thanks to Drummond Property Maintenance and Caledonian Washrooms for their donations of toilet roll, cardboard boxes and support, Fruix Storage and Struan Motors Perth.

We also managed to squeeze in a visit to the Probus Club and the Inner Wheel groups to talk to them about what we do at Broke Not Broken. We explained that we are not 'just' a food bank. If you would like us to come and speak to your group, school or church please get in touch.

As well as the donations of food gifts, time and money, we were bowled over by some individual acts of kindness. These ranged from individuals donating toys from Santa to the riding stables donating riding experiences. What makes all these things special is that these people come to us; we don't chase people up asking them to do these things. People are thinking of us and trusting us to do good with their donations. We take that very seriously.

A final thank you to all our volunteers. Particular congratulations to Jo Middlemiss on her MBE award; we are thrilled to bits for her.

Circle Dancing

If New Year is the time when you would like to take up a new activity, or get a little fitter, then circle dancing could be just the thing you are looking for. You do not require a partner, nor any previous experience. We learn dances from all around the world in a variety of different tempos. Some are gentle and reflective while others are more lively. Some dances are fun, and others more meditative. Each dance is walked through first.

There are two weekly classes on Tuesdays from 10.30am to 12.30pm in the Millbridge Hall, and on Wednesdays from 10am to 11am in the dance studio in Junction Road Kinross. The first 'taster' session is free. Come along and see what it's like, you can be assured of a warm welcome!

If you would like further information please ring Lynne on 01259 742173 or email her at: lynne244@btinternet.com



SCOTLANDWELL FRAMES

Bespoke framing for your sport shirts, photos, paintings, prints & mementos...

14 Friar Place, SCOTLANDWELL

Call Stuart Garvie

01592 840825/07788 142909



Kinross High School

V&A Design Competition

The V&A in Dundee are running a competition open to S1 and S2 pupils across Scotland. Teams compete to create a design which tackles loneliness and isolation in schools. Our S1 team meet in CDT at lunchtime once a week and are rising to the challenge!

Pupils began by observing their peers in social areas at break and lunchtime and then created a mind map of all the barriers to inclusion and socialising. The team put their heads together and started generating ideas. It was really encouraging to see pupils adopt an open mindset; no idea was too 'out there'!

After a lot of lively discussion and healthy debate, the team whittled down their options and settled on a concept; an architectural response called 'Social Hive'. The concept behind Social Hive is to utilise larger open areas to create flexible social spaces which would encourage users to shape their own environment by working as a team to assemble and dismantle foldable furniture. The hope is that these safe, comfortable spaces will facilitate social interactions between peers.

The team were delighted to receive

notification that their competition entry was selected to go on to the next phase. This involves taking part in a 'Design Jam' at the V&A in Dundee where they will have the opportunity to prototype their idea with professional help from staff there. Best of luck to the team.

Kettle Produce Visit

At the end of term, the Higher Health and Food Technology class were fortunate to have a visit from Jane Leonard from Kettle Produce who spoke on the theme of 'Developing New Food Products from Market Trends'. She gave a unique insight into the multiple stages a food product goes through before it's finally released onto supermarket shelves.

Jane also explained how the company gets their ideas for new products. Inspiration can be found anywhere from social media platforms such as Pinterest/Instagram, celebrities and even world events such as the Olympics. This came as a bit of a surprise to the class who were interested to learn that Jane is predicting a global growth in Japanese foods due to the sporting event.

She spoke in detail about the war on

plastics and the conflict that arises for 'time poor' consumers who have created a demand in pre-prepared vegetables. This visit provided the pupils with a huge amount of research which will support them in completing their SQA assignments (worth 50% of their final mark). This year, pupils are being asked to develop a potato-based product or a savoury dish that is low in salt.

In Home Economics we are always keen to have visiting speakers who can bring real life experiences to our subject areas. Despite being such a large employer in our local area, the food industry (which is worth around £15 billion) is often overlooked as a career choice so we are keen to promote jobs in this field. We teach Early Years Education, Practical Cookery, Practical Cake Craft and Health and Food Technology so if you, or someone you know, can spare an hour or so to visit Kinross High School and talk to our pupils please get in touch with Mrs Cairney by calling the school on 01577 867100 or emailing ccairney@pkc.gov.uk.

S2 Enterprise

Our S2 Enterprise pupils have been working with Social Enterprise Academy





Scotland and have set up their own initiative called Same Difference. The class are busy making products to raise money and, at the same time, creating and building a relationship with the CHAS staff and the children who visit Rachel House.

Last term, 4 pupils put themselves forward to pitch their ideas at a Dragons' Den-style event in Dunfermline where they were up against 10 other schools involved in the competition. The team did KHS proud and we walked away with £50 to use as start-up funds. Pupils then went into 'sales mode' and had a very successful night selling their products at the Christmas Light Switch On Event in Kinross.

In December, staff and children from Rachel House were invited to the KHS 'Nativity With A Twist' where we sold popcorn and snacks, much to the enjoyment of the audience.

The group have designed the retail window space for the CHAS shop in Kinross so we hope you get the chance to see it. We are excited to share what we have planned for the near future. Watch this space!

Callum's Charity Achievements

S2 pupil Callum Alexander has recently been named as one of Fife Herald's top 10 Community Champions for 2019 for his incredible fundraising efforts.

After learning about how humans are having an increasingly negative impact on wildlife, Callum set up his own charity called Protection For Animals. PFA has

raised over £300 so far which has been divided up between various animal charities close to the youngster's heart; Fife Zoo benefited from a contribution of £100, half of which funded an enclosure for their ring-tailed lemurs. Callum also donated to Dogs4Wildlife, an organisation which trains dogs to protect other species from poachers, and StreetVet who care for the furry companions of homeless people.

In the devastating wake of the Australian bushfires Callum said, 'Like everyone else, I am very upset to hear about the great losses of half a billion animals so thanks to our ongoing fundraising efforts, PFA has donated £30 to the Mallacoota Wildlife Shelter.'

As well as his extraordinary efforts in fundraising, Callum also attended a plastic pick-up in Edinburgh and plans to organise a similar event locally. He said, 'When I took part in the beach clean-up in Edinburgh I was astounded at the vast number of wet wipes. We gathered three bin bags brimming with them. The thing is, you don't realise they are there as they are hidden in the sand. I am keen to organise a clean-up in our local area over the coming months. Hopefully some people will pop along and help out too.'

Not only is Callum attracting local recognition, but he was also excited to open a letter from his hero David Attenborough!

Callum has already done so much to raise awareness and funds but he doesn't intend to stop there. The teen is writing a book about how the natural world is being destroyed by people and has penned three chapters already! He hopes to publish his work ahead of the Glasgow Climate Conference in November.

Here at KHS, we are so proud of Callum's dedication to bettering the lives of animals and exemplifying our core values, namely 'ambitious, responsible, resilient and compassionate'. Callum's Art and Design teacher commented, 'Having taught Callum for two years he has shown himself to be kind, selfless and willing to work hard to make a difference.' Check out the Facebook page @Protection4animals. Well done Callum!

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.

Any profits made by the Newsletter are given away to local good causes.

Kinross Beavers

The winter term is always a busy one in the build up to Christmas. The beavers were working on several badges and were also preparing for a visit to Rachel House as part of their Community Impact badge.

On Friday 22 November the Beavers completed the Global Issues badge. Whilst working on this badge they learned about endangered animals with a focus on Siberian tigers, recycling, fair trade food and safe drinking water. On the same



Harris & Grant

evening those who attended the Remembrance Parade at the beginning of the month were presented with a certificate in recognition of their attendance.

The beavers have also been working on their Emergency Aid Level 1 badge.

At the end of November we had a father and son investiture. Harris was invested into the colony as our newest beaver whilst his dad, Grant, was invested as our newest assistant

beaver scout leader. Congratulations to both!

We went to see the Sinbad pantomime at Perth Theatre along with cubs and scouts at the beginning of December. It was a great evening which everyone enjoyed.



Angus & Fraser

At the end of term we visited Rachel House to sing Christmas carols. After singing a variety of festive songs including 'Rudolph The Red Nosed Reindeer' and 'We Wish You A Merry Christmas' the beavers mixed with the children at Rachel House pulling crackers and enjoyed a drink of juice and something to eat. When we got back to the hall afterwards the beavers took part in a snowball fight before being presented with the badges they had achieved over the term.

Finally congratulations go to Angus and Fraser who were both presented with their Chief Scouts Bronze Award just before Christmas after successfully achieving all six challenge badges and four stage/activity badges.

Are you interested in volunteering with Scouting? With full support and training, you can volunteer on a flexible basis. Not only is it great fun, you'll learn skills which are transferable to the workplace and further education. Please email us kinrossbeavers@hotmail.co.uk for more information.

Kinross Cubs

The cubs have been busy during the winter term focusing on completing several badges.

At the start of the term Karmia was invested into the pack and Sophie was invested as a section assistant leader. Congratulations to our newest cub Naomi who was invested into the pack at the end of November.

To help the cubs to meet the requirements for the Artist Activity badge we got the paint out to create poppies in the build-up to Remembrance Sunday.

On Sunday 10 November 26 cubs attended the Remembrance service at Kinross Parish Church before taking part in the parade to the memorial at The Court House where they observed a two minute silence.

This term we were also delighted to welcome volunteers from Ochils Mountain Rescue, who came to help the cubs complete their Emergency Aid Level 2 badge. The cubs learned about a variety of important skills, including what to do in an emergency. They also got to test out some of the equipment used by Ochils Mountain Rescue.



The cubs have enjoyed a variety of other activities in addition to badge work. They enjoyed a Scottish themed evening as part of St Andrew's Day; they created their own tartan and also took part in a mini Highland Games. Caroline, our young leader, spoke about her trip to the 24th World Scout Jamboree which was held in West Virginia, USA last summer.

At the start of December we attended the Sinbad Pantomime at Perth Theatre. We went with the beavers and scouts

and everyone enjoyed a great evening.

At the end of term the cubs participated in a Christmas craft evening. They created a variety of crafts including paper chains and lollipop stick Christmas trees. For the last meeting before the holidays we held a Christmas party at the hall and the cubs were also presented with the badges they had achieved over the term.

Interested in volunteering? For more information, please email us at kinrossbeavers@hotmail.co.uk

Kinnesswood in Bloom

We celebrated the successes of last year and the beginning of a New Year with a night out at the Balgedie Toll. Over twenty members, supporters and friends had a lovely evening with good food and we were well looked after by the staff.

We can see the bulbs at Benarty View starting to show above the ground. Over 1200 bulbs were planted (mostly in Benarty View and the school) so there should be an excellent display in a couple of months. Hopefully the top dressing we put on at Benarty View at the end of last year will keep the weeds at bay a little longer.



It has not been suitable weather for gardening at the school but children will be working on their art work for the Portmoak Festival this term. The theme for 2020 is 'Coasts and Waters' which promises to be an exciting topic. Brian has also been planning the rain garden with the children and we look forward to seeing this installed by the summer.

Raymond has been booked for the annual quiz and curry night on Saturday 28 March so put that one in your diary. It is always a good night with excellent food and teams vying keenly to be the top quizzers. It's our main fundraiser for the year.

Recipe

Supplied by Kinnesswood in Bloom

Creamed Leek Tart

If you grow your own you may still have leeks in your garden. They will certainly be available and hopefully locally grown in the shops.

Ingredients

500g block of shortcrust pastry or make your own
85g unsalted butter
800g leeks, sliced lengthways then into 2.5 cm pieces
½ tbsp plain flour
300ml milk
200ml double cream or crème fraîche
2 medium eggs
4 medium egg yolks, beaten with the other eggs
100g cheese, grated
1 tsp mustard

Method

Heat the butter in a pan then add the leeks, cooking over a low heat till soft, stirring frequently. Stir in the flour, cook for three to four minutes then add the milk and cream. Once smooth, simmer for 15 minutes, season well then cool. Stir the eggs into the mix along with the grated cheese and mustard.

Heat oven to 190C/170C fan. Roll out the pastry on a floured surface to about 5mm thick and line a 23cm loose bottomed tart tin. Line with baking paper, fill with baking beans then bake for 15 minutes. Remove the beans and bake 10 minutes more. Cool and turn oven down to 180C/160C fan.

Spoon the mix into the tart and smooth the top. Bake for 30 minutes till set. Rest for 15 minutes before you slice it.

TRAFFIC RESTRICTIONS

TEMPORARY PROHIBITION OF PARKING AND LOADING

HIGH STREET, KINROSS

In order to permit Openreach works on the above section of road a temporary traffic regulation order is
to be effective from 11 February 2020 for a period of two days.

The order will temporarily prohibit vehicles from parking and loading (both sides) of High Street, Kinross
**from its junction with Clashburn Road (311822, 701706)
to its junction with Number 188 High Street (311848, 701782),
a distance of 79.3 metres or thereby.**

Pedestrian & emergency vehicular access to premises will be maintained.

Boys Brigade

All three sections of the Kinross Company had a busy December. They were involved in the Battalion Carol Service at Letham St Mark's Kirk and enjoyed a visit to see the Sinbad pantomime at Perth Theatre.

The year 2020 is now upon us and this will involve a special celebration as the Company marks 100 years of service in the local community.

The Company was founded in 1892 but closed its doors in 1912. Local teacher Roddy Beaton re-started the Company in 1940 with the help of Shettleston boys who had been evacuated to Kinross during the war years.

New badges have been introduced to coincide with new programme materials; this makes membership more exciting.

The Battalion mini-volleyball tournament took place at Bell's Sports Centre in January and there were preparations for forthcoming competitions in drill, scripture search, chess and five-a-side football.

Our annual fundraising coffee morning will take place on Saturday 29 February at the Church Centre from 10am-12noon. This will feature the usual stalls and people will have the opportunity to make suggestions for our centenary celebrations.



Kinross-shire Local Events Organisation

www.kleo.org.uk



Comedy Night in March

An evening packed with laughs! Come along to another fun comedy night on Saturday 28 March at 8pm in Milnathort Town Hall. The line-up of comedians will be announced soon. Keep an eye on our website for more information and tickets (£10). There will be a bar at the event.

Kinross Farmers' Markets

The markets will start again in April with the first market on Saturday 25 April, 10am-2pm on the High Street of Kinross. The following markets will be held on the fourth Saturday of the month from April to October (apart from the July market; please note that there will not be a market that month). The dates are as follows:- 25 April, 23 May, 27 June, 22 August, 26 September and 24 October from 10am-2pm.

On market days, the High Street will be closed from the entrance at Burns Begg Street to the entrance Montgomery Street.

Kinross Kacophony Orchestra

This is an orchestra for adults who like to play their instruments in a group, with conductor Dougie Flower. All abilities are welcome but it is handy if you read music. Please don't worry if you haven't played for a while, we are a very friendly and informal bunch. This block of sessions will run until 18 March (no rehearsal on 4 March), 7.15pm to 9.15pm at Loch Leven Community Campus.

Contact Bouwien Bennet on 01577 863107 or by email at bouwien@gmail.com for more information. Weekly fee £5.

Leven Voices

This is a fun, informal drop-in singing group which you can join anytime. No music reading or singing experience is necessary, just come along sing and enjoy!

The current block of 10 sessions with tutor David MacLean will run until 17 March, 7.30pm at Kinross Parish Church. You pay as you go (£4 or £3 concession). There is a £6 'registration fee' which is used to pay for the hall for 10 week period. Just come along, sing and enjoy!

For more information about KLEO events go to our website.

Portmoak Hall 100 Club

November Draw

1st No 14	Enid Brown	Scotlandwell
2nd No 33	Christine Darcy	Kinnesswood
3rd No 54	Lesley Botton	Kinnesswood

December Draw

1st No 55	Norma Smith	Kinnesswood
2nd No 32	Mike Holland	Kinnesswood
3rd No 76	Huw Phillips	Wester Balgedie

Your Local HANDYMAN

I provide a **RELIABLE**, Local Service:

All types of work undertaken (inside and out) – clearance, painting and decorating, shelving, curtain rails, plus much more!

Free no obligation quote

Very reasonable rates

No job too small

Call Phil on **01592 841013** or **07739 231193**

Email: pipreed68@icloud.com

69 Whitecraigs, Kinnesswood, Kinross

Hall Bookings

A list of halls and contact details can be found at www.kinross.cc

The Newsletter on Facebook

We use our Facebook page to announce:

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

'Like' our page to be kept informed. Search for 'Kinross Newsletter' or go to:

www.facebook.com/kinrossnewsletter



RURAL GIGABIT FULL FIBRE BROADBAND

Rural Gigabit is a Full Fibre broadband initiative, run by the Cleish Hills Community Interest Company, supported by Perth & Kinross Council and the UK Government's Gigabit Broadband Voucher Scheme.

We help communities across Kinross-shire get the best possible broadband upgrade. Our aim is for all upgrades to be zero or minimal cost, based on the availability of government funding. Following a Full Fibre upgrade you are unlikely to pay any more than you do now for telephone and broadband services, unless you are currently on a very low cost "basic" broadband package. You can keep your existing telephone number, and the upgrade may add value to your property.

So far we have facilitated upgrades for 180 properties in Kinross-shire, and are helping a further 320 properties in Cleish, Benarty and Blairadam. We are here to advise any household or business on how to get their ageing copper line replaced with a Full Fibre (Fibre to the Premise) line.

Run on a voluntary basis, for locals by locals, we strive to ensure that upgrades in Kinross-shire deliver broadband that gives everyone: freedom to choose and switch suppliers on an open network; and the cheapest and widest choice of subscription packages. We facilitate this through Openreach Community Fibre Partnerships that deliver *affordable, hyperfast, reliable, stable* and *future-proofed* broadband.

Whether you are interested in a price conscious 30 Mbps service (superfast) or a reasonably priced 1,000 Mbps service (hyperfast), Openreach Community Fibre Partnerships deliver this, giving you an open choice of Internet Service Provider (ISP). Community Fibre Partnership upgrades are private, individual and not shared. Your existing Openreach copper line is replaced by a new Openreach fibre optic line, direct from the exchange to your property. No more noise or crackling on telephone calls or super-slow Internet!

www.ruralgigabit.org

hello@ruralgigabit.org 01577 861818



@RuralGigabit

Supported by:

openreach

 Department for Digital, Culture, Media & Sport

**GIGABIT BROADBAND
VOUCHER SCHEME**



**UP TO £3,500 FUNDING
PER PROPERTY FOR
FULL FIBRE BROADBAND**

Cleish Hills Community Interest Company
The Neuk, Cleish, Kinross, KY13 0LS (SC636124)



DRYSDALES TRAILER ENGINEERING



OUR SERVICES

Trailer repairs,
servicing & welding.

Collection & delivery available.

Time served trailer manufacturers.

Tel: 01577 865251

Email: drysdaletrailers@btinternet.com

Drysdale Milnathort Ltd

Ladeside Yard, Stirling Road, Milnathort KY13 9XR

V.A.T. Reg. No. 811 5008 04 Company Reg. No. SC421281

GREEN MEADOWS LANDSCAPE GARDENERS

services include:

GARDEN DESIGN • LANDSCAPING
TURFING • FENCING • DRIVEWAYS
SLABBING • POWER-WASHING • PATIOS
HEDGING • TREE SURGERY



TEL: 01577 209375 MOB: 07856 046 635

55 BOWTON ROAD, KINROSS KY13 8EH



BARRY WATSON JOINERY

Quality. Experienced. Tradesman.

All internal and external joinery works.

4 Gallowhill Road, Kinross, KY13 8RA

T: 07725527818

E: barrywatson09@hotmail.com

"I would highly recommend Barry, he replaced all my windows and doors and I was extremely happy with the service and the aftercare."

Mrs Ruby Petrie,
Glenfield Court,
Cowdenbeath

"Barry does all my odd jobs about the house. He's polite, tidy and never lets me down."

Mrs Lesley Nisimith,
Cromar Drive,
Dulloch, Dunfermline

"I had a full house of windows fitted when I was renovating my home. Barry is a hard worker and delivered a great service - on time and on budget."

Mrs Lorraine McMillan,
Morar Road,
Crossford

“

A bit about me...

Originally from Cowdenbeath, I spent the last 10 years living in Dunfermline. I moved to Gallowhill Road, Kinross in August 2016, with my wife Jacqueline and our two year old son, Calum. I'm a time-served joiner with 17 years experience.

”

COLIN SNEDDON PAINTER & DECORATOR

INTERIOR FREE ESTIMATING EXTERIOR

4 MORAR PLACE, KINROSS
TEL: 01577 865 194

Offices to Let

Newly Refurbished

Reception area

On street parking

Complimentary WIFI

Friendly Working Community

Three Single offices

Self contained unit
- 4 offices kitchen and toilet

Available now - contact

FROM ONLY
£50
PER WEEK



62 The Muirs Kinross

Craig on 07885 722 125

SPARKS

Supportive Project for Activities & Recreation in Kinross-shire

Happy New Year from everyone at SPARKS! We hope you had a great Christmas and New Year. All the best for 2020.

Here are some of our recent highlights.

Peter, Joan and Duncan represented SPARKS at the 'DanceSing' event on 20 November 2019. They had a great afternoon, enjoying the entertainment and catering.

On 28 November 2019, we had a very enjoyable trip to Hollywood Bowl at Fife Leisure Park. Three teams were all very competitive and there was a lot of laughter.

A massive thank you to David and Alison Aiton of Sinclair Services for very generously funding a fantastic Christmas lunch at the Raj Mahal. The group really enjoyed a wide selection of starters and mains to follow. The staff were very helpful and a big thanks to them too!

We enjoyed a brilliant trip to Ad Lib's Aladdin on 21 December. One of our group assistants, Alice, was in the cast. It was a great show and was extremely funny in some parts! Well done to everyone involved.

The group was postponed over the Christmas and New Year period. However Boccia on Saturdays went ahead. The final game of 2019 was eventful with everyone playing some very good shots all session. What a performance! It was a very fun, enjoyable afternoon, with everyone going home with sore faces from laughing so much.

On Thursday 9 January our group enjoyed a post-Christmas buffet. Everyone brought something different to share and there was a great selection. It was nice to catch up with everyone after the Christmas break. Food was followed by some quiz questions.

Meanwhile, our weekly sessions are varied. Refreshments are available, usually followed by a quiz, board games, arts and crafts, Boccia and the occasional guest speaker. Each activity is on a voluntary participatory basis and is open to all disabilities. The aim is for people to have a chat and reduce isolation in Kinross-shire. We ask for a small weekly donation of 50p or £1, to cover the cost of refreshments. We meet on Thursdays 1-3pm at Loch Leven Community Campus. However, please note that we will be temporarily locating to 'The Reading Room' at Kinross Day Centre on 16, 23 and 30 January. Many thanks to Kinross Day Centre for providing us with this facility.

In addition, we have specific access to the marked Boccia court at the Campus on Saturdays, 12.30-1.30pm. The cost depends on numbers but varies from £1 to £2 per session. This covers the cost of the court.

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

Newsletter Deadlines

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

Kinross Guide Dogs

Here is Charlie the Guide dog puppy, who is fast growing up to be a very handsome boy. Here he is visiting The Birks of Aberfeldy at 7 months old.

He and more pups will be in attendance at Café Kisas in Caulder's garden centre, on 18 February and every third Tuesday of the month at 10am. Please come and see us there. We'd be delighted if you could bring any ideas for raising funds for the Guide Dogs with you. You're also very welcome just to come for a chat.



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

Subscriptions to the Newsletter

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

For further details see www.kinrossnewsletter.org or phone Ross McConnell on 01577 865885 or email subscriptions@kinrossnewsletter.org

Kinross-shire U3A

u3asites.org.uk/Kinross



It's been a busy few months for U3A members. The range of groups has been growing and recent outings have included visits to local theatres, cinemas, Edinburgh's Botanic Gardens, the Royal Yacht Britannia and Blair Atholl Castle. Through monthly group meetings, members have shared research studies into the lives of famous Scottish people and enjoyed a variety of board games' clubs.

A new group, Bridge for Beginners, will begin in January 2020. Planning is currently underway for trips to Amazon's headquarters in Dunfermline, art exhibitions and museum visits to Perth and Glasgow along with local opera, theatre and film shows. Additionally, each month, all U3A members have the opportunity to attend a speaker event. These are held in Kinross Parish Church.

In December, Jo Middlemiss joined us to share her experience of her charity work in Southern Ethiopia. A native of Kinross for the past eleven years, Jo shared details of how her connection and commitment to charitable projects in this part of the world have evolved. Her work has enhanced the lives of many women suffering from uterine prolapse through the introduction of simple medical equipment that has improved their health, well-being and family life.

Addressing the needs of many suffering from a specific form of elephantitis affecting their feet, mobility and general quality of life has also been a significant focus of Jo's work. Jo's fundraising has contributed to the establishment of a medical centre and clinic and to the supply of medicine, medical supplies, food, transport and professional help.

Jo's fundraising and involvement in the Ethiopia Medical Project is on-going. If you would like to receive further information about her work, Jo can be contacted by email at jo@ethiopiamedicalproject.com.

In January, members were entertained by Bill Bedborough's presentation, 'Mr Speaker, Sir'. A Dollar resident, Bill is known to many of us through his involvement in Kinross and Ochil Ramblers and as a member and former president of Dunfermline Speakers' club.

A former teacher and lifelong learner, Bill has continued to add to his initial degree in history and teaching qualification by completing a further degree in German and Spanish during his retirement years.

As a public speaker, Bill shared his personal talent through a range of humorous anecdotes and challenged his audience to reflect on what makes an effective speech. Members were invited to participate in delivering brief timed speeches to reflect his coaching points. Bill is currently offering to support a new members' group to support those interested in developing their confidence and ambition to become effective public speakers.

Our next speaker event will take place on Tuesday 4 February at 2.30pm in Kinross Parish Church. Joe Richards, a retired pharmacist from Ninewells Hospital, will share his knowledge and reflections on the topic of 'Poisons and Potions.' New members are always welcome to attend.

Milnathort In Bloom

What a year it's been for Milnathort in Bloom – and we have our volunteers and community to thank for it.

In September we won a coveted Gold award in the Take a Pride in Perth and Kinross competition. While we don't do what we do to win competitions, it's a ringing endorsement that what we are doing is great. In the last four years we've gone from Silver, through Silver Gilt to Gold and that's brilliant. We really couldn't have done this without our volunteers working incredibly hard and the support of the local community.

We also raised a record amount in fundraising from local businesses and residents. Milnathort in Bloom receives a small grant from Perth and Kinross Council – this unfortunately only covers part of the costs of plants. We also have other expenses like buggy upkeep, compost, tubs, baskets and insurance to name a few. This is the first time we've appealed to the community to help us – and wow, did you deliver! So, a huge thank you for helping us to continue to make the village look brighter. We'll be setting up a 100 Club in the new year so that our finances are a bit more sustainable, so watch this space.

We've forged greater ties with the local school. In September we donated plants and helped MPS to plant up some tractor tyres in the school grounds. This was very well received and



Milnathort In Bloom help Milnathort Primary School to brighten up the school grounds

we got invited to judge the Christmas cake competition at the Christmas Fair. We were so chuffed to get invited and there really were some fantastic entries – well done to the winners, and we had a lovely, if very filling, time.

Way back in March we appealed for some more volunteers to help us with our activities. The response was great and our new members have been out and about in the village and the polytunnel helping us do baskets and tubs and generally having a great time. We can always do with more help though so if you're interested, please do get in touch.

We continue to grow and look for smarter ways of doing things, new plants and planting plans. Next year our colour

scheme will be deep pink and red – we've ordered the plants and done the plans – it's going to look stunning so here's hoping for another Gold next year.

We'd like to say a huge thank you to all the businesses and residents who have supported us this year – we wish you and yours a peaceful and healthy 2020.

Kinross Centre

A very Happy New Year from everyone at Kinross Centre. Time is flying by with spring just around the corner. The weather so far has been very kind to us and here's hoping it stays that way.

We had a very busy December in the lead up to Christmas. Our Christmas party was a great success with over 85 members attending. We enjoyed a lovely Christmas dinner of turkey and all the trimmings followed by homemade sherry trifle. Our afternoon entertainment was Jamie D who serenaded us into the afternoon. This was, of course, followed by afternoon tea and homemade mince pies.

January is always a quiet month while we try to get back in to the swing of things. However we do have a lot of things to look forward to, such as our Burns supper on 24 January. This is always a great event with bagpipes and haggis and ending in an afternoon of entertainment.

On 6 February we are looking forward to a tea dance organised by the ladies of the Inner Wheel. On 14 February we have a dance at Loch Leven Campus with many entertainers and, of course, there is Pancake day on 25 February to look forward to.

Whilst it is quiet, we do continue to have our regular activities going on in the Centre. Indoor curling has once again become very popular.

Please remember that our coffee bar is open to everyone from 8.30am to 4pm, Monday to Friday. You are most welcome to pop in for refreshments and try some of our home baking and freshly cooked meals.

We want to take this opportunity to give huge thanks to all our volunteers, especially those who helped over our very busy Christmas period. We really do appreciate every one of you.

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



Bioresonance according to Paul Schmidt
Food Intolerance testing
Swedish Massage
Natural products
Indian head massage
Music & movement for dementia
Hopi ear candling
www.bioreson8andnaturaltherapy.com
6 Junction Road, Kinross
07913750816

Kinross Camera Club

kinrosscameraclub.org.uk



We start February with our Annual General Meeting (on 6 February) at which we'll be electing our committee for next year.

Our first photography evening is a double competition on the 13 February. Members compete with up to two prints each on



'One for the Enemy' by Gerry Leeper

the theme of 'wildlife' for the Thackery trophy, followed by our smartphone photography competition. All images must have been taken with a phone camera but can be processed on the phone or on a computer.

On 17 February, we will be travelling to Cupar for our annual three way competition with the Cupar and St Andrews clubs. It's always a close test!

We're delighted to welcome the eminent landscape photographer Ian Cameron, who hails from Speyside, to speak at the club on 20 February. The topic is 'Transient Light' and we look forward to a fascinating and inspiring evening.

We round off the month with another internal competition; the 'ten minute talk or audio-visual presentation' competition. Members talk or present on a topic of their choice for ten minutes and the President has the unenviable task of picking a winner!

New members are welcome at any time. We meet at 7.30pm on Thursdays in the Church Centre, 64 High Street, Kinross, KY13 8AJ. Full details are on our website or you may contact us by email at secretary@kinrosscameraclub.org.uk

We're also now on Facebook so please head there, like us, and pass it on! www.facebook.com/KinrossCClub.



Loch Leven
MUSIC
tuition

"Absolutely fantastic enthusiasm, hugely talented..."
Fiona Stalker, presenter, BBC Radio Scotland.

Phone: 07938 663269
Email: lochlevenmt@gmail.com
Visit: lochlevenmusic tuition.com

Lomond Antique and Collectors Club



It was very appropriate that the first meeting of LACC in the new decade should focus on discovering facts from the past. Notable Edinburgh-based genealogist, Ken Nisbet, gave the members a fascinating insight into the detective skills needed to investigate family history.

Family history, he told us, is not just about collecting names in a spreading family tree, but more about discovering the lives and loves of the people. Ken had been studying his subject for over 40 years; long before the advent of computer search engines and digital records. He used many examples from his own research to show us the various avenues worthy of exploration besides the now more familiar 'Ancestry' and other websites.

Register House in Edinburgh is a most valuable source of information, but there are many more areas of study beyond the statutory 'Births, Marriages and Deaths.' Government Census may provide the skeleton but local newspapers, often well archived, can provide huge amounts of detail. Weddings, family events, valedictory articles, obituaries and much more. School and university rolls and magazines can give details of sporting achievements and career paths and most Scottish universities produced a roll of honour for their alumni engaged in military service, particularly during the First World War. Professional work directories offer details of employment and in particular the London and Edinburgh Gazettes' where all Civil Service appointments were printed. The Register of Nursing or Electoral Rolls (which until 1918, when women gained the right to vote, included details of male employment) may also add to the picture of family members now departed.

Postcards exchanged between family members are valuable for both the cover picture and the written detail included. Family photographs should be inscribed with detail. 'Granny on holiday' simply won't do for the next generation of family historians.

An interesting topic, enthusiastically presented, so much more than simply trudging around churchyards studying gravestones.

Contact us at: lomondacc@gmail.com

Kinross-shire Partnership Networking Breakfast



From Pensions To Pilgrimages

Our networking breakfasts, held at Loch Leven's Larder on the first Wednesday of every month (September to June inclusive), have become a popular feature of the local calendar, with over 30 local businesses regularly represented. There have been two breakfasts since the previous issue of the newsletter. The speakers in December and January addressed topics which are very different and yet which affect most of us in one way or another; pensions and personal journeys.

On 4 December, Lindsay Ballantyne, formerly Head of Risk and Compliance with Embark Services Limited, and now a pension guidance consultant, kindly stepped in at short notice to talk about pensions. With the help of several soft toy 'assistants' including Ricky the Regulator, Francis the

Financial Advisor and Jo Public, Lindsay succeeded in making his presentation on what could be a rather challenging subject, both engaging and informative for his audience.

During his talk, he touched on the issues of perceived unaffordability of pensions, the lack of trust in the financial services sector (post-PPI and other scandals) and the lack of education nationwide about pensions, which he referred to as 'appalling'. Local entrepreneurs in attendance were certainly given plenty of food for thought in addition to the customary full Scottish breakfast!

At the first breakfast of 2020, the postprandial speaker was dynamic local fundraiser Jo Middlemiss, who has recently been awarded an MBE in the Queen's New Year's Honours. This honour was bestowed in recognition of her work with Ethiopia Medical Project, the charity that she and her cousin founded. However, on this occasion, Jo was speaking not about EMP but about her experiences over the past decade walking sections of the 'Camino de Santiago'. This is a pilgrims' route that starts at Saint Jean Pied de Port in France and extends 500 miles through Spain until it reaches the Cathedral of Santiago de Compostela in Galicia.

Jo's accounts of the 'extraordinary people' whom she and husband Andy encountered along the way were often moving, with each walker having their own personal motivations for undertaking such a long journey on foot. Some have spiritual or religious reasons, others go to express gratitude or simply to have time to think and plan. Jo described how they would stop each day to have a picnic for lunch; this was planned the evening before and consumed in settings as diverse as a bus shelter and a rock. Her presentation was truly inspirational and it may well have encouraged members of the audience to contemplate a similar undertaking.

The Kinross-shire Partnership's next breakfast will be held at Loch Leven's Larder from 7.15–9am on Wednesday 5 February when we will be looking at 'How to Network Efficiently and Effectively' to maximise the benefits for you. Please email Karen Grunwell in advance at mail@kinrosspartnership.org.uk to book your place (all-inclusive cost £10).





Planning Matters

Windlestrae retirement village gets permission

Perth & Kinross Council has approved the application by Juniper Homes for 41 dwellings (33 houses and eight flats) plus a community lounge and guest suite on the site of the former Windlestrae Hotel.

Two representatives of Kinross-shire Civic Trust attended the PKC Planning Committee on 15 January to raise concerns. The Trust is not opposed to the concept of retirement dwellings here, but objected to what it regards as overdevelopment of the site, the felling of 51 trees, an inadequate ecological survey and the encroachment of development into the Market Park, which is designated Open Space in the Local Development Plan.

Council officers made a serious error in the report to councillors recommending approval: they stated that the access road to the Windlestrae is not in the Conservation Area, whereas it is. After the Trust had pointed this out, a statement of correction was made at the start of the meeting, but in the Trust's view this error had contributed to a flawed assessment of the effect of the planning proposal on the Conservation Area by planning officers recommending approval.

The parts of the development that will encroach into the Market Park are a pumping station for foul drainage, a concrete hardstanding and an underground soakaway system for surface water drainage. A strip of the north edge of the park will also be lost to make way for widening of the access road.

The development also involves felling the mature Sycamore tree at the head of the avenue of trees in the Market Park.



The 20 metre high Sycamore tree at the corner of Muirs and the Windlestrae access road will be felled to make way for the retirement development

Councillors had the chance to vote for a deferral to allow for investigations to take place as to whether it would be possible to reduce the extent of the road widening and keep the tree. The deferral was proposed by Cllr Richard Watters and supported by the other two Kinross-shire councillors on the committee, Mike Barnacle and Callum Purves. However, the committee voted by seven votes to five to approve the application without any further delay. An earlier amendment – to refuse the application – was unsuccessful.

Pitdownies

The application for 67 dwellings (59 houses and eight flats) submitted in spring 2019 for Pitdownies in Milnathort has

undergone various revisions in recent months. The latest site drawing appears to indicate two access roads into the proposed housing estate instead of just the one access from Curlers Crescent as originally proposed. See PKC's e-planning system, Public Access, for more information under planning reference 19/00522/FLM. The Trust understands that it is likely this application will be considered by the Council's Planning and Development Management Committee at its meeting on 12 February 2020.

Lathro Farm Phase 2

The Lathro Farm planning application that was granted permission in 2016 was for 300 dwellings; 187 of these were to be in phase 1 (though this was actually increased to 191 via sub-applications) and 113 houses to be built in phase 2.

In summer 2019 Persimmon applied to change its plans for phase 2, increasing the proposed number of dwellings from 113 to 195. Kinross-shire Civic Trust understands that planning officers have advised Persimmon that this proposal would not be recommended for approval in its current form. Persimmon are therefore revising their plans for phase 2 to around 170 dwellings and a fresh application is expected.

Such a revised proposal would take the total number of dwellings on Lathro Farm to around 360. It should be borne in mind that the original allocation for this site in Local Development Plan 1 was 260 dwellings, with a maximum of 140 to be built up to the year 2024. There is no further allocation for this site in LDP2.

PKC officers have admitted that they failed to follow the correct procedures when recommending approval of the original application (ref 15/01512/FLM) in that they did not require the developer to carry out detailed surveys of European Protected Species before determining the planning application. This should have been done to comply with Directive EC92/43 (the 'Habitats Directive').

Raingardens

The Trust has submitted a funding application to Sustrans for its Raingardens Trail project.

Members of the Trust's Raingardens sub committee met with representatives of Scottish Water in December to explain the project and seek support.

PLANNING PERMISSION BUILDING WARRANTS

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

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

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

Club & Community Group News

Raingardens are areas of vegetation designed to accept rainfall runoff. They can be large-scale, e.g. a feature draining a road or housing estate, or small, e.g. on one house plot. Raingardens help to reduce flooding. They also help to filter contaminants out of runoff before it enters a watercourse.

Well Kept County Awards

Papers were sent out to the local organisers of four villages and seven hamlets in the third week of January with an invitation to return their entry form by the end of the first week of February. Entry forms will be accepted after that by arrangement and positively welcomed from any other hamlets.

Judging of the villages will take place on Monday 16 March and of the hamlets on Thursday 19 March (weather permitting!). The Presentation Ceremony will take place on Wednesday 29 April at Cleish Village Hall before the AGM of the Civic Trust.

David Hill, Chair of Well Kept County Committee

Email: drhmarshbrook@gmail.com

Kinross 50-Plus Club

The monthly meeting is on Thursday 6 February when the speaker is Mr K Adam who will give a talk on 'Blairadam House'.

No Away Days in February



Special Notice

The Club would appreciate any member who is willing to volunteer as minibus driver. For further details contact Fubister Law on 01577 208469.

Friday Walkers

7 Feb From Powmill Milk Bar along Devon and return to Milk Bar

21 Feb Spittlefield (New)

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

Friday Hillwalkers

14 Feb Falkland Flora

28 Feb Part of Pilgrim's Way Helen

Please meet at Green Hotel at 9am for car share

Contact Carolyn Jenkins 07925 972650

Activities

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.

Keep Fit class meets every Monday at 2pm in the Masonic Hall. Contact Val Oswald, 01577 864020.

Craft Group meets Wednesday at 2pm in Millbridge Hall. Contact Elizabeth Smith, 01577 861387.

Fly Tyers meet each Monday in Millbridge Hall. Contact Alistair Ford, 01577 861722.

Carpet Bowls: Meet Monday at 2pm in Millbridge Hall. Contact Helen Duncan, 01577 863248.

Kinross Garden Group



In December, Jim Jermyn gave us a highly entertaining and informative talk about Branklyn Garden in Perth with brilliant photographs. January produced a very enjoyable and delicious festive lunch at the Orwell Bowling Club with superb catering by Heaven Scent.

Our next meeting is on Thursday 13 February in the Millbridge Hall, Kinross at 2pm. Andrew Cathcart and Tom Sneddon will talk about Pot plants and their care. We will also have the information about the summer visits and be taking numbers. Membership fees are £20 this year and £5 for visitors. If you are new to Kinross-shire and interested in meeting fellow garden enthusiasts you will be made very welcome. Doors will be open from 1.30pm. For more details contact Caroline Anderson on 01577 864589.

Scotlandwell In Bloom



The Scotlandwell in Bloom team had a Christmas Hamper raffle in the run up to Christmas. The hamper was on display in The Well Country Inn during December and we made a fantastic £430 from the sale of raffle tickets. The winner (a gentleman from Glenrothes), was delighted to be told he was the new owner of the fantastic hamper.

Thank you to those who donated to the hamper and a huge thank you to everyone who bought raffle tickets, and of course our grateful thanks as always to The Well Country Inn and staff for hosting the raffle and for selling the tickets. All proceeds from the raffle will be donated to the Kinross Day Centre later this month.



GARDENING & MAINTENANCE SERVICES

Gardening, Hedge cutting, Landscaping,
Grass cutting & DIY
No job too small
Tickets for Plant Machinery

Please call Raymond Crawford
Tel: 01577 862865 Mob: 07891 661309

Loch Leven Community Library

Loch Leven Community Campus,
Muir, Kinross

01577 867205

lochlevenlibrary@culturepk.org.uk

www.culturepk.org.uk



Opening Times

Mon* 10am-1pm

Tue, Wed & Thu 10am-8pm

Fri 10am-6pm

Sat* 10am-3pm

(Monday 10am-1pm & Saturdays 1-3pm. Limited service, staffed by volunteers)

Regular Sessions for Young Children

No need to book, just come along:

Bookbug Rhymetime

Saturdays 10.30am-11am. Wednesdays 2pm-2.30pm.

Pre-school Story Time

Tuesdays 10.15am-10.45am.

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

Stay and Play

Wednesdays 2.30-3.30pm, Saturdays 11am-12.00.

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 and one for children running at Loch Leven Community Library.

Crime book group:

Once a month on a Tuesday evening, 6.45-7.45pm

General Book group:

Once a month on a Friday morning 10.30-11.30am

Cafe book group:

Once a month on a Saturday morning 11.15am.

Cafe books next meeting 8 Feb

Children's book group For children aged 7-11 years. First Friday of each month 4-5pm

Next meeting: 7 Feb

New members welcome. Contact the library for more info.

Please contact the library for any further book group dates

IT Help Sessions

Free sessions but booking essential as spaces are limited. Twice monthly on a Thursday 2pm onwards. Please phone to book a place

Coffee and Crochet

Fancy coming along to a crochet club? Chat, enjoy coffee and

Club & Community Group News

share hints and tips while working on your project. Weekly on Thursdays at 10am. Come along and join this small friendly group.

(Please note that 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 25 Feb 6-7.45 pm.

Foodbank

The library is now a foodbank collection point for 'Broke not Broken'

- Free WiFi & Computer use for library guests and members
- Kitchen waste caddies available

More information on all library, museum and art gallery events at: www.culturepk.org.uk/whats-on

Friends of Loch Leven Community Library (FLLCL)



Do you have a new project in mind but are looking for inspiration or do you want to relax with a good book? The library is there for you.

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

If you are interested in becoming a volunteer, why not come along during the hours mentioned above to find out what we do? Alternativley give Richard a call on 07999 510 500 for more information. We look forward to meeting you.

Need Equipment for a Community Event?

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

Items are listed on www.kinross.cc at:

www.kinross.cc/equipment_hire/equipment.htm

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

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.

Any profits made by the Newsletter are given away to local good causes.

Inner Wheel of Kinross And District



It was World Inner Wheel Day on Friday 10 January. Kinross & District Club celebrated the day with a lunch attended by members at the President's home with good company, friendly chat and very tasty food. There was a display of photographs of Inner Wheel events from the first meetings of the club in November 1981 to the present day, rekindling fond memories for several members.

At our January meeting our speaker was Peter Chan of Mr Chan's Chinese Restaurant, Kinross, who presented a talk explaining the customs and traditions of the Chinese New Year, how they celebrate with family and how food, including its preparation, plays a central part of these celebrations.

Our next meeting is on Monday 10 February at Milnathort Golf Club, when our speaker is Kirsty Watt who will talk to us about *Caring And Living With Disabilities – The Challenges And Successes*.

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



Peter Chan

Kinross Museum



On 21 December 2019, prizes were awarded for two Christmas competitions. Hampers were presented to Peter Wood, winner of the Museum's Christmas Quiz – *How Well Do You Know Kinross-shire?* – and a second prize hamper went to Lesley McHardy. Winner of the junior Postage Stamp Design Competition was Chloe Harley. Many thanks to all those who supported the Museum by taking part in these competitions.

To mark 75 years since the award in January 1945 of a posthumous Victoria Cross to Flight Sergeant George Thompson, a small exhibition is being mounted. A wireless operator on a daylight Avro Lancaster bombing raid over the Dortmund-Ems Canal in north-west Germany, Thompson was recognised for his valiant attempts to save the lives of two fellow crew members after the plane had been hit by enemy fire. The Lancaster crash landed in Holland and George Thompson later died of his injuries in hospital.

The Museum will be holding a special celebration on Saturday 29 February, 1-3pm, to mark the tenth anniversary of the official opening of Kinross (Marshall) Museum in February 2010. All welcome.

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.

Any profits made by the Newsletter are given away to local good causes.



Sports News

Kinross Colts

It's exciting times for the Colts as our new pavilion at Donaldson Park nears completion. We are looking forward to our 11-a-side teams playing games there very soon.

We currently have 15 teams from under 6 to under 16, also including our girls' squad, our women's team, our Kinross Colts amateurs and our over-35s. Many of our teams have space for new players so, if you're interested in joining, post a message to us on our Kinross Colts Facebook page.

We would like to thank the SYFA for their help in facilitating our Lisa Evans Soccer Centres at the Campus in Kinross. These sessions are proving to be very popular and are for girls aged 5-12, taking place every Friday from 5-6pm. Call 01577 867200 to book a place. Let us know if you're a parent of one of the girls and you would like to join our team of coaches; we will pay for coaching courses and other relevant qualifications.



Our 2009 squad recently travelled to St James' Park to watch Newcastle v Manchester City. A coachload of players and parents enjoyed a 2-2 draw including two goal of the month contenders.

The 2009s held an end of season celebration in December. Every player received a medal and there were special awards for players, parents and players of the year as selected by the

coaches. Thanks to the local lodge for allowing us to use the Masonic Hall.

Kinross Golf Club

www.kinrossgolfclub.co.uk

New Member Offer

Join now and pay the 2019 new member subscription rate of £627. Enjoy up to 14 months golf for the price of 12.

Benefits include: enjoy 2 x 18 hole, challenging but fair, parkland courses in the heart of Scotland with stunning scenery; full club competition fixture card every season for gents, ladies, senior and junior sections, including individual and team competitions allowing you to attain and maintain an official competition handicap; full social calendar throughout the year, with a range of functions during the close season; modern clubhouse with comfortable lounge and more formal dining area which both benefit from stunning views over the course to Bishop Hill. Sky and BT Sports pool table, full bar and catering service available; member loyalty card with 10% discount on bar and catering purchases; full voting rights in club decisions; discounted guest tickets and reciprocal discounted green fee arrangements with other clubs in surrounding area; well stocked pro-shop with lessons available from PGA Pro, Greig McSporran, at a competitive rate; subscription rate reduces after year 3 to the current continuing member rate that applies at the time (currently £447).

For an application form and more information call **01577 862237** or email office@kinrossgolfclub.co.uk.

Calling all ladies!

Hands up all ladies out there who have started the year saying they want to get fitter, lose some weight, get outdoors more, to have more 'e' time, to be more mindful. Do this year's resolutions seem very similar to last years? Does this sounds familiar?

So where does golf come into this when surely 'golf is just a good walk spoiled'? If you think about it, playing golf actually ticks 9 out of 10 of the aforementioned resolutions off the list.



**stellas
canapés**

For all occasions – relax with fabulous food

www.stellascanapes.co.uk

T: 01577 862220 M: 07803 136468

E: canapes@tayforth.co.uk

 Find us on Facebook

**SPOTLESS
OVEN SERVICES**

YOUR LOCAL INDEPENDENT OVEN CLEANING SERVICE



- Ovens
- Hobs
- Extractors
- Ranges
- AGAs
- Microwaves
- Filters
- Hoods

- Caustic Free
- No Fumes or Smells
- Doors Removed and Split
- Removable Oven Parts Cleaned in Vehicle-Based Tank

For a FREE QUOTE Call Linda **07526 243 026**

Sports News

However, starting something new can be a bit daunting. Or perhaps you have played in the past and don't know how to get back into it? This is where I come into the equation.

My name is Gill Pettigrew and I'm the Ladies' Captain at Kinross Golf Club. If I've got your attention and you're up for a challenge then arrange to meet me at the car park at the club. From there I will take you to the practice area where, with a spare set of clubs, I can go through the basics with you, show you how to hold a club and hit a few balls. Alternatively, you can show me what you can already do but feel you need to work on.

After that I can show you around the clubhouse and the ladies locker room and then introduce you to our resident pro in the Pro Shop where you can book a more professional coaching session. We can tailor your visit around your time allowance but I will guarantee one thing; that you will have enjoyed yourself, had some good fresh air, some exercise and maybe even burnt a few calories. Most definitely, you will not have simply spoilt a good walk! So no more excuses, I'm here to hold your hand and we will take that first step together. I look forward to hearing from you. *Contact Gill Pettigrew on 07789 464131.*

Kinross Otters

www.kinrossotters.co.uk

What a year it has been! Winning 'Club of the Year', strong finishes in the leagues, and a huge range of personal bests in meets at all levels, meant there was much to celebrate in 2019. Sadly, there were tough times too, which has led to a strengthening of our Otters family.

Here is a look back at 2019 for Kinross Otters ASC. Winning the Scottish Swimming Club of the Year was our highlight without a doubt and a wonderful and worthy win for the whole club. Our swimmers, parents, coaches, poolside helpers and committee members give so much to help us develop young people and this award belongs to everyone at the club. We've got lot of momentum from this win and are pushing forward with plans for our development in the coming years.

We held the first of our summer camps allowing our senior swimmers to take part in a weekend of land and water based training. They were led by our volunteer coaches and gave swimmers more insight into how they can improve their swimming, general fitness and wellbeing.

We had a strong finish for both squads last season in the league competitions and some great swims from Otters of all ages. We'll be competing in the premier and first divisions in 2020 and will keep you up to date on our progress.

We understand the importance of building relationships in what can be a rather isolating sport. We had a great programme of events in 2019 which helped swimmers, parents and coaches get together in a social context. This included everything from cake nights to paddle boarding and everyone had a great time.

Community is important to us as a local club. Once again, our swimmers, parents and coaches showed commitment to their club and community by volunteering at the Kinross Rotary Club annual Santa Sleigh and with a food drive for Broke not Broken. We had lots of willing helpers in what you could call 'challenging conditions' for the sleigh ride and donated a huge amount of food for the Broke Not Broken Reverse Advent Calendar. The donations went on to make up hampers which brightened up the season for some of the most vulnerable in our community and we were delighted to be able to make a small difference.



Warrender Meet Officials

Well done to Emily Cumming, Ben Smallwood and coach Bob for completing the 2019 district regional programme. Run by the Scottish swimming performance team, it provides an opportunity for coaches and swimmers alike to develop a greater understanding of many key areas of competitive swimming. It involves classroom and pool work and is a collaborative process where swimmers and coaches from across Scotland come together to share experiences and knowledge.

Subscriptions to the Newsletter

Useful for readers living outside the distribution area of the Newsletter, a subscription service is available. For further details see www.kinrossnewsletter.org or phone Ross McConnell on 01577 865885 or email

subscriptions@kinrossnewsletter.org



Carnegie Meet team



Emily Cumming and Struan Bennet were in fine form at the 2019 Scottish National Short Course Open campaign at the Royal Commonwealth Pool in Edinburgh on 13-14 December. Both worked exceptionally hard at this very high level event. Emily gained a new short course PB in her 100m fly and Struan romped home with a 1500m free PB of 16:48:03. This time qualifies him for the Scottish national age group event in 2020. Well done to both of them, they both gave it everything and we have a very proud head coach!

There was no rest for the Otters in the run up to Christmas with the two day Warrender graded meet held at Glenrothes on 21-22 December. A solid team turned out despite the time of year and were rewarded with a spate of PB's as well as a gold and bronze for Ben and Emily. The PB's included a few Christmas crackers. Duncan Crichton saw a 19.89 sec improvement in the 200 freestyle, 14.15 off for Katie Fraser in the 50 butterfly and a fantastic 25.69 off in the 200 breaststroke from Benji Alexander. We very much appreciate everyone giving up their weekend so close to Christmas and we celebrated with some great swims!

The highlight of the Otters calendar is club champs. Even more fun is the awards night event we hold a month or so later! Thanks to everyone who came along and celebrated the success of our swimmers and for the team who pull together the night itself.

Lots of awards are given out after club champs, but there is one in particular which has a special place in our hearts. As many of you know, in July of last year we lost one of our Otters, Eilidh Neave, to meningitis. Eilidh's family wanted to celebrate her love of swimming and honour her memory by donating an award in her name.

The Eilidh Neave Cup is presented to the new Otter with the fastest 50m breaststroke. Eilidh herself had only recently joined Otters before her death, although her sister and Mum have been

involved for several years. Indeed, Zoë, Eilidh's sister, was on hand on awards night to present the inaugural cup to bronze squad member Christina Sloan. We are very proud of both Christina and Zoë, and Eilidh is always in our thoughts.

We go in to 2020 with a renewed sense of purpose and look forward to sharing all the positivity that comes from being a member of Kinross Otters; from medals and competition success, to friendship and teamwork.

Kinross Tennis Club

www.kinrossstennisclub.org.uk

We've had a short break over Christmas and New Year but all our coaching and club sessions are back on for 2020!

Our coaching programme has classes for all ages and abilities. On Saturday mornings we run sessions for tots (2-5 years) and family tennis for ages 6 and over with a participating adult. On Tuesdays we run sessions for children ages 5 up to teenagers, including a dedicated class especially for teenage girls. All sessions are run indoors at Loch Leven Community Campus.



Sports News

There are also lots of opportunities for adults to play. We are running beginner and improver classes on Monday and/or Tuesday mornings and Sunday evenings. Members and non-members welcome.

For more information on any of the coaching please get in touch with Siobhan MacLeod by email at:

kinrossstenniscoaching@gmail.com

Social sessions continue to run on Wednesday evenings, Thursday afternoons and Sunday mornings, weather permitting. New players are always welcome!

Further details can be found on our Facebook page.

Kinross Rugby Club

Seniors

The club has had plenty of ups and down over the years but we have ended up in one of the best positions we've been in for some time. Considering that, only 3 seasons ago, we were contemplating pulling out of the league and only playing friendly games, we now have a squad of around 40 boys and have won some silverware for the first time 15 years!

After a strong run of games in the knockout tournament, the team came up against a strong Dundee University Medics team (DUMS) in the final. DUMS had made it to 4 finals in as many years so we knew it would take a lot of effort and determination to beat them. We knew we had to start strong and did just that with Euan Duthie reading the opposition set piece perfectly. He intercepted a pass which saw him run in from 40 metres out for the first points of the game. His try was converted by Lewis Cox putting the home team 7-0 up.

After a well worked line out move the relentless DUMS attack finally breached the purple wall levelling the game up. Just before half-time we gave a penalty away which the DUMS kicker slotted straight through the posts, putting the visitors 7-10 up at the halfway point.

Going into the second half it was all to play for. After going back and forward it was the home team that scored first. After winning a penalty in their 22 captain Stuart Hunter made the big decision to kick to the corner and it paid off. A cheeky short line out move saw Marshall crash over the line with medics hanging off him. Moments later we added to our lead again with a try from Graham Kilby. After a delightful chip through from the captain Graham turned on the afterburners to show a clean pair of heels beating 3 medics to the ball to finish off a great counter attack. With Lewis Cox nailing the conversion under huge pressure the game was all but done. Some solid defence meant that Kinross held on in the final minutes and the silverware would be staying in the shire!

The big results kept on coming into the New Year as well. In the first game after the Christmas break the boys beat a Madras team that are very much pushing for promotion this year.

Our games against Madras are always tasty encounters and this one promised to be so after we had beaten them in the bowl semi-finals weeks before so they had a point to prove. The match started off very even with both teams playing safe but effective rugby. It wasn't until 20 minutes in that the first points of the game were scored. After some good build up play George Harley managed to pirouette his way out of a tackle and dive over giving us the lead.

ANCHORTIMBERBUILDINGS 
Wide Range of Timber Garden Buildings Starting from:

Apex Range : From £349

Pent Range : From £389

Summerhouses : From £889

Play Houses: From £269

Free Delivery & Installation within 50 mile radius of
our fantastic indoor showroom based in Glenrothes, Fife, KY6 2RE

Telephone 01592 748 900

Email info@anchortimberbuildings.co.uk
for more information or a quotation.



ELSTON (Est. 1983)
LANDSCAPES
Landscaping & Stump Grinding

TREE STUMP REMOVAL SPECIALISTS
Tree and shrub planting
Seeding & Turfing
Paths, Patios & Driveways
Hedge Cutting, Pruning and Tree Surgery
Fencing, Trellis & Pergolas
Garden Drainage

Operated Mini Digger, Dumper & Turf Lifter For Hire

01738 850 742
keith@elston-landscapes.co.uk
www.elston-landscapes.co.uk

Fully Qualified & Insured















Kinross Rugby Club, KGV Clubhouse, The Muirs, Kinross

SIX NATIONS RUGBY FIXTURES 2020

All Games Live

All Welcome

Saturday 01 February	Wales		KO 14.15 Principality Stadium Cardiff		Italy
Saturday 01 February	Ireland		KO 16.45 Aviva Stadium Dublin		Scotland
Sunday 02 February	France		KO 15.00 Stade de France Paris		England
Saturday 08 February	Ireland		KO 14.15 Aviva Stadium Dublin		Wales
Saturday 08 February	Scotland		KO 16.45 Murrayfield Stadium Edinburgh		England
Sunday 09 February	France		KO 15.00 Stade de France Paris		Italy
Saturday 22 February	Italy		KO 14.15 Stadio Olimpico Rome		Scotland
Saturday 22 February	Wales		KO 16.45 Principality Stadium Cardiff		France
Sunday 23 February	England		KO 15.00 Twickenham Stadium London		Ireland
Saturday 07 March	Ireland		KO 14.15 Aviva Stadium Dublin		Italy
Saturday 07 March	England		KO 16.45 Twickenham Stadium London		Wales
Sunday 08 March	Scotland		KO 15.00 Murrayfield Stadium Edinburgh		France
Saturday 14 March	Wales		KO 14.15 Principality Stadium Cardiff		Scotland
Saturday 14 March	Italy		KO 16.45 Stadio Olimpico Rome		England
Saturday 14 March	France		KO 20.00 Stade de France Paris		Ireland

New large screen TVs and surround sound system

Join us and enjoy the atmosphere – Kinross Rugby – Your Club – Try It

We are also open for all Pro14 Games on Friday evenings (7.30pm) and Saturdays (from 3pm)



T. BUCHAN & SON
SHOP & GARAGE
 01592 840227 01592 840255(24hrs)
 MAIN STREET, KINNESSWOOD

MILK to MOT's TYRES to TURNIPS
 STAMPS to SERVICING
 NEARLY NEW CARS to CAR HIRE
 24hrs RECOVERY to PETROL
 COAL to LOGS
 OPEN 7 DAYS A WEEK

Smartworks
 CHARTERED ACCOUNTANTS

We are an established firm of Chartered Accountants combining 40 years experience in practice and industry and who understand at first hand the challenges of running a business.

A friendly, professional and cost-effective service that provides expertise locally.

Ring for a free initial consultation.
 Home / business visits welcomed.

ACCOUNTS PREPARATION
 Sole trader, partnership, limited company, subcontractors
 CIS, Company secretarial and compliance services

PERSONAL TAXATION
 PAYE, NI, Capital Gains, Inheritance Tax,

BOOK-KEEPING & VAT RETURNS

PAYROLL SERVICES

MANAGEMENT ACCOUNTS

BUSINESS CONSULTANCY
 Start up advice, business planning,
 business improvement, tax efficiency



Tel: Katharine Douglas 07801 678318
Anita Collins 07961 637850
 Email: info@smartworkscs.co.uk
 Web: www.smartworkscs.co.uk

CASHMERE AT LOCHLEVEN



Unique - Luxurious - Precious - Rare
 Clothing by: Byoung, Fransa, Joe Brown, Robell, Pomodoro, Yest,
 Adini, Marble & Lebek to name a few...
 Accessories by: Envy Handbags, Pia Rossini, Pom and lots more...
 Fabulous range of gifts & stationery.
 Relax afterwards in our popular Coffee Shop.





marble



Opening Hours
 Monday - Saturday 9am - 5.30pm, Sunday 11am - 5pm
 DISABLED ACCESS & FREE PARKING

Cashmere at Lochleven, Lochleven Mills,
 Kinross, KY13 8DH
 Tel: 01577 867 570
enquires@cashmereatlochleven
www.cashmereatlochleven.com



Recommended by


Awarded 4 star status
 by Visit Scotland







However, just moments later, Madras bounced back after a few missed tackles allowed one of their players through the purple defence, levelling the game up.

We hadn't really come out of first gear all game and it wasn't until our next points were scored that we had showed that we can shift into second gear. About 35 metres out from their try line Dan Hawkins got the ball from the back of a scrum and gave an inside ball to Graham Kilby who was running like a baby rhino destroying anything in his way; one of the Madras boys found that out the hard way! Graham plowed the boy out of his way almost as if he wasn't there and scored under the posts making that his second try in as many games. The try was converted by Lewis Cox which proved to be the difference between the two sides with the game ending 10-12 to Kinross.

The boys are working extremely hard in training to challenge in the big games and none of this would be possible without our coaches, volunteers and sponsors. They all invest so much time and effort into the club and it's great to see it all paying off. We would also like to thank everyone who braves the weather most weeks.

Minis Section

We have been pretty quiet as a club for the last two months; wet and freezing conditions led to some cancelled games towards the end of the year. This left us looking forward to Christmas time and the parties. P1 to P3 had their party inside the clubhouse and P4 to P7 went ten pin bowling. P1 to P3 had a rare but extremely enjoyable visit from a well-known figure who just happened to don a red suit for the day! Thanks to Santa's stand-in and the sleigh Kev!

At the ten pin bowling there was an enviable prize of a selection box for the winner of each lane. All the kids had a great time and went home with tales of how a turkey hit the gutter and a portside dump struck a barmaid. They enjoyed themselves so much and would like to do the same again soon!



Our P7 kids have been training inside on a Friday nights, completing an eight week course of strength and conditioning. We never doubt the capabilities of these guys as individuals, or as a team, but they can only become stronger, fitter and go onto new heights after slugging it out at these sessions.

We would like to thank the staff at Loch Leven Live Active for their expertise and patience during these fitness sessions. The boys will grow in confidence and stature because of it; above all else training as a team and enjoying every minute. Good luck P7s for a new and fabulous rugby year ahead!

We would like to welcome anyone who is willing to give minis rugby a try! Have a go at tackling a sport that we all love. Why don't you scrum down and leave your troubles behind in the dirt and make new friends that will last a lifetime!

Training starts back outside at KGV playing fields on 15 February. If you are come along, look out for Nicola at the benches or simply give me a phone. Also please wrap up well.

Training sessions on Saturday mornings are as follows: P1-P3, 10.30-11.30 am; P4-P7, 10.30am-12noon.

We look forward to seeing you all soon.

Club Correspondents

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

The Newsletter on Facebook

We use our Facebook page to announce:

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

'Like' our page to be kept informed. Search for 'Kinross Newsletter' or go to:

www.facebook.com/kinrossnewsletter



Volleyball

Kinross Volleyball Club celebrates its 40th anniversary in 2020. To celebrate the club is running an invitation to WAGS (women and girls in sport) in the local area to come along and try social volleyball on Monday evenings throughout January and February. Social volleyball uses a smaller badminton court and a reduced net height with three (mini-volley) or four (trim volley) players on each side. It is a simpler version of the traditional 6 v 6 game and is becoming more popular around the country; Scottish Volleyball are organising competitions for this level. If you haven't tried volleyball since you left school you will find it much more 'user friendly' and more fun.

The club teams compete in the Perth District League at Bell's Sports Centre on Sunday evenings. The premier league team is in transition this season and has a mix of youngsters and older adults.

Recreational teams include the mixed mongrels team along with a girls team from Kinross High School and a team from Kinross Boys' Brigade.

Club members are looking forward to the Scottish Open Volleyball tournament on Perth's North Inch on 23 and 24 May, where over 100 teams will congregate to play on up to 40 grass courts.

In August, the club will be travelling once again to De Haan in Belgium for their annual outdoor tournament.

Kinross High School pupils are preparing for competitive festivals for S1, S2 and S3 pupils in March and for S4, S5 and S6 pupils in May.

W.A.G.S Women & Girls
in Sport

KINROSS VOLLEYBALL CLUB
invites you to try beginners' fun,
social volleyball on **MONDAYS**
from **8 - 9 pm - ONLY £2**
at the Kinross Campus Games Hall

ALL WELCOME!



Throughout January & February



We are a Fairtrade Zone

Look for products with this Mark

Perth & Kinross – Proud to be a Fairtrade Zone

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

Classified Advertisements

Check the Classified Ads section on www.kinross.cc

Buy or Sell Goods up to the value of £750

Items are advertised free of charge for up to six weeks

Do you have

Photographs of Kinross-shire

you'd be happy to share with others?

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

JAMES A. SCOTT
SLATERS & PLASTERERS



4 Maree Place, Kinross
Telephone 07734 906241

Grate Building, Tiling etc.



Causeway Cottage Cattery
SCOTLANDWELL

Quiet country setting 5 mins from June. 5 M90
Heated Accommodation & Spacious covered runs
Tailored to individual needs
FAB TRAINED
Small Animals also catered for

TEL: 01592 840 869 MOB: 07717 54 57 28

AndrewMegginsonArchitecture

High quality, practical and innovative
architecture and design

andrew@andrewmegginsonarchitecture.com

07583 404 422



*WOODWORM
*DRY ROT
*DAMPNESS

Ewan M. White

RSci FIMMM CSRT

Registered Scientist

M. 07810 354 791

T. 01577 842115

mail@ewanwhite.co.uk

www.mcpress.co.uk

Science
Council



The Wood Technology Society
A Division of the Institute of Materials, Minerals and Mining

Jackson's Bikes
motorcycle bodyshop & service centre



**SERVICING
PAINTWORK
TYRES
BRAKES
ENGINE REBUILDS**

CHECK US OUT
ONLINE
TO FIND OUT
MORE

FREE
NO OBLIGATION ESTIMATES

www.jacksons-bikes.co.uk



**77 OAKFIELD STREET, KELTY, KY4 0BX
01383 830 645**

CRAIG CAMPBELL
PAINTER & DECORATOR
KINROSS-SHIRE

FREE QUOTATIONS
ALL ASPECTS OF DECORATION
INTERIOR & EXTERIOR
ALL WORK GUARANTEED

TEL: 01577 527 327
MOBILE: 07964 020 844



ANDY BAIRD LOGS

LOCALLY SOURCED AND FULLY TRACEABLE
HARDWOOD & SOFTWOOD LOGS

TEL: 07802 914 976 (TEXT IS BEST)

www.andybairdlogs.co.uk
email: info@andybairdlogs.co.uk

**Watch your old Cinefilms &
Family Videos again...**



Transfer Cinefilm & VHS Tapes to DVD

CALL 07711 237 697



MalfMedia LTD

Benarty, Wester Balgedie
Kinross KY13 9HE



All Electrical Work Undertaken
Fast, friendly and reliable service
Established 1980

• AWARD WINNING LIGHTING DESIGNS •

Specialised Lighting Design for your home inside and out

26 Years of Service based on an unrivalled reputation

FOR IMMEDIATE ATTENTION CALL TONY NOW ON

07711 863 872 (Mobile)

Tel/Fax : 01577 862769 (Office)
E-mail : info@bartlettelectrical.com
Web : www.bartlettelectrical.com

NORTH ROAD GARAGE Ltd.

Great North Road, Kelty

Tel: 01383 830404 Home: 01383 831298

Member of Scottish Motor Trade Association (SMTA)

We are now in our new purpose built workshop where you can wait in warmth to have fast repairs carried out such as brakes, tyres, exhausts etc. fitted.

MOT Testing classes 4 & 7 (Sundays by appointment)

Servicing and repairs to all makes

Welding to proven MOT standards

New tyres supplied fitted and wheels balanced

Puncture repairs Suspensions pressurised

Brakes Shockers Starters Alternators etc. etc.

All parts supplied Shop & Accessories

Full car valeting

12 months/12,000 miles parts & labour warranty

Used car and van sales

with full warranties

Finance up to 60 months (keen APR rates)

with payment protection

Cars and vans bought for cash (HP cleared)

Calor Gas stockists. Delivery to Kelty area

Recovery service, Courtesy cars available

Monday to Friday 7am - 7pm

Saturday 8am - 5pm Sunday 10am - 4pm



SOS MOVES

Call us to ensure a friendly and efficient relocation by people who care

**Office Relocations, Domestic Removals,
Furniture Fitting and Light Haulage**

No job too big or too small

For a free no obligation quotation please do not
hesitate to contact us

01577 842239/07725558201

info@sosmoves.co.uk



GLENFARG – Mrs Margaret Scott welcomed members to the unfamiliar venue of the session house of the church for the December meeting, as the village hall was required for the election. It was, however, a lovely evening celebrating Christmas with buffet supper followed by entertainment by Lesley Murison and Andzia Scott with a little audience participation to keep everyone on their toes. Much laughter and the company of friends made for a good end to 2019.

Truffles: *Alison Harrison*
Flower of the month: *Helen Quartermaine*
Christmas decoration: *Sheena Chisholm*

Members were welcomed to an afternoon meeting in the Village Hall in January. The speakers were Tracy and Karen Baxter from Cloverlea Apiaries. This was a most informative talk, not just about honey, but about the breeding and care of the bees, their habitats, range and customs. Cloverlea specialise in the breeding of the small, black Scottish bee, carefully guarding them from any cross contamination and disease. It was a fascinating insight into what makes a good jar of honey and much appreciated by the members. Ursula Stewart gave the vote of thanks.

Favourite drinking glass: *Lillias Johnson*
Slice of homemade Christmas cake: *Allison Messenger*
Pot plant: *Alison Harrison*

BISHOPSHIRE – Joanne Cowan welcomed members and visitors to the first meeting of 2020. After dealing with business she introduced our speaker, Kate White, who is Head Gardener at Cowden Gardens, Dollar. After a few technical problems which she overcame beautifully, Kate gave us an excellent talk on the history and rebuilding of the Japanese Gardens at the site of the former Cowden Castle near Dollar. We were fascinated to learn the history of the creation of the original garden and to see the before and after pictures of the restoration. Kate explained the ethos behind Japanese gardening and talked about the particular challenges of Cowden Gardens. The gardens are open to the public Wednesday to Sunday from April until October.

Photograph of a garden: *Norma Smith*
Flower of the month: *Greta Hogg*

Next meeting will be a talk by Jay Hutchison on Felting. New members are welcome.

BLAIRINGONE – President Mary Ramsay welcomed the members to the new decade, getting off to a flying start with a full list of up-and-coming events. With the festive season behind us and for some of us a somewhat expanding waist line, top of the list was exercise, so members were split into teams and practise was the order of the day in preparation for the up and coming Institute Olympics. Reflecting on the results, it was clear from the adjudicators that a training programme was indeed essential! It proved however to be great fun and brought much laughter within our older members at our apparent ineptness. In keeping with our fitness regime our purvey consisted of little or no sugar and lots of healthy options so we can look forward to a sleeker and fitter membership for 2020.

Wartime recipe: *Jan King*
Flower of the month: *Valerie Scott*

MILNATHORT – Milnathort SWI met on Thursday 21 November in the Town Hall. Jean Paterson, President, welcomed everyone to the meeting. Usual business discussion took place and forthcoming events mentioned. Jean then introduced Jay Hutchison, who gave us an insight into how she became so involved with Needle Felting. Members then had the chance to try and produce a Ladybird, not too many elastoplasts needed from the very sharp needles!! We all managed to take home at least one reasonable Ladybird.

Jay's exhibition of her work was very much admired. Shirley McCouat gave the vote of thanks to Jay for a very enjoyable and informative evening.

Handmade Christmas tree ornament: *Jessica Munro*
Small dish of puff candy: *Denise Stephenson*
Flower of the month: *Denise Stephenson*

Jean thanked everyone for attending this evening.

Milnathort SWI met again on Thursday 16 January. Jean Paterson, President, welcomed everyone, wishing them a happy new year. In December we had a very enjoyable Christmas meal at Milnathort Golf Club, good company, good food and we all joined in the various quizzes, before 'Secret Santa' gifts to everyone. After the business section of this evenings meeting Jean introduced Margaret Paton, whose subject for this evening was 'Glasswork'. Margaret spoke for a few minutes telling us how she embarked on this art, then demonstrated the intricate cutting of the coloured glass, edging with copper and finally soldering together to make set design into a stained glass item. She had a good display of her work for us to admire. We all then had the opportunity to make a brooch out of different pieces of glass, most members took part, we look forward to receiving our fired items which Margaret took away to her kiln and will bring to our February meeting. We all thoroughly enjoyed the demonstration and the 'hands on' experience.

Jean thanked everyone for attending this evening and wished them a safe journey home.

Favourite glass ornament: *Denise Stephenson*
Three pieces of rocky road: *Cathy Cochran*
Flower of the month: *Grace Drysdale*

Our next meeting will be on Thursday 20 February, 7.15pm in the town Hall, when our speaker will be from 'The Men's Shed'. Visitors and new members welcome.

CLEISH – Dorothy Morris welcomed everyone to the meeting and wished the members a Happy New Year. Dorothy Morris and Heather McDougall have been invited to Powmill SWI to help celebrate their 100th birthday. Dorothy Morris and Effie Wallace went to visit Marion Stirling, our oldest member, to wish her a happy 90th birthday. There is a P & D meeting on 23 January at Kinross Church Centre. Alison Morris is to be our delegate. Ruralympics will be held on 26 January at Kinross Church Centre. We are entering two teams. Dorothy then introduced Neil Mitchell from Loch Leven Nature Reserve. Neil then gave us a very interesting talk about the wildlife and birds on and around Loch Leven. Jane Mcgee gave the vote of thanks.

Flower of the month: *Dorothy Morris*
Photo of Kinross-shire: *Anne Bayne*
Traybake: *Alison Morris*

CARNBO – Carnbo Christmas party was held in the hall on the 16th December. President Angela Browning welcomed all the members to the party. We had a lovely meal provided by Heaven Scent. Entertainment was provided by members of the committee and everyone took home a gift from secret Santa.

Best home made Christmas card: *Angela Browning*

President Angela Browning welcomed everyone to the January meeting held on the 20th January. After business we had a Quiz night. Angela Browning, Margaret Greener, Rosemary Hudson and Grace Paterson set us four very different topics which were great fun. This was followed by a supper of oatcakes and cheese, shortbread and Cloutie dumpling.

Flower of the month: *Cath Mearns*
Unusual Object: *Liz Baglow*

Looking for a new way to exercise?



Turn a walk into a workout

- Free Taster sessions
- 'Learn to Nordic Walk' courses
- Regular walks and workouts
- * NEW * Ski Fit courses

Book through:

www.nordicwalking.co.uk www.exercise-anywhere.com

contact us for more details:



Sue



Bryony

ordic Walking Kinross ← FACEBOOK → Norwalkin
ordicwalkingkinross ← Instagram → norwalkin
7788 263178 ← Phone → 07793 725578

Accredited Nordic Walking Instructors

INDEPENDENT FINANCIAL ADVISERS

SKYRIDGE 
FINANCIAL PLANNING
(formerly Craig Brown Financial)

Personal and Corporate Financial Planning

Investment Advice
Retirement Planning
Options at Retirement
Shareholder/Keyman
Protection
Inheritance Tax Planning
Life & Health Cover

Mob: 07880 523196

Skyridge Financial Planning LLP

Email: craig@skyridgefinancial.co.uk

www.skyridgefinancial.co.uk

DRYSDALES MILNATHORT LTD

GARDEN BUILDINGS • FENCING • PLANT HIRE & GROUND WORKS

SHEDS • SUMMER HOUSES • GARAGES
KENNELS • BOARD • POSTS • RYLOCK
CHAINLINK • IRONMONGERY



ALL TYPES OF GROUNDWORK



DISPLAY AT:

Ladeside Yard, Stirling Road, Milnathort KY13 9XR

Tel: 01577 865251

www.drysdalesheds.co.uk



Shand Architecture

Working in beautiful Kinross-shire for over 25 years

Helping to turn dreams into reality is our business. If you are considering a building project, large or small, new home alterations or extension then please give us a call.

- New build/self build house design
- Low energy sustainable homes
- Extensions and alterations
- Residential and Commercial developments
- Free initial consultation with RIBA RIAS Chartered Architect

Contact us on: 01577 840 202 / 07734 680 502

E: stuart@shandarchitecture.co.uk W: www.shandarchitecture.co.uk

Studio One, Crook of Devon, Kinross KY3 0UL

Out & About

RSPB Loch Leven

facebook.com/RSPBTaysideFife

www.rspb.org.uk/lochleven

Telephone: 01577 862355



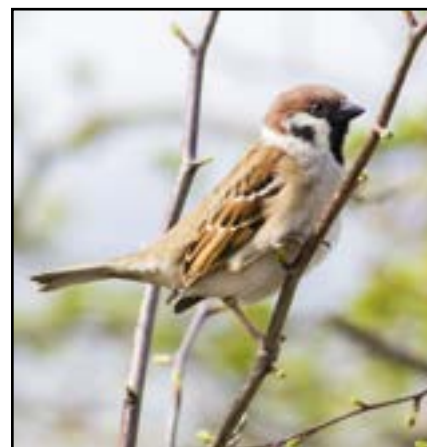
February is often the coldest, wettest and frostiest month of the year. Most of the berries have disappeared from the bushes and food available for wildlife may be in short supply, encouraging large numbers of birds to come into our gardens to feed at the bird feeders. Indeed, many of you may have taken part in the RSPB Big Garden Birdwatch during the last weekend of January, counting the different species of birds which you have seen. The RSPB will now analyse all the data submitted, with the results being issued later in the year.

Our bird feeders have been very busy with greenfinches, goldfinches, chaffinches, long tailed tits, great tits, blue tits, coal tits and of course tree sparrows. The tree sparrow is one of many species of birds which have been struggling in the UK. They are generally

found in rural areas rather than in towns and cities. However, their numbers have dropped considerably in the last few decades due to loss of habitat and suitable places to nest. Our volunteers have put up several groups of nest boxes around the reserve (since tree sparrows like to nest in colonies). Amazingly, last year, the tree sparrows nested in 15 of the special nest boxes, resulting in their numbers greatly increasing on the reserve. Hopefully the birds will nest in the boxes once again this spring.

There have been large numbers of ducks on the wetland including wigeons, teals, goldeneyes, pintails, tufted ducks and mallards. The ducks are beginning to pair up now after much displaying and head bobbing by the males. Male pintails are particularly elegant birds and have a beautiful white stripe curving down the length of their long necks. Pintails are dabbling ducks rather than diving ducks, and when they 'up-end' in the water to feed, their feathers form a sharp pin shape sticking out of the water.

Other sightings include five little egrets which have been seen regularly on the wetland. Large flocks of over 100 curlews have also been seen. Red squirrels continue to delight our visitors with their scampering around the leafy loop trail.



Tree Sparrow (pic: Paul Ashcroft)

This month we are holding two Optic weekends: one on the weekend of **1 February/2 February** and the second on **29 February/1 March**. Come along and try out the binoculars and telescopes.

We are having a Spring Writing Workshop on **Sunday 22 March** from 10am-2pm. Always popular, it will be led by our writer in residence Anita John. If you are ready to be inspired by the sights and sounds of nature and want to learn how to capture the images in words, then book a place by visiting our shop on the reserve or by booking direct at rspblochleven.eventbrite.com.

Anne Sinclair, Visitor Experience Officer



Pintail (pic: Alex Gilfillan)



The Pier (pic: Hannah Phillips)

Discover Loch Leven Website

To discover the many things to see and do in Kinross-shire and its neighbouring counties, visit www.visitlochleven.org

Loch Leven Ferry Times

26 Mar - 30 Sept

Daily, 10am - 4.15pm

1-31 Oct

Daily, 10am - 3.15pm

Admission prices

Adult £9, Child £5.40

(includes ferry trip)

Conc £7.20. HS card free

DAVID NAIRN

Painter and Decorator

"Paper-hanging, Painting & Tiling".

ALL TYPES OF WORK UNDERTAKEN

ESTIMATES FREE

LISMORE, STATION ROAD

CROOK OF DEVON

Telephone: 01577 840527

Mobile: 07859 825565

Life On The Loch



A very happy new year to all the *Newsletter's* readers. Christmas seems a dim and distant memory now.

Despite all of the rain we've had in recent weeks, the loch level is well short of the record levels of winter 2006/7. The trail has remained open and passable throughout and fortunately there have been no huge trees down for us to worry about.

This year's theme is Scotland's Coast and Waters. Every year there is a different theme. Scotland's coasts and waters will be showcased in 2020 with a themed year designed to inspire both visitors and locals to explore and experience our unrivalled shores, rivers, lochs and waterways.

Led by VisitScotland, the Year of Coasts and Waters 2020 (YCW2020) aims to build on the momentum of previous themed years to celebrate and promote opportunities to enjoy Scotland's fantastic coasts and waters, encouraging responsible engagement and participation. The year will focus on unique, authentic experiences and sustainable tourism, with the following four key strands: our Natural Environment and Wildlife, Historic Environment and Cultural Heritage, Activities and Adventure and Food and Drink.

Scotland's coasts and waters are rich in life and colour and draw visitors from around the globe. As part of YCW2020, SNH wants to encourage and inspire people to explore our wonderful coasts and waters. To achieve this, SNH is running a core programme of activities throughout 2020.

Details of these events will be added here as they are launched.

We have a number of events this year. Many of the old favourites will be back like Discovery Day, Meadows Day, Osprey Walks and Goose Walks. On top of this there will be new things like Bushcraft clubs in the holidays, dawn chorus, guided paddle and a water based Bioblitz. Watch out for a list of the dates in the March issue of the *Kinross Newsletter*.

Bird numbers have remained quite low during the winter period with the high-water levels but the great white egret has been seen around the loch on a number of dates. It will hopefully reappear around the loch during the year. There has also been a Slavonian grebe around Burleigh. We expect goose numbers to rise throughout February.

Even though the weather has been poor we've still been managing to do a fair amount of habitat management work. We've been tidying up Mary's Knowe, removing wood and regrowth from the trees we have coppiced. We have also been clearing trees from around the ponds at Burleigh to let light into the ponds. During February we'll start removing vegetation, with the help of our new plastic boat that we can drop into the ponds for easy access to the water. The volunteers have been busy with these tasks. We have also had help from the National Certificate group from Elmwood College.

For regular news and updates please keep an eye on the Facebook page (Loch Leven NNR), Instagram (@lochlevennr) or the Loch Leven wordpress blog. TTFN.

Jeremy Squire, Reserve Officer

J & G WILSON

LAW & PROPERTY

PROVIDING LEGAL SERVICES TO THE PEOPLE AND BUSINESSES
OF THE KINROSS AREA SINCE 1888

ESTATE AGENCY • CONVEYANCING • EXECUTRIES • WILLS • TRUSTS
POWERS OF ATTORNEY • MATRIMONIAL LAW

01577 862302 | 18 High Street, Kinross, KY13 8AN | contact@jgwilson.co.uk | www.jgwilson.co.uk

Logos for partners: Kinross & District Property Centre, EPC, Zoopla, rightmove, s1homes.com, n1TheMarket, Facebook, Twitter.

Gardens Open In February

Local Gardens To Visit

Snowdrops and winter walks

Cloan, by Auchterarder PH3 1PP

Sunday 16 Feb 10am-3pm.

Kilgraston School, Bridge of Earn, PH2 9BQ.

Sunday 23 Feb. 1.30-4.30pm.

Lindores House, by Newburgh, KY14 6JD.

Sunday 23 Feb. 11.30am-2pm.

All are open for Scotland's Gardens, raising money for numerous Scottish charities. For further information on these gardens and many others open across Scotland please visit www.scotlandsgardens.org

Weather



Recent Weather Reports from Kinross

November

Total Rainfall	126.0 ml = 5.04 inches.
Heaviest Fall	26.5 ml. on 4 November.
Total Sunshine	54.2 hours.
Sunniest Day.	7.4 hours. on 8 Nov.
Max.Temp.Av.	7.09c
Highest Temp.	10.5c on 2 Nov.
Min.Temp.Av.	-1.99c
Lowest Temp.	-7.8c on 18 Nov.

December

Total Rainfall	118.6ml. = 4.74 inches.
Heaviest Fall	26.5 ml. on 7 December.
Total Sunshine	29.5 hours.
Sunniest Day.	4.2 hours. on 9 December.
Max.Temp.Av.	7.30c
Highest Temp.	12.0c on 10 December.
Min.Temp.Av.	-0.85c
Lowest Temp.	-8.6c on 1 December.



SKEINS & BOBBINS

Your local independent
yarn & haberdashery shop

120 HIGH STREET, KINROSS
01577 208107

Email: skeinsandbobbins@outlook.com

Junior/Senior Knitting Classes
Weekly Knitting/Crochet Club



Health and Beauty Salon
Established 1981

*A journey to soothe the body
and calm the mind.*

SHR Light Aesthetics

Have you got unwanted hair? Then SHR (Super Hair Removal) is the choice for you! The system combines the newest released technology and the benefits of the pulsating light method achieves practically painless results for unwanted hair.



Aesthetic Cosmetics

Karen Graham, GP is an Advanced Aesthetic Cosmetic Practitioner. She offers the full range of botulinum toxin and filler treatments as well as treatments for excessive sweating. Appointments and a full price list can be obtained from The Complete Look.



Decleor Facials and Body Treatments

CACI non Surgical
Ultimate Treatment

Microdermabrasion

Red Blue Light
Therapy

Epibrow
Microblading

Waxing inc Lycon

Threading

Manicure, Pedicure

Gel Overlays

Hot Stone Massage

Massage and
Aromatherapy

Reflexology

Eyelash Extensions
and Tinting

Eyebrow Re-Shaping

1 Parliament Square, Kinross Tel: 01577 863364



www.thecompletelook.co.uk

Looking forward to the future

Wow, it's January 2020 and I'm about to write my first farming column of the year and the decade. Coming up with an interesting piece is a bi-monthly mighty challenge for me so given the new decade, I'm thinking this is an appropriate point to reflect on the period in farming since 2010, and I might be permitted a bit of crystal-ball gazing to 2030.

Ten years ago, I ran a flock of 183 ewes grazing on Hatchbank. I had also bought 248 store lambs to fatten and sell in the spring. There was a long, cold, dry spell early on and I recall that was quite good for the hoggs (that's the name for the lambs after Christmas). They finished easily on a field of fodder rape supplemented by barley and taking a look back to my accounts they made 195 pence per kilo when I sold them in March - a price that remains a good trade today.

I also worked four days per week helping people start up in business, it was a different kind of shepherding but equally as rewarding. We were always busy, but we juggled family, farm and work with running the storage quite well. I found routine helped me to cope and the kids remember we had mince and tatties every Monday, lentil soup and sandwiches on Tuesday, and so it went on... a little plain and predictable they tell me now but I found it easy to cook and healthy. It was in that year that Mum and Dad retired and I started to look after their farm, leading to me eventually becoming a full-time farmer in 2017.

Looking ahead to 2030, I'm going to leave you with just a few random thoughts of mine with a couple of ambitions mixed in. First, I hope I'm a granny (sorry kids, I just can't help it). Secondly, I believe I will also still be a sheep farmer, we will be producing prime lambs and the breeding policy we introduced in 2014 will be bearing fruit. The 1200 finished lambs will produce grass fed lean lamb of very consistent quality. As I move to granny status, it's my children's, the Gen Z generation, who will be the foremost Scottish consumers, and this group will be even more discerning about their food once they are parents. If I'm honest, I don't think my grandchildren will be eating mince and tatties every Monday but I hope it's a lamb stir-fry or warm beef salad instead so proving the credentials of the red meat sector will be the challenge for the decade. I am confident that my grass-based system, which is typical of so many Scottish farms, will have been proved to be sustainable and while I will have made a



few tweaks to improve the ecological balance it will be a very similar operation.

The predicted milder, wetter weather will bring changes, so controlling liver fluke will be much more challenging and this may also have an impact on stocking density.

Finally, I think there will be a female farmer in the top team at Scottish National Farmers Union but I think it will take longer than 10 years to see a female president of the organisation. I'm afraid it won't be me though as I'll be too busy knitting and pushing the pram.

Fiona

JAMES SNEDDON
PAINTERS & DECORATORS
THE NAME FOR PAINTING IN THIS AREA OVER 60 YEARS
**FREE ESTIMATES &
ADVICE WITH PLEASURE**
TEL: **MOBILE**
01577 862865 or 07719
01383 626171 211220
Proprietor: Shane Crawford

**complete
design solutions**
for start-ups
quality logo design
competitive print prices
leaflet and flyer design & print
corporate stationery
photography and video
photo manipulation
vehicle livery and shop signage



**Cree8** Kinross Business Centre 62 The Mains Kinross KY13 8AU
tel: 01577 863186 mob: 07900 403 708 email: lee@cree8.co.uk



Your local provider of recycling and waste management services

Skips

4-16 cubic yard skips



Bulk Containers

20-40 cubic yards. Open, closed and compactor container options



Cattle Bedding and Equestrian Arena Surfacing

Affordable cattle bedding and equestrian arena surfacing made from high-grade timber fines



Your waste is changing

01577 830833 binngroup.co.uk



Everyone is welcome

A good variety of pet, wild bird food, poultry, garden supplies and much more all at competitive prices



"Come and see us for a refreshment at the Kinross Show"

Milnathort Country Store - 01577 862381

carrs-billington.com





BALGEDIE TOLL TAVERN
COUNTRY PUB & DINING

Under New Ownership

Neil and team look forward to welcoming old and new customers
 Food all day Saturday & Sunday 12noon - 8.30pm
 Midweek Lunch 12noon - 3pm Evening 5pm - 8.30pm
CLOSED TUESDAY

Room available for small parties & meetings
 Free WiFi • Car Park
 Balgedie Toll Tavern, Wester Balgedie,
 Kinross KY13 9HE
 Telephone: 01592 840212
 Email: balgedietolltavern@gmail.com
 Find us on Facebook



MG PLUMBING

Fully Insured Professional Service
Bathrooms and Beyond

No VAT
Nothing to pay upfront

Telephone 01577 830307
www.mgplumbing.org

W. Stewart
Landscaping and Paving
Quality just can't get any better!



Ask about
 turfing

**Landscaping and
 Ground Works**

LANDSCAPING & DRIVEWAYS
 Monoblock • Stone Paving
 Slabbing • Decking
 Sandstone Walls Re-rendered
 Drainage • Gravel • Cobbles
 Heritage • Cotswold Drives
 Patios & Paths • Parking Areas
 Land Engineering
 Tidying and Full Garden Service
 Tree Surgery

ALL WORK IS CARRIED OUT BY TRAINED CRAFTSMEN
 AND IS FULLY GUARANTEED

Call for a **FREE** no obligation estimate

Tel: 01577 898595
Mob: 07516 595192
 email: wstewartlandscape@hotmail.com

DOUGLAS ERSKINE
 Dip.W.C.F

BLACKSMITH
GATES & RAILINGS
HANDRAILS
BESPOKE IRONWORK
ETC

T: 01577 863468
M: 07812 952 871
 E: douglas.erskine123@btinternet.com



NEW COLDON, GAIRNEYBRIDGE, KINROSS KY13 9JZ

Kinross-shire Churches Together



Kinross Parish

Church of Scotland (Charity no SC012555)

Following Christ | Spreading the Word | Serving the Community

10 Station Road, Kinross KY13 8TG

Church website: www.kinrossparishchurch.org

Facebook: www.facebook.com/kinrossparishchurch.org

Church E-mail: office@kinrossparishchurch.org

Church office and church open: Mon-Fri 10am-12 noon.

Church Office: Tel. (01577) 862570

Contact the church office if you are interested in leasing rooms in the church or church centre.

Minister: Rev Alan D. Reid MA, BD Tel: (01577) 862952

Ordained Local Minister: Rev Margaret Michie

Tel: (01592) 840602

Session Clerk: Jaffrey Weir Tel: (01577) 865780

Events listed below are in the church unless indicated otherwise.

Regular Services and Events

Sundays: 10.30am: Morning Service with creche. Junior Church (age 3 to P7) and 'Jam Pact' (Secondary Age) meet at church centre from 10.15am, finish at church.

7.30pm: 'Crossfire' (S1 upwards) in church centre.

Tuesdays: 10am: Pram Service.

Wednesdays: 10.45am: Service, Church Centre.

1.30pm: Craft Group.

Fridays: The Brigade, Church Centre.

Anchor Section 6-7.15pm, Junior Section 7-9pm,

Company Section 8-10pm

(Contact: David Munro 862126).

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

Other Events and Services

February

Sun 2 10.30am: Morning Service, with informal Communion at 11.45am

Mon 3 8am: Silent Meditation.

Tue 4 2.30pm: Service at Whyte Court

4pm: Service at The Sycamores

7.15pm: Guild, church centre:

'Genealogy' – Kathleen Seaton

Thu 6 7.30pm: Thursday Group, church centre:
'Loving Hands'

Sat 8 8.30am: Prayer Breakfast (names in advance to church office)

Sun 9 2.30pm: 'Let's Sing' – tea and sing along.
Particularly for those with dementia and their carers

Sat 15 11am: All Friends Together

Tue 18 7.15pm: Guild, church centre:

'Friends Against Scams'

Thu 20 9pm: late evening service of Compline

Sun 23 6.30pm: Informal Evening Service:
'The God Question' (Part 2)

Tue 25 2.30pm: Service at Causeway Court

March

Sun 1 10.30am: Quarterly Communion.



Loch Leven Church (Charity No: SC049050)

Loch Leven Church meets at Loch

Leven Community Campus, at

10.30am each Sunday.



Forthcoming services:

2 Feb Dedication of Kelvin Heath.

9 Feb Life-changing Encounters:
A needy crowd (John 6) – Matthew Leach.

16 Feb Life-changing Encounters:
A lifelong loser (John 9) – Tim Power.

23 Feb Life-changing Encounters:
A grieving family (John 11) – Gavin Matthews (Solas).

Everyone is warmly welcome. To find out more about us, please visit www.lochlevenchurch.com.



Cleish Parish Church

Church of Scotland

(Charity No: SC003168)

Minister: Rev Lis Stenhouse BD (Hons)

Tel: 01577 842128

Email: estenhouse@churchofscotland.org.uk

Session Clerk: Neil Maclure

Email: neil.maclure19@gmail.com Tel: 01577 864826

Please visit our website: www.cleishchurch.org



Sunday Services 11.15am

February

Sun 2 11.15am **Morning Worship and Junior Church** followed by refreshments in the Village Hall in aid of Guild funds. **Traidcraft Stall.**

3.00pm **Joint Service of Remembering** to be held in **Cleish Church** this year.

Mon 3 3.15pm **Messy Church** in the Village Hall. Open to all children and their carers.

Sun 9 11.15am **Morning Worship*.**

Sat 15 8.30am **Men's Breakfast Meeting** in Elizabeth Wilkie Hall, Fossoway.

Sun 16 11.15am **Morning Worship*.**

Sun 23 11.15am **Morning Worship*.**
Sacrament of Holy Communion

Mon 24 2.00pm **Cleish Guild** meet in the Village Hall.

*Please note refreshments will be served in the Young Room after Morning Worship. All welcome.

Churches Together

Orwell and Portmoak Parish Church

Church of Scotland (Charity number SC015523)

Minister – Very Rev Dr Angus Morrison

Telephone: 01577 863461

Email: angusmorrison3@gmail.com

Website: www.orwellportmoakchurch.org.uk

Sunday Worship, Junior Church and crèche:

10am Portmoak Church,

11.30am Orwell Church.

All children welcome. Crèche available during the services.

Please note that joint services will be held on the first Sunday of each month in alternate churches at 10.30am.

Prayer Meeting held 30 mins before each service.

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

Morning Prayers at 9am

Each Thursday at Portmoak Church New Room.

Each Friday at Orwell Church.

Messy Church Saturday 29 February in Orwell Hall from 4-6pm.

Dates and events for your diary

- | | |
|---------------|--|
| 2 Feb | Joint All-age Service in Orwell Church at 10.30am.
No morning service at Portmoak Church. |
| 4 Feb | The Guild meets in Orwell Hall at 2pm – Denise Crighton Ward talks about Finland |
| 11 Feb | Culdees Celtic Service in Portmoak New Room at 10.30am – All are welcome. |
| 18 Feb | The Guild meets in Orwell Hall at 2pm – Talk on Seema's Project |
| 25 Feb | Culdees Celtic Service in Portmoak New Room at 10.30am – All are welcome. |
| 28 Feb | Oasis Ladies Group meets in Portmoak New Room at 10.15am – Lorna Ferguson talks about living in Japan. |

EVERYONE WELCOME!

Church office & shop open Mon-Fri. 10am-12pm.

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.

Please note new office opening times.

Contact the Office: 01577 861200

orwellandportmoakchurch@gmail.com

Fossoway, St Serf's & Devonside Church

Church of Scotland (Charity number SC013157)

Church Road, Crook of Devon, Kinross-shire, KY13 0UY
www.fossowaychurch.org.uk

Minister: Rev Lis Stenhouse Telephone: (01577) 842128

Email: estenhouse@churchofscotland.org.uk

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

Email: aclassicsoul@aol.com

Our church is a very warm and welcoming place situated in the Crook of Devon, a small village about six miles from Kinross. Come and join us, we would love to meet you.

Sunday Services at 9.45am. All are welcome.

February

Sun 2	9.15-9.30am	A Time for Prayer.
	9.45am	Morning Worship, followed by refreshments.
Sun 9	9.15-9.30am	A Time for Prayer.
	9.45am	Morning Worship.
Sun 16	9.15-9.30am	A Time for Prayer.
	9.45am	Morning Worship.
Sun 23	9.15-9.30am	A Time for Prayer.
	9.45am	Morning Worship.

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. All are welcome. For more details please phone **Debbie Hill** 01577 842268.

Film Evening

Friday Film Night

Friday **7 Feb** 7.30–9.30pm

Please join us to experience the regal **Downton Abbey**.

Tasty refreshments will be served.

Men's Breakfast

Sat 15 8–10am, Fossoway Hall

Hearty breakfast followed by discussion led by Jan Welsh from the Royal Scottish Agricultural Benevolent Institution.

Women's Group

Tues 25 2–4pm, Fossoway Church Hall

Pauline McGee Witch Trials in Crook of Devon

Fossoway Babies and Toddlers

Every Friday during term time 9.30-11.30am, Fossoway Church Hall. A warm, cosy space for play, stories, snacks and chat.

HELPING THE HOMELESS

Special collections at the 2019 Christmas Services in Kinross Parish Church raised over £1,700 for the Bethany Christian Trust to help the homeless and vulnerable in Scotland.

The kirk's treasurer, Alan McGhie, said: "This is a wonderful total and a lovely reflection on our Christian community in Kinross. The Bethany Christian Trust has a big vision - to work together to 'End Homelessness in Scotland'.

Last year they supported almost 7,000 people and this contribution will be greatly appreciated."



Heart & Soul

HOLISTIC CENTRE

Enjoy holistic therapies with Zoe Tod
Indulge in holistic beauty with Susan Wilken

Heart & Soul offers Yoga, Pilates and Meditation classes
(child and adult sessions available) and so much more.

With our 3 state of the art therapy rooms & beautiful
relaxation room, you won't want to leave

GIFT VOUCHERS AVAILABLE

Massage ♥ Indian Head Massage ♥ Reflexology

♥ Sports and Remedial Massage ♥

Craniosacral Therapy ♥ Angelic Reiki Healing ♥ Reiki

Workshops & Classes ♥ Angel & Tarot Card Readings

Baby Massage & Hypnobirthing ♥ Shamanic Healing

♥ Life Coaching & Counselling ♥



All Beauty Treatments & Tropic Skincare

Winner of Best Kinross Business Award 2017

14 HIGH STREET KINROSS

TEL: 01577 208 020

WWW.HEARTANDSOULTHERAPY.CO.UK



**Henderson
Grass
Machinery**

Visit Our Shop & Grass Machinery Showroom

**SALES • SERVICE • PARTS
HIRE MACHINERY**

to suit your requirements

**LAWN MOWERS
RIDE-ON MOWERS
STRIMMERS
TRACTORS
GARDEN TOOLS**

Suppliers of: Kubota, Toro, Honda,
Hayter, Countax, Atco, Echo & MORE

BRIDGEND IND. EST. KINROSS 01577 8657

Monday - Friday 8am - 5pm Saturday 8am - 12pm



7 DAYS A WEEK SERVICE

RATS & MICE

Elimination Guaranteed

All pests professionally dealt with



**Domestic • Commercial • Free Surveys
Fully Insured • Contract Work • One-off visits**

rats ♥ mice ♥ moles ♥ rabbits ♥ squirrels ♥ birds
flies ♥ moths ♥ bedbugs ♥ fleas ♥ ants ♥ wasps ♥ spiders
bird proofing ♥ rabbit fencing ♥ all problem pests

Call us to sort out any of your pest problems

Bridge of Earn, Perth & Covering all of central Scotland

01738 813 751 07767 35 35 35

www.andylawpestcontrol.co.uk



MANITOU
MANAGING YOUR WORLD
Family Business. Family Values. Est 1988

Ness Plant Toy Store
Everyone is welcome



www.nessplant.co.uk
www.mani-store.co.uk

BRIDGEND DEPOT Tel: 01326 620113 | KINROSS DEPOT Tel: 01577 862543



JAMES PHILP LTD

PLUMBERS AND HEATING ENGINEERS

WE OFFER A COMPLETE PLUMBING AND HEATING SERVICE
FROM A SMALL REPAIR TO A NEW BATHROOM
OR HEATING SYSTEM

GAS SAFE, OFTEC & HETAS ENGINEERS

CITY AND GUILDS QUALIFIED

FULLY INSURED AND ALL TRADES SUPPLIED

FREE ESTIMATES AND ADVICE WHATEVER YOUR PROJECT

07821 350 573

1 QUEICH COURT, MILNATHORT, KINROSS KY13 9ZA

JAMES PHILP LTD

E: philpplumber@gmail.com

James Fraser

FIREWOOD & FENCING

FAMILY RUN ESTABLISHED OVER 50 YEARS
COVERING FIFE & SURROUNDING AREAS

- AGRICULTURAL STOCK FENCING
- DOMESTIC FENCING
- SEASONED FIREWOOD & KINDLING
- FIREWOOD CUT ON-SITE
- FOREST BARK BY BULK OR BAG
- AGRICULTURAL GRASS TOPPING
- HEDGE & VERGE CUTTING
- SNOW CLEARING
- FREE ESTIMATES

A QUALITY PROFESSIONAL
SERVICE WITH
GREAT VALUE FOR MONEY

**Tel: 01383 830538
or 07711 545104**

E: firewood.fencing@btconnect.com

W: www.firewood.fencing.co.uk

HAZEL JOHNSON

SOLICITOR



WILLS AND ESTATES PLANNING FOR:

- INDIVIDUALS
- COUPLES AND FAMILIES
- BUSINESS OWNERS AND FARMERS

ALSO:

- WILLS
- GUARDIANSHIPS
- POWERS OF ATTORNEY
- INHERITANCE TAX ADVICE
- ESTATES ADMINISTRATION
- ADVICE ON CARE COSTS
- PROPERTY AND BUSINESS LAW

COVERING EAST CENTRAL SCOTLAND

HAZEL@JOHNSONLEGAL.CO.UK

TELEPHONE: 07824 702 229

CROOK OF DEVON, KINROSS-SHIRE

CASHMERE AT LOCHLEVEN

Coffee Shop

OPEN

Monday - Saturday
9am - 4.45pm

Sunday
11am - 4.15pm

Lunch menu served daily
11am - 4.00pm

Before relaxing in our popular Coffee Shop enjoy a browse in our store where you will find a fantastic selection of gifts, ladies & mens branded clothing as well as our cashmere clothing & accessories.

Breakfast Rolls (until 11.30am)

Soup & Sandwiches

Toasties & Paninis

Cakes & Traybakes

Teas & Coffees

Cold Drinks



Cashmere at Lochleven
Lochleven Mills, Kinross KY13 8DH

Tel: 01577 867570 www.cashmereatlochleven

St Paul's Scottish Episcopal Church (Part of the Worldwide Anglican Communion)

Muir, Kinross, KY13 8AY

Tel: 01577 864299

Email: office@stpaulskinross51.plus.com

www.stpauls-kinross.co.uk

Fr David Mackenzie Mills, Rector.

Tel: 01577 863795

Email: frdavidkinross@gmail.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 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 (Church Office).

Thursdays 10am Thursday Morning study 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

February Services and Events

Sun 2 CANDLEMAS SUNDAY

8.30am Holy Communion

11am Sung Eucharist

4pm Evensong)

Sun 9 Epiphany 5

8.30am Holy Communion

11am Sung Eucharist

Sun 16 Epiphany 6

8.30am Holy Communion

11am Whole Church Sung Eucharist

Sun 23 Sunday Before Lent

8.30am Holy Communion

11am Sung Eucharist

Sun 26 ASH WEDNESDAY

8.30am Holy Communion with Imposition of Ashes

7pm Sung Eucharist with Imposition of Ashes

DATE FOR THE DIARY: WEEKEND OF MARCH 28th & 29th

Prayers for the world, for our local community and the future of our church

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 10.30am Adoration of the Blessed Sacrament and Confessions (first Saturday of every month Holy Mass at 10am).

6pm Vigil Mass.

Sun 9.30am Mass (teas/coffees after Mass in church hall).

Confessions also on request.

Prayer Group meets on a Monday, 8pm-10pm, in the church hall and is open to all.

Children's Catechism class meets every Monday during term time, 3.45pm-4.30pm in the church hall.

The weekly newsletter, Mass times, news and updates or changes can be found on our website.

Kinross Christian Fellowship

Jesus said, 'I am among you as one who serves.'

Sunday morning service at 10.30am (refreshments and blether at 10am), Millbridge Hall, Old Causeway, Kinross.

Lively praise (children participate), reverent worship open to the leading of the Holy Spirit, prayer, ministry and solid Bible-based preaching and teaching. An all-round family service for families, which includes Sunday School. Communion every second Sunday, as is our evening service at 6.30pm; a time for praise, worship, sharing and joy in The Lord Jesus. (Followed by light refreshments and more blether.)

Everyone is welcome to either service or to both, so please come and *taste and see that the LORD is good*.

Contact Peter on 01577 863509, for further information.

KCF also runs the Talking Donkey 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.

Kinross Gospel Hall

Montgomery Street, Kinross 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).

Obituary

Jane Sibbald 1962-2019

Jane lived in Milnathort for many years, working as a gardener with her sister Fiona and, for a few years, with her husband Ross. She loved her job and would often be seen out and about in her yellow truck. She enjoyed socialising with her friends in the Kinross area, trips to T in the Park and her membership of Bishopshire Curling Club.

At heart though, she loved family life most of all, whether travelling or playing with the children, house/garden renovating or cosy Christmases. She was a thoughtful person, counting history and geography among her hobbies, with a huge knowledge of both.

After moving to Hawick in 2004, Jane continued gardening but with more of an emphasis on bringing on plants and selling at local markets. This meant market days were family ones, with Ross, Robbie and Jennifer, helping out. She then trained to be a driving instructor, soon setting up on her own as 'Train with Jane' with a yellow mini instructor's vehicle. Her calm, patient nature made her very well suited to the job, as was proved by her pupil success rate.

Jane passed away in September and is survived by Ross, Robbie (21) and Jennifer (18), Ellen (her mum), Valerie (sister) and Fiona. She is sorely missed by all family and friends.



Acknowledgements

STEWART

Christine and Maureen would like to thank everyone who came to the celebration of the life of Chrissie on 14 November 2019. Thanks to Rev Alan Reid for the lovely service, Stewart Funeral Directors and all the lovely cards, flowers and letters that people sent. Thanks also for the very generous donations, £300 was collected for Kinross Day Centre.

HAMILTON

Betty and family would like to thank all friends, relatives and neighbours for the many kind expressions of sympathy, cards and flowers received following the Jim's death. Special thanks to the staff at Rumbling Bridge Care Home and to the local doctors and nurses for their care and attention. Thank you also to Rev Alan Reid for his kind words and comforting service and to all who paid their last respect to Jim at the church and graveside and raised £304 for McMillan Cancer Support.

Images of Kinross-shire

Photographs can be downloaded free of charge from the www.kinross.cc

Photo Library

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

I.W. JOINERY
TRANSFORMING YOUR HOUSE INTO A HOME
CONVERSIONS
EXTENSIONS
RENOVATIONS
KITCHENS
BATHROOMS
ATTIC CONVERSIONS
QUALITY WORK AT AN AFFORDABLE PRICE
PHONE: 01577 865047 or MOB: 07870 291 783

ANDREW MILLER FIREPLACES
 27-29 Westerloan, Milnathort KY13 9YH
 Showroom by appointment
 &
 Jamesfield Farmshop Conservatory by ABERNETHY
 Open 9am - 5pm
ELECTRIC GAS WOOD MULTI-FUEL
STOVES & FIRES
FIRE SURROUNDS ELECTRIC SUITES
HEARTHIS BEAMS SHELVES
 Email: millerfireplaces@btconnect.com
 Tel: 01577 862173 Mob: 07870 284 868

Keith Watson & Co Accountants
 The Muirs Business Centre, Kinross KY13 8AU
 Accounts Tax VAT etc.
 Self-Employed Business & Partnerships
 Self Assessment Tax Returns
 For a FREE Introductory Meeting
 Contact Keith Watson on:
Telephone:
(01577) 864196
 Email: keithwatson.c@btinternet.com

phildeanarchitect
 Kinross Business Centre, 21-25 High Street, Kinross KY13 8AW
 07817617481 phildeanarchitect@icloud.com

imaginative, sensitive & sustainable architecture & design

YOUR LOCAL SPARKY 

**No Job too small
No Call-out charge**

**PHONES * SHOWERS
SOCKETS
LIGHTING * RE-WIRES
SECURITY LIGHTING**

All work carried out to
B57671 standards
17th edition & testing qualified
PAT Testing Qualified

 **call: Cliff Megginson
on 01577 866765**

Colin M. Stewart
JOINER & CONTRACTOR
Est. 1986 

**LOFT CONVERSIONS • EXTENSIONS
DOORS • WINDOWS • VELUX
KITCHENS • GENERAL REPAIRS**

All types of Joinery & Building work
undertaken at reasonable prices
For a **FREE** Quotation

Call: 01577 862315 • Mob: 07714 202405

NEW - Lightweight Roofing System
allows you to convert your conservatory into a new
and usable space that looks & feels like an extension
USE YOUR CONSERVATORY 12 MONTHS OF THE YEAR

**ALISON MUIR
SOFT FURNISHINGS**

CURTAINS • BLINDS • CUSHIONS
FABRICS • POLES • ACCESSORIES
01577 864581

www.alisonmuirsoftfurnishings.co.uk

Do You Need a Cleaner

We probably already clean for your friends, neighbours or colleagues!

Our team of cleaners are Experienced, Disclosed, Fully Insured and their work is Guaranteed.

Call: 01577 861 795 / 07 999 510 500
e-mail: ciacleaning@live.co.uk

Dollar, Muckhart, Glendevon, Powmill, Crook of Devon, Cleish,
Kinross, Milnathort, Mawcarse, Duncrevie, Glenfarg,
Balgordie, Kinrosswood, Scotlandwell

C.J.A Cleaning, 77 High Street, Kinross, KY13 8AA

AMC LANDSCAPE GARDENERS

INCLUDING
**TURFING • PATIOS • GENERAL TIDY UPS • FENCING
ROCKERIES • SUPPLIES OF QUALITY BARK
HEDGES TRIMMED • DANGEROUS TREES REMOVED
FREE ESTIMATES • NO OBLIGATION**

T: 01577 850 756 M: 07931 904 579

J MILLER
PROFESSIONAL CARPET & UPHOLSTERY CLEANING 

**DOMESTIC & COMMERCIAL CLEANING
FREE DEODOURISER - FREE NO OBLIGATION QUOTES**

Regular cleaning will prolong the life of your carpets & upholstery, saving you the cost of replacements.

FULLY INSURED NCCA QUALIFIED 

T: 01577 864 129 M: 07961 415 871



Barry McGuire

Painter and Decorator
Interior & Exterior

all aspects of the trade covered,
high quality work by skilled tradesmen

tel: 01577 864101

mob: 07941 396 266

full public liability insurance



www.barrymcguiredecorator.co.uk

THE GROUSE & CLARET

RESTAURANT



A unique country Restaurant nestled within its own
exquisite country parkland setting
ideal for Corporate Days, Fishing, Eating & Drinking

Small Country Weddings a Speciality

Perfect for Birthday, Anniversary & Celebratory Parties
Our kitchen boasts a modern Scottish essence with
some Oriental flavours. You can visit us for a informal
light lunch to a delicious 6 course dinner

Find out more at www.grouseandclaret.com

T: 01577 864212 E: grouseandclaret@lineone.net

J McLEAN ROOFING CONTRACTORS

www.johnmcleanroofing.co.uk

All Aspects of Roofing Work Undertaken

- SLATING & TILING
- LEAD WORK
- CHIMNEYS
- UPVC FASCIAS
- GUTTERING
- ROUGHCASTING
- INSURANCE WORK
- FULLY GUARANTEED
- 24 HOUR EMERGENCY
- STORM DAMAGE REPAIRS

FREE ESTIMATES & ADVICE
FROM MINOR REPAIRS TO COMPLETE ROOFS



48 THE VINE, GREENACRES, KINROSS KY4 0JA
MOBILE: 07708 322 007

FREEPHONE: 0800 118 2593

COLVILLE WINDOW BLINDS



Colville Window Blinds carry a huge range
of high quality window blinds.

We are a Fife based company providing a first class
home visit & blind supply & installation service.

Our FREE home visits take the hassle out of choosing
blinds that are best suited for you and your home.

Colville Window Blinds offer FREE measuring,
FREE quotations, and a FREE installation
on a wide range of window blinds.

Call Gary on 07508 808574

if you have any questions or would like
to arrange an appointment or consultation.

76 Rae St, Cowdenbeath, Fife KY4 8JZ Email: w-colville@sky.com



Playgroups and Toddlers

Milnathort Babies & Toddlers

Orwell Church Hall, Milnathort

Friday 9.30am-11.15am

A relaxed and friendly group
Healthy snacks, tea & coffee
Children from birth to 3 years
(5 years if attending with younger sibling)
Great fun for the kids, mums, dads and carers!

PLACES NOW AVAILABLE!



To join in the fun
call 07745 804539
Email milnathortbt@gmail.com
Or find us on Facebook



SWANSACRE PLAYGROUP, SCIO

21-23 Swansacre, Kinross

Tel: 01577 862071/07592 392235

www.swansacreplaygroup.org.uk Facebook

@Swansacre



We provide a warm, friendly, nurturing and stimulating environment in which children can learn and develop through play.

Monday Garden Guddle: 9am-3pm

Tuesday Playgroup: 9.05am-11.50am

Rising 5's including Lunch Club: 12.10pm-3.10pm

Wednesday Playgroup: 9.05am-11.50am

Thursday Playgroup: 9.05am-11.50am

Friday Playgroup: 9.05am-11.50am

Garden Guddle is an outdoor session in the grounds of Swansacre Gardens. The children can expect lots of mud, water, fun and exploration. Aimed at 3-5 year olds.

Playgroup is aimed at children from 2-5 years of age. The children have a vast variety of equipment and resources to help them learn through play.

Rising 5's is aimed at children in their pre-school year. It aims to sit alongside school nursery, and the sessions are more structured and filled with activities to engage children.

Please contact Victoria for availability or more information on the above sessions: enrolments.swansacre@gmail.com

Swansacre is also available to hire for Private Functions. For more information or to book please contact Lesley on: facilities.swansacre@gmail.com

Swansacre Playgroup SCIO – SC017748 – Registered Scottish Charity

GLENFARG BABY AND TODDLER GROUP

We meet in the newly refurbished village hall, Greenbank Road, Glenfarg on Mondays, 9.30-11.30am, term times.

Healthy snack for children, coffee/tea & biscuits for carer
Role play, jigsaws, physical toys and arts and crafts
Friendly support for all carers
First session free, £2 thereafter (£1 for additional children)

Contact Catherine Mason on 07583 022608 or just come along!

LOCHLEVEN BABIES & TODDLERS

Masonic Hall, The Muirs, Kinross

Session times (term time only)

Tuesdays 9.30-11.15am, Fridays 9.30-11.15am

Contact Debbie Kennedy 07545 339494,
debileighs@hotmail.com

All Mothers, Fathers, and Carers are welcome to attend, with children aged birth to 5 years if accompanied by a younger sibling who shall be 3 years old or younger.



FOSSOWAY TODDLER GROUP

Fridays 9.30 and 11.30am

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
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

Notices



Dance & Sing

Do you like to enjoy yourself?

We would love to see you:

Friday 14 Feb 2020

1.30pm – 3.30pm

LOCH LEVEN COMMUNITY CAMPUS
The Muirs, KY13 8FQ, KINROSS

Come along have a Dance to some great music
Thanks to **Select Entertainment** we have **Linton Osborne** playing on the day

Fun Entertainment
Tea, coffee and a buffet.
Free Raffle

If you require transport please get in touch we may be able to help.

Free Admission

Organised by Kinross-shire Community Learning and Development Group, in partnership with Kinross Volunteer Group & Rural Outreach Scheme and Kinross Centre.

For further information please contact: Tracey Ramsay, Community Education Worker Tel: 01577 887124 or Email: tracysr@pkavs.org.uk, Or Brenda Fowler, Healthy Communities 01577 887216



PKAVS
Carers Hub

Keep Learning

Jointly App Workshops

An introduction to the phone or computer based App for Carers.
Find out how it could make caring easier, less stressful and more organised.
And get it for free.

WHEN: Thursday 6th February, 1.00 pm – 3.00 pm

WHERE: Loch Leven Community Campus, Kinross

FREE & refreshments provided

1 to 1 home based appointments also available
Contact: Amulree Welch - Tel. 07775851507

Messages
Notes
Task Lists
Calendar
Profile
Medication
Contacts



To find out more or to book contact Gill McShea
Tel. 01738 567076
gill.mcshea@pkavs.org.uk

PKAVS is a registered Scottish Charity (SC000508) and a company Limited by Guarantee. Registered in Scotland (200805)

Networking Breakfast

Kinross-shire Partnership Networking Breakfast is going from strength to strength: numbers attending are on the up and there's a real buzz about the event. But what is networking? How could it help you, your business, or your organisation?

At the next meeting on Wednesday 5 February, we're going to lift the lid on networking, look at some of the techniques that can increase the impact of the 'Elevator Pitch', and debunk some of the myths that surround networking. The objective of this meeting is to increase awareness of how to network efficiently and effectively and how to make that help you.

As always, the meeting will be at Loch Leven's Larder from 7.15 to 8.30am and we welcome businesses, individuals and groups to come and find out about each other's organisations and get to know one another.

If you've been to the Networking Breakfast before, we'd like you to bring a friend, colleague, customer or supplier with you on Wednesday 5 February, as we'd like to meet them too!

If you're new to Kinross-shire this is a great way to find out what services or businesses are in the area. If you're starting a new venture, looking to extend an existing one, or trying to find a specific point of contact, come and tell the Networking Breakfast so we can help you.



Future Breakfasts will feature a workshop on leadership, from Andy Middlemiss on (Wednesday 4 March), and a talk on running a small business efficiently, from Jim Boyd of No.98 Kinross (on Wednesday 1 April). These meetings look like being really popular, so fix those dates in your diary. To book your place, just email Karen Grunwell at mail@kinrosspartnership.org.uk and she will send you a reply with the option to book and pay in advance (through Eventbrite) or pay in cash on the day.

Please let us know you are coming to ensure the Larder staff have one of their excellent breakfasts ready for you. The meeting cost, including a full cooked breakfast, is £10 per person.

www.kinrosspartnership.org.uk
www.visitlochleven.org

www.facebook.com/visitlochleven
www.twitter.com/VisitLochLeven



Kinross & District Pipe Band Are Recruiting!

Kinross & District Pipe Band, with new Pipe Major Stuart Scott, would like to welcome new and experienced Pipers and Drummers to the band for the up and coming competing season – 2020.
For more information on joining please contact us through the band page or Stuart Scott on 07449937008.

Kinross-shire Volunteer Group and Rural Outreach Scheme

Gordon Menzies Concert

Saturday 14 March

7.30-10.30pm

Milnathort Town Hall

BYOB & nibbles. Raffle.

Tickets from David Aird on 01577 830370,

Sandy Smith on 01577 862536 or any committee member.



Big Burns Bash

Come along and celebrate all things Rabbie Burns on Saturday 1 February at The Masonic Hall, Kinross.

A fantastic Scottish night not to be missed, filled with great food, music and entertainment from:

The Mad Ferret Band

Dance Connect

Kinross & District Pipeband

Tickets can be purchased for just £20 per person from Morgans, Kinross - Solicitors and Estate Agents, Light up my Heart, Milnathort or online, click here: TicketWeb

For more information about the event go to: www.kleo.org.uk

Light Up Kinross

Annual Quiz Night

Friday 28 February 2020

Masonic Hall Kinross

Teams of 4 entry £20

7pm for 7.30pm start

Come along for a fun evening

Raffle on the night

All proceeds go towards the Christmas Lights

Pay at the door or book on Light up Kinross Facebook

Fairtrade Fortnight

24 February – 8 March 2020

Coffee Morning

Saturday 7 March

10am-12pm

Kinross Church Centre 'She Deserves a Living Income'

Tea and Coffee and lots of Fairtrade goodies to sample!

The Gaelic Society of Perth

After a wonderful ceilidh in January with the fantastic singing of Steven McIver, Sandi Kennedy and Ross Penman and the talented playing of fiddler Calum Johnstone and piper Katie Duthie, The Gaelic Society of Perth will hold their February ceilidh at St Matthew's Church Hall, Tay St, Perth on Friday 7th February 2020 at 7.30pm. We will have Perth Gaelic Choir, Seumas Campbell and Gordon MacKeeve. Come and hear these lovely Gaelic singers and the up-and-coming instrumentalists. Admission is £6 for Members and £7 for Non-Members – for an evening's entertainment plus refreshments! Further information can be obtained from the Secretary on 01577 864589, on our website gaelicsocietyofperth.com or like us on Facebook – we are Gaelic Society of Perth.

Family fun for Rwanda



Family board games afternoon in aid of
transporting toys to Rwanda



Following the fantastic response to our recent toy appeal (thank you!) we now need to raise more money for their transportation which is expensive.

Sunday 23rd February, Portmoak Village Hall

2-5pm.

£2/adult, £1/child (Family £5- 2ad&2ch)

Refreshments for sale, tombola, lots of fun games to try!

Tickets available: Dwell and Portmoak Church Office, Milnathort, Kinrosswood Garage/Shop, Light up my Heart, Milnathort or on the door.

(Games suitable for age 6+)

Game and have fun without computers!

Hedges, bushes or trees causing obstruction

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

When undertaking work on hedges, check that there are no birds nesting. It is an offence under the Wildlife & Countryside Act 1981 to damage or destroy the nest of any wild bird while it is in use or being built. The bird nesting season is usually considered to run from March to August.

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



Notices

Music In Dollar

www.christinalawrie.co.uk

Music In Dollar will hold their next concert on Sunday 23 February at 3pm at the Gibson Hall, Dollar Academy, when Christina Lawrie will play solo piano. Hailed as a rising star by the magazine International Piano, Scottish pianist Christina Lawrie made her debut in 2009 with the RSNO in the Caird Hall. After studying in Glasgow, Chetham's and Trinity College Cambridge, Christina has been an active concert pianist in the UK and abroad and has won many prizes. She collaborates regularly with a variety of artists – the violinists Marcus Barcham Stevens and Harriet McKenzie and the baritone Stephen Varcoe. She will present a programme of music including a suite by Handel, a Beethoven sonata, a Chopin ballade, Schubert's Wanderer Fantasy as well as works by Liszt and Greig. This should be a feast for lovers of piano music!

Supported by The Grouse and Claret, Kinross. Tickets cost £10 either on line or at the door, £7 for members and free to under 18s and those in full time education. **Further information from the Concert Secretary on 01577 864589 or the Society website www.musicindollar.org.uk.**

Kinross Garden Group

Thursday 13 February at 2pm
Millbridge Hall, Kinross.

Andrew Cathcart and Tom Sneddon
'Pot plants and their care'

Information / numbers for summer visits

All welcome to join us.

Orwell Bowling Club Quiz Nights

Saturday 15 February and

Saturday 14 March

in the Orwell Bowling Club clubhouse.

Teams of four £2.50 per person

Contact Mike or Maz thorn on 01577 842271 for information.

Glenfarg Folk Club

CURMUDGEON

Monday 3 February

Members £8; Non-Members £10

Donald, Laurie, & Andrew *aka* Curmudgeon were introduced last year on a double header night and are back to give us a full night of pipes, whistles, fiddle and guitar as they explore traditional & contemporary Scottish music and songs.

SING AROUND

Monday 10 February

All £3.00

This year is a leap year with its age-old customs, folklore and superstitions.

If you wish to sing on theme then please sing in TIME!

ARCHIE FISHER

Monday 17 FEBRUARY

Members £8; Non-Members £10

The champion of Scottish folk music, it is always a pleasure to welcome back Archie Fisher. With his depth of folk music knowledge you can be sure of a varied and fascinating evening of tales and songs.

THE QUIGGS

Monday 24 February

Members £8; Non-Members £10

Stephen and Pernille are back to give us an evening of folk songs, both traditional and contemporary, their voices blending with beautiful harmonies. 'An evening to stir and soothe the soul.'

Cleish Church Fete

Saturday 16 May

The Cleish church fete will be held on Saturday 16 May 2020, from 1pm. There will be the usual stalls, refreshments and a barbecue, along with a display of classic cars and a musical recital in the church.

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@brokennotbroken.org

Broke Not Broken. Tackling the effects of poverty.
Scottish Registered Charity SC046033

BROKE
NOT
BROKEN



We are a Fairtrade Zone

JTS
Fair Food Fair Fun

Fairtrade Event

WHERE: St Matthews Church
Tay Street
Perth, PH1 5LQ

WHEN: Sat 22nd February 2020
10am-12pm

WHY: Hear from Just Trading Scotland about the 90kg Rice Challenge and the transformational power of Kilombero Rice.

A bag of rice can change a life

KINROSS HUB THE CARERS CAFE

3rd February 2020
PKAVS Gill McShea

2nd March 2020
TBC

6th April 2020
TBC

Speaker/demonstration will commence at 10.30 am

The hub cafe is an informal meeting place to chat over a cuppa with other carers, cared for and family members.





**LOCHLEVEN COMMUNITY CAMPUS
KINROSS**

1st MONDAY of EVERY MONTH

10am—12noon



Contact Gail Booth
Tel: 01577 867306
PKAVS carers hub
01738 567076





Give a Greyhound a Home

www.greyhoundrescuefife.com

Forever homes needed for rescued greyhounds.
Greyhounds are very gentle creatures that require very little walking!

Please call or email for details
Tel: 01577 850393 (evenings)
07826 244765 (daytime)
Email: femiejimmyf@aol.com



Grants For Good Causes

**Kinross Community Council
Newsletter Limited (KCCNL)
Charity No. SC040913**



All profits from the *Kinross Newsletter* are transferred to a charitable company, KCCNL, and given away to local good causes. Groups and individuals are invited to apply to KCCNL for grant funding. Decisions on grants are made at two meetings per year. The deadlines for grant applications are:

31 March and 30 September

More information is available on the kinross.cc website. Applications may be downloaded from the website or obtained from the Applications Administrator, Barry Davies, Tel 01577 865004 or email barrydavies57@btinternet.com

Scottish Country Dancing

Country Dancing has started again in Milnathort Town Hall on Wednesday nights at 7.30pm. No partners are required, and new members are very welcome. For more information please contact Cathie on 01577 861103.

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.

The Bike Station

Donate unwanted bikes, parts and cycling accessories for reuse. Poorer bikes are salvaged for parts. Bikes are refurbished by qualified expert mechanics and sold on to the public at affordable prices with a three-month warranty.

Donated bikes and parts are collected from all Perth & Kinross Recycling Centres, including the Kinross centre at the Bridgend Industrial Estate.

Bike sales are held at The Bike Station, 284 High Street, Perth, PH1 5QS, Tuesday to Saturday 10am-5pm.

The Bike Station also offers a Repair Service, a Fix Your Own Bike facility and a Dr Bike mobile service.

Tel: 01738 444430. Website: www.thebikestation.org.uk

The Perth Bike Station is an accredited Revolve organisation.





Befriending Kinross

**Are you new to the Area?
Would you like someone to talk to?**

**Someone to have a coffee with?
Help to feel less socially isolated?**

If you would like to request a befriender please contact us and we will arrange a time to meet with you to discuss the process.

ptb.kinross@bethanyct.com t: 07747 018 550

Kinross-shire Fund



The Kinross-shire Fund was established in 2006 to make the area a better place to live, by making



grants to a wide range of local charities, organisations and projects which make a positive difference to the community. To date, over 50 organisations within the 73 square miles of Kinross-shire have benefited from an award, with beneficiaries ranging in age from pre-school to the elderly. The Fund is managed by Foundation Scotland and is currently open for applications, with deadlines quarterly on the first Monday of February, May, August and November each year.

The next deadline is Monday 3 February.

Full details, including how to apply via our online application link, can be found at:

www.foundationscotland.org.uk/programmes/kinross-shire-fund

Ceilidh Dancing

Mondays: From 2pm until 3pm every Monday in the Guide Hall, Milnathort. You don't need a partner and it is all very informal and great fun. Just come along – the more the merrier. No age limit. All proceeds go to the Scouts and Guides.

Monthly Sunday Ceilidhs: These take place in Milnathort Town Hall, 2pm until 5pm with a break at 3pm for tea and biscuits. Cost: £5. There is no pressure to dance; what better way to spend a Sunday afternoon than hearing these top players? People wishing to learn dances could attend the Monday classes (see above). All money left over after paying the band and hall will go to charity. To make charity suggestions, contact Vi Todd, 01577 863244.

Feb 16 Alan Small

Mar 29 Leonard Brown

100th Birthday and Diamond Wedding Anniversaries

Do you know a Perth & Kinross resident who is celebrating their 100th or 105th+ birthday?

Do you know a Perth & Kinross couple celebrating their 60th, 65th or 70th wedding anniversary?

PKC can arrange delivery of flowers or for a local Councillor to present a basket of flowers to the person or couple on their special day.

Tel: 01738 475051 Email: CivicServices@pkc.gov.uk

Kinross Recovery and Conversation Café

This weekly group is for anyone with an interest in improving their wellbeing and needing support on their recovery journey from addiction or substance misuse. The café aims to get people speaking about recovery and wellbeing in all its many forms and provides the opportunity to:

- share ideas, information and resources
- explore support networks and ways of moving forward
- breakdown isolation
- improve health and wellbeing

The café takes place **every Tuesday**, 1pm-3pm, at Millbridge Hall, Kinross. Drop in and have a cuppa and a chat.

For more information, contact:

Shona Fowler: 07896 280843, shonafowler@nhs.net

Richard Lister: 07885 971298, richard.lister@cairscotland.org.uk

Supported and funded by Broke Not Broken,
a local charity tackling the effects of poverty.

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



**We're looking
for Volunteer Pilots**

Email KinrossTrishaws@gmail.com for more info





Better Place to Live Fair

Kinross-shire Community Learning and Development Group

Loch Leven Community Campus

Saturday 30 May 2020

10am – 2pm

After the successes of the previous Better Place to Live Fair Events the KCLDG invites you to take part in the event for 2020.

The purpose of the fair is to provide an opportunity for the community to celebrate what Kinross-shire has to offer.

This is a fabulous opportunity to showcase what your group/club/organisation and small businesses can offer/share.

Why not take this chance to interest people by offering hands-on taster sessions, demonstrations, or to try out an activity.

BOOK NOW

Can you afford not to be there?

Please return booking form as soon as possible but no later than 27th March 2020

Booking forms are available from the following links:
or www.kinross.cc/cld_group/events.htm

Alternatively please contact:

Tracey Ramsay - Senior Capacity Building Worker
Loch Leven Community Campus, Muirs, Kinross, KY13 8HQ
Email: TRamsay@krc.gov.uk, Tel: 01577 867124 or

Milnathort filmhouse at Milnathort Town Hall

Saturday 29th February 2020

Guarantee Your Seats By Booking Your Tickets Online Today



3.00pm
Doors Open at 2.30pm

All Tickets £4.00



8.00pm
Doors Open at 7.30pm

Over 18s Only - BYOB

Adult £6.00
Concession £4.00

Tuck Shop With  Treats and Drinks

Information and Online Booking at milnathortfilmhouse.com

Follow Us On  

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.

Funding Alert!

PKC regularly produces a huge list summarising funding opportunities for the voluntary sector. The list will be posted on www.kinross.cc or telephone the PKC grants helpline on 0345 60 52000.

If your organisation is seeking funds, look out for notices in the *Newsletter* for Kinross Community Council Newsletter Ltd Charitable Grants and the Kinross-shire Fund.

 **Time4Me**
PKAVS Carers Hub

Supporting unpaid carers to take a break

If you are an unpaid carer living in Perth and Kinross, you **may be eligible** to apply for a grant of **up to £300** to enable you to take a break of your own choosing.

You decide **when, where, with who** and **what** you want to do.

For any queries or to request the full guidance and application form please **contact** The Carers Centre on 01738 567076 or email carershortbreaks@pkavs.org.uk

For more information visit www.pkavscarershub.org.uk/Time4Me

APPLY NOW!

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 who need help to identify and claim the right benefits or 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

Enquire

Are you looking for information about your child's rights to support in School? If so, contact **Enquire**, the national advice and information service for additional support for learning.

Enquire offer: a confidential telephone helpline and online enquiry service, practical guides, fact sheets and newsletters, helpful materials for children and young people with additional support needs.

For more information contact: Tel 0345 123 2303

Website: www.enquire.org.uk

Enquire is funded by the Scottish Government and managed by Children in Scotland.



THE TALKING DONKEY

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**

Lip Reading Classes

Do you or someone else you know have a hearing loss? Lip Reading Classes can help.

Advice is available on tinnitus, cochlea implants, access to work and getting benefits.

Learn how your hearing aids work and about equipment to help you with your hearing loss, e.g. smoke alarms, television aids, flashing doorbells and more. The above equipment is free. Classes start in Kinross in October and a few places are still available on Fridays in Perth. Classes are funded and free to participants. To book a place, or for more information, contact Susan Brown Tel: 01250 872861 or 07940 333924, or by email at Perthshirelipreading@hotmail.com.

Facebook-Perthshire Lipreading



Are you an adult with a disability? SPARKS could be for you!

Supportive
Project
Activities
Recreation
Kinross -
Shire

Activities include: Quiz, Crafts, Games, Music, Books, Indoor Bowling, Trips & Visits, Speedways & Info.

IN/SCF Healthy Communities and F&E Adult & Family Learning
Contact Rhona Fowler 01383 830286 or Rosanna Gray 01383 830286
rhona.fowler@in-sc.co.uk rosanna.gray@in-sc.co.uk

Dollar Museum

1 High Street, Dollar, KY14 7AY

Open from Easter to Christmas at the following times:

Saturdays 11am-1pm and 2pm-4.30pm

Sunday 2pm-4.30pm

Free Entry

Access also possible by arrangement.

Email: dollarmuseum@btconnect.com

www.dollarmuseum.org.uk

Your last chance to catch the 2019 exhibition on the Development of Housing in the last 100 Years in Dollar. 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 are open at weekends: from 11-1 and 2-4.30pm on Saturdays and 2-4.30pm on Sundays, from Easter until Christmas. Entry is free and all are welcome. Parking and disabled access. The Museum will also open on request at other times for visiting groups and researchers – please see our website or contact dollarmuseum@btconnect.com.

Newsletter Deadlines

More deadlines for the months ahead can be found on our website.

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

Issue	Deadline	Publication Date
March	Friday 14 February	Saturday 29 February
April	Friday 13 March	Saturday 28 March

Funding Alert!

PKC regularly produces a huge list summarising funding opportunities for the voluntary sector. The list will be posted on www.kinross.cc or telephone the PKC grants helpline on 0345 60 52000.

If your organisation is seeking funds, look out for notices in the *Newsletter* for Kinross Community Council Newsletter Ltd Charitable Grants and the Kinross-shire Fund.

Grants and Funding Websites

www.pkgrantsdirect.com

www.foundationscotland.org.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.



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.



Notices

Community Councils

Kinross: Chair: Bill Freeman, 01577 865045
Email: kinrosscommunitycouncil@gmail.com

Milnathort & Orwell: Chair: Craig Williams, 07885 722125
Email: craig@stovestuff.scot
Sec: Elizabeth Rougve
Email: communitycouncilmilnathort@gmail.com

Portmoak: Chair: Graham Cox
Email: PortmoakCommunityCouncil@pkc.gov.uk

Fossoway & District: Chair: Trudy Duffy-Wigman, 01577 840669
Email: fossoway.cc@gmail.com

Cleish & Blairadam: Sec: Patty Fraser, 01577 850253
Email: CleishCommunityCouncil@pkc.gov.uk

Kinross Community Councillors

Margaret Blyth	6 Muir Grove	
David Colliar	10 Rannoch Place	01577 864037
Bill Freeman (Chair)	64 Muirs	01577 865045
Lynne McKay	5 Springfield Road	01577 531076
Thomas Stewart	Gellybank Farm	01577 864603
Malcolm McFarlane		

Portmoak Community Councillors

S McGregor	(Secretary)	
A Cragoe	(Treasurer)	
Susan Forde		01592 840128
Tom Smith		01592 841160
Graham Cox	(Chairman)	
Dave Morris		01592 840500
Andrew Muszynski		01592 840467

Have a look at our website: www.portmoak.org

Perth and Kinross Councillors Kinross-shire Ward

Cllr MIKE BARNACLE (*Independent*)
Tel/Fax (home): 01577 840516.
Email: michaelabarnacle@gmail.com
Website: mikebarnacle.co.uk
Moorend, Waulkmill Road, Crook of Devon, Kinross, KY13 0UZ

Cllr CALLUM PURVES (*Scottish Conservative & Unionist*)
Tel (office): 01738 475092. Mobile: 07557 812570.
Email: CPurves@pkc.gov.uk
54 Lathro Park, Kinross, KY13 8RU

Cllr WILLIE ROBERTSON (*Scottish Liberal Democrats*)
Tel (home): 01577 865178. Mobile: 07909 884042.
Email: wbrobertson@pkc.gov.uk
85 South Street, Milnathort, Kinross, KY13 9XA

Cllr RICHARD WATTERS (*SNP*)
Mobile: 07557 812513.
Email: RWatters@pkc.gov.uk
Applegarth, Sunnypark, Kinross, KY13 8BX

John Nicolson MP Member of Parliament for Ochil and South Perthshire

Telephone: 020 7219 3000
Email: john.nicolson.mp@parliament.uk.
Twitter: <https://twitter.com/mrjohnnicolson>
Facebook: <https://facebook.com/JohnNicolsonSNP>
Instagram: <https://www.instagram.com/johnnicolsonmp>

Member of the Scottish Parliament for Perthshire South & Kinross-shire

Roseanna Cunningham MSP

Constituency office:
63 Glasgow Road, Perth, PH2 0PE
Telephone: 01738 620540
Email: Roseanna.Cunningham.msp@parliament.scot

Members of the Scottish Parliament for Mid Scotland and Fife Region

All MSPs can be contacted at the following address:
The Scottish Parliament, Edinburgh, EH99 1SP

Claire Baker MSP (Labour) Tel: 0131 348 6769
Email: Claire.Baker.msp@parliament.scot

Murdo Fraser MSP (Conservative) Tel: 0131 348 5293
Email: Murdo.Fraser.msp@parliament.scot

Dean Lockhart MSP (Conservative) Tel: 0131 348 5993
Email: Dean.Lockhart.msp@parliament.scot

Alex Rowley MSP (Labour) Tel: 0131 348 6826
Email: Alex.Rowley.msp@parliament.scot

Mark Ruskell MSP (Green) Tel: 0131 348 6468
Email: Mark.Ruskell.msp@parliament.scot

Liz Smith MSP (Conservative) Tel: 0131 348 6762
Email: Elizabeth.Smith.msp@parliament.scot

Alexander Stewart MSP (Conservative) Tel: 0131 348 6134
Email: Alexander.Stewart.msp@parliament.scot

Mobile Library Service

Visiting on Tuesdays 11 & 25 February

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

Visiting on Wednesdays 5 & 19 February

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

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

Perth Samaritans

Need to talk? We'll listen.

Contact us by

phone on 01738 626666 or 08457 909090

Email us jo@samaritans.org

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

Mondays	1630 – 2130	Thursdays	1630 – 1900
Wednesdays	0830 – 1100	Fridays	1000 – 1630
and	1930 – 2130	Sundays	0800 – 2130

No pressure, no names, no judgment.

We're here for you, anytime.

Local Volunteer Opportunities

Broke not Broken is a voluntary organisation working for the prevention and relief of poverty by providing support and practical assistance to individuals and families experiencing hardship. Please contact Claire Slight to find out how you can help: clare.slight@brokennotbroken.org

Greyhound Rescue Fife at Balfree Country Centre, Gairneybank, Kinross, needs volunteers to clean the kennels and walk and feed the greyhounds. Can you help? Phone 01592 890583. Visit our website at www.greyhoundrescuefife.com

Kinross in Bloom: Volunteer group that provides and maintains floral displays to enhance the environment of Kinross. If you are interested in volunteering, please contact Susan Mitchell at: susan.mitchell50@gmail.com

Kinross-shire Day Centre: We are looking for volunteers to serve meals and help with day trips and activities, such as bingo and singing, for a lively bunch of over-aged teenagers (over 65s). If you would like to find out more, we would love to hear from you. Pop in and speak to Nan or telephone 01577 863869.

KLEO (Kinross-shire Local Events Organisation): If you enjoy local events on your doorstep, like the monthly Kinross Farmers' market and the winter festival events (concerts, comedy and the festive street market), please join the KLEO team! For more info about KLEO events, go to www.kleo.org.uk. If interested, please contact Bouwien Bennet at info@kleo.org.uk or call 01577 863107.

RSPB Scotland Loch Leven: We need volunteer fundraisers to help support the wonderful world of nature on our doorstep. Pin badges, bucket collections, events and sponsored walks – if you'd like to join our team, please contact Lyndsay Stobie at: Lyndsay.Stobie@rspb.org.uk or call 01577 862355.

Kinross (Marshall) Museum: The Museum Trust is looking for volunteers to help care for Kinross-shire's heritage collections and man the Museum Study Room in the Loch Leven Community Campus on Thursdays and Saturdays. If you would like to know more, drop by or contact the Museum on 01577 867153 or email: information@kinrossmuseum.org.uk.

Swansacre Playgroup: A long established charity playgroup for children aged 2-5 years, we need volunteers to help support us with play sessions. For more information, please email swansacre@gmail.com

Kinross Heart Start: Campaign to secure funds for public access defibrillators in Kinross. Contact Pamela Hunter to find out how you can volunteer on 01577 862419.

Light Up Kinross is a small local charity with responsibility for Kinross Christmas lights and decorations. We require additional volunteers to assist with fundraising and administration of the lights. If you are interested, please contact David Colliar, email davidcolliar@tiscali.co.uk or Bill Freeman, email billywhizkid78@gmail.com or contact our Facebook page.

Common Grounds: Charity café staffed by volunteers on Tuesdays, Wednesday, Fridays and Saturdays in Guide Hall, Church Street, Milnathort. Open to public 10am-12.30pm. Opportunity to serve in café or bake for the café. Also opportunity to gain recognised hours towards Duke of Edinburgh Awards and Saltire Awards for young people 16 years and over. Funds raised are used to support charities mainly in Africa. Contact: Convener Elspeth Caldwell on 01577 863350 or Secretary Linda Freeman on 01577 865045 for more information.

The Potager Garden is a small community garden in Bowton Road, Kinross, KY13 8EQ. It is a registered charity run by volunteers, a main aim being to give education to schoolchildren about plants, gardening and the environment. If you would like more information about our volunteering opportunities, please contact the Convenor, Amanda James, on 01577 840809, or amandajames1577@gmail.com

Children's Hospices Across Scotland: Can you spare a few hours of your time? We are looking 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. To apply online visit www.chas.org.uk.



Seamab is a residential school that cares for and educates some of the most vulnerable children in Scotland. We are looking for volunteers to help us place and manage collecting cans across Perth and Kinross. Volunteering for Seamab will help make a huge difference to the lives of the children at Seamab and will be a great way to meet new people and develop new skills. For more information please contact Melloney Flinn at mflinn@seamab.org.uk or call 01577 840307.



Milnathort Town Hall committee: Can you spare a couple of hours a month? We are looking for volunteers to join us. For further information please contact us at milnathorttownhall1@gmail.com. We would love to hear from you.



Volunteering with Aberlour!

We are currently recruiting new volunteers to support Aberlour, Scotland's Children's Charity. If you have a genuine interest in the wellbeing of children and families and live in the Perth and Kinross area we would love to hear from you.



Volunteer Mentor

If you are looking to try something new in 2019, develop new skills or meet new people, volunteering is a fantastic way to achieve this. To find out more, visit www.aberlour.org.uk/ volunteer, or contact Shonagh (Volunteer Coordinator) on 07864 625069/shonagh.ferguson@aberlour.org.uk.



SPARKs are a group allowing adults of all ages who have support needs or disabilities to meet together with their carers to improve their health & wellbeing. They meet in Loch Leven Community Campus every Thursday 1-3pm. Volunteers will be supported by workers Roseanne Gray – P&K Community Learning & Development Worker and Shona Fowler – NHS Project Worker. For more information please call 01577 867216 / 867218 or 07769 243282 / 07896 280843.

Kinross-shire Volunteer Group and Rural Outreach Scheme

Do you have some spare time? Do you enjoy driving? Are you a people person? If so we have the ideal volunteering opportunity for you. Kinross-shire Volunteer Group and Rural Outreach Scheme provide drivers to take people, mainly elderly, to appointments, shopping, etc. Basically any trip most of us take for granted can be a challenge for someone without a car who cannot manage public transport. Our volunteers provide not just a driver but a helping hand and a listening ear.



There is never any pressure, you accept the trips you want to do and no more. Some of our drivers are happy taking people to Ninewells, etc, others prefer to just do local runs – both are equally valuable. At KVG&ROS we value all our volunteers and in fact are the holders of a Volunteer Friendly Award. If you are interested and would like to hear more please phone Pauline on 01577 862685.

For more volunteering opportunities, go to the community website www.kinross.cc and look for 'Volunteering', or look at www.vaperthshire.org

Organisations: If you would like a volunteer appeal to be added to the list above, please email the Newsletter Editor. Please let us know if you no longer need your appeal to be listed.

Items for Sale

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

Food Mixer

Free

Morphy Richards folding stand food mixer, hardly used.

Enquiries:

Frank Koronka

01577 863449

Tassimo Coffee Machine and Pods

£30

T45 Joy model. In full working order. Comes with 72 coffee pods (Americano and Cappuccino).

Enquiries:

Joyce Horsman

07423 751 262

Loch Leven Community Campus presents

MANDARIN CULTURAL EXPERIENCE

LEARN SOME BASIC CHINESE PHRASES
TRY YOUR HAND AT MAKING CHINESE DUMPLINGS
HAVE FUN IN A FRIENDLY, RELAXED ENVIRONMENT

THURSDAY 27 FEBRUARY 2020
6:30 - 8:30 PM
CONFUCIUS CLASSROOM
LOCH LEVEN COMMUNITY CAMPUS

FREE ENTRY - ALL WELCOME
FOR MORE INFO EMAIL CSTRUTH@PKC.GOV.UK

La Leche League meetings in Kinross

First Thursday of the month,
10am-12 noon

St Paul's Church Meeting Room, The Muirs, Kinross

- Friendly, relaxed mum-to-mum breastfeeding support and chat.
- Informal chat and an interesting group discussion.
- Plenty of time for answering your questions.

We welcome any mums (and mums to be) who are interested in breastfeeding. Children all very welcome.

For more details, contact:

Hannah Dalgety (LLL Leader, Kinross) 07886 859461

www.lll-fife-tayside.co.uk

Find us on Facebook: La Leche League Fife and Tayside



Situations Vacant

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

Kinross Show looking for Treasurer

Good with numbers? We need you!

The Kinross Show Committee is looking for a new Treasurer. Do you have the skills and time to help with this great community event by offering some help. Briefly, the role entails:

- Working on spreadsheets which are kept on Excel (Microsoft Office)
- During Event season (July to beginning of October) this will probably involve several hours work per week. Outside these dates, it might only require one / two hours per month.
- Kinross Show financial year accounts ends on 30 September
- Bi-monthly Committee Meetings (although attendance at all these will not be necessary)
- All invoicing and receipts are dealt with / kept by the Secretary of the Show

If interested please contact Secretary Jane Drysdale. Please email kinrossshow@gmail.com or phone 07836 764183

Kinross Show is looking for a new assistant.

The Kinross Show Committee is looking for someone who enjoys been online to help them manage their website and social media channels (currently just Facebook, although a Twitter and YouTube channel exist but are not used regularly.) A new website will be launched in 2020.

We are also looking for new ways to promote Kinross Show online – could you help us start an online newsletter, should we launch an Instagram channel?

An average of approx. six to seven hours per month is required and a small remuneration is available.

If interested please contact Secretary Jane Drysdale by email kinrossshow@gmail.com or phone 07836 764183

Cleaner

Holiday let cleaner required for small one bed property in centre of Kinross. Two hours cleaning needed after guests. £9 per hour paid. Training will be given. Would suite student as a flexible approach is necessary.

For more details, please phone Dawn Smith on 01577 866778.

Senior Care Assistant

Ashley House: The position will be based predominantly on evening shifts 5pm -10pm and will include every second weekend and dayshift cover when required. Applicants must have an SVQ level 3 and have previous medication training. Wage will be agreed dependent upon experience and qualifications.

For further information on the position or to apply please contact or forward your CV to info@ashleyhouse.org.

Ashley House, 18 Perth Road Milnathort KY13 9XU

Perth & Kinross School Term Dates 2020

Term	Start (for pupils)	End
Spring Term	Mon 6 Jan 2020	Fri 3 Apr 2020
Inservice days	Wed 12 Feb 2020	
Occasional Hols	Thu 13, Fri 14 Feb 2020	
Spring Holiday	Fri 2 April	Fri 16 Apr

Weekly Programme

Monday	Exercise Class	11.15am
	Scrabble, cards & other games	1.15pm
	Bingo	1.30pm
	'Stride for Life' Walking Group	2pm
Tuesday	Carpet Curling	11am
	Relaxation Class	1.15pm
	Games	1.15pm
	Singing group with Alex Cant	1.45pm
Wednesday	Morning Worship	10.45am
	Dominoes, Scrabble & other Games	1.30pm
	Tai Chi	1.30pm (5th, 19th ONLY)
	Art Class	1.30pm
Thursday	Carpet Curling or Boccia	11am
	Film or Music Afternoon	1.30pm
	Dominoes, Scrabble, Cards	1.30pm
	Balance & Strength Class	1.30pm
Friday	Balance & Strength Class	11.15am
	Dominoes, Games or Music	1.30pm (EXCEPT 14th)
	Bingo	1.30pm (EXCEPT 14th)



Additional Events for February

Hearing Loss Support and Advice	11am-12pm	Monday 2nd
Inner Wheel Tea Dance	1.30-3pm	Thursday 6th
Chiropody (Tel 01577 863869 for an appt)	9.45am-1pm	Thursdays 5th, 19th
Tea Dance at Loch Leven Campus	1.30pm	Friday 14th

Film shows • Cards
Dominoes • Art Class
Exercises • Chiropody
Trips • Daily Papers

COFFEE BAR OPEN TO ALL from 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



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

February			See Pg
1st	Sat	Big Burns Bash, Masonic Hall	97
1st	Sat	Burns Ceilidh, Portmoak Hall	
1st/2nd	Sat-Sun	Optic Weekend, RSPB Loch Leven	81
2nd	Sun	Kinross & Ochil Walking Group Weekend Walk: see notice for more walks	48
3rd	Mon	Cleish and Blairadam CC meets	35
4th	Tue	Kinross U3A 2.30pm Kinross Parish Church, 'Poisons and Potions'	62
4th	Mon	Deadline for Kinross-Shire Fund	68
4th	Mon	Fossoway and District CC meets	42
5th	Wed	Networking Breakfast	64, 96
6th	Thu	Fifty Plus Club meets	66
6th	Thu	Kinross Church Thursday Group, Loving Hands.	87
6th	Thu	Camera Club AGM	63
8th	Sat	Café book group, library	67
8th	Sat	Portmoak Film Society show Free Solo	47
11th	Tues	Portmoak CC meets	38
12th-14th	Wed-Fri	P&K schools Inservice Day and occasional holidays	106
13th	Thu	Milnathort CC meets	36
14th	Fri	Dance&Sing event	96
14th	Fri	Deadline for submissions for the March Newsletter	103
15th	Sat	Orwell Bowling Club Quiz Night	98
16th	Sun	Ceilidh dancing, Milnathort Town Hall	100
23rd	Sun	Family Board Games for Rwanda, Portmoak Village Hall	97
25th	Tue	Creative Writing Group, library	67
25th	Tue	Kinross CC meets	35
27th	Thur	Kinross Flower Club 2pm Millbridge Hall	
27th	Thur	Mandarin Cultural Experience, campus	106
28th	Fri	Light Up Kinross Annual Quiz Night, Masonic Hall, 7pm	97
29th	Sat	Boys Brigade Coffee Morning, Church Centre	58
29th	Sat	Milnathort Filmhouse show 'Lion King' and 'Downton Abbey'	102
29th	Sat	Museum 10th anniversary celebration	68
29th-1st	Sat-Sun	Optic Weekend, RSPB Loch Leven	81
March			
3rd	Tue	Kinross U3A, 2.30pm Kinross Parish Church, 'Loch Leven Nature Reserve	62
4th	Wed	Networking Breakfast	96
7th	Sat	Fairtrade Coffee Morning, Kinross Church Centre	97
13th	Fri	Deadline for submissions for the April Newsletter	103
14th	Sat	Gordon Menzies Concert	97
14th	Sat	Orwell Bowling Club Quiz Night	98
22nd	Sun	Spring Writing Workshop, RSPB Loch Leven	81
22nd	Sun	Mother's Day	
26th	Thu	Kinross Flower Club 2pm Millbridge Hall	
28th	Sat	Comedy Night, KLEO	58
29th	Sun	Loch Leven Walkathon	27
29th	Sun	Ceilidh dancing, Milnathort Town Hall	100