

Kinross Newsletter

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DEADLINE

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Saturday 27 June 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:

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

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

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

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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'.

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Editor's Page

Cover photo: Hannah Phillips Cover Design: Lee Scammacca of Cree8.

Letter from The Editor

WE'RE NOW IN WEEK 9 of lockdown, and the Scottish government have published a route-map which will see the lockdown measures gradually eased over the coming months.

To be honest, I am feeling a bit flat. I know I'm not alone in feeling that way, and that many of us will be from time to time. However, life in Kinross and everywhere else goes on, and we are adapting to the changes and challenges that social distancing has brought. Our schools, clubs, churches and businesses have risen to the challenge posed by virtual environments and online communication and are finding ways to keep us all in touch with each other.

We continue to queue outside our local shops and I have yet to hear anyone complain about it while they are doing so. Waiting for things is no longer the problem it once was; it's rare that anyone is in a hurry. We are smiling at each other more, apologising and thanking each other when trying to pass each other on the pavements, and trying to appreciate all the good things that we have; an essential part of staying positive.

Let's keep supporting our local businesses where

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
CC: Community Council

Cllr: Councillor CCllr: Community

Councillor

we can. They are doing a wonderful job of providing us with essentials as well as treats (Am I the only one who is eating more takeaway fast food and enjoying more meals from local restaurants than ever before?) To burn it off, I am also walking more than ever: I think I've covered every square inch of Kinross and discovered interesting corners and back streets that I never knew existed.

A personal thank you is due to all our advertisers who continue to support the *Kinross Newsletter* in these difficult times. Thanks also to all those who continue to send in their club and sports reports, columns, photographs, good news stories, poems, letters and the many other interesting submissions for the *Newsletter*. We couldn't do it without you.

Hannah Phillips, Editor

ALL LOCAL EMERGENCY CONTACT DETAILS CAN BE FOUND ON PAGE 40

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



Scotlandwell in Bloom would like to thank **Willie Baird (Turffit)** for offering the team germinated wild flower seeds, topsoil and sand so that we will (hopefully) have a beautiful show of mixed blooms scattered around the village, later in the year. Grateful thanks must also go to Wellside Power Wash and local associate Andy Miller, for their hard work shovelling the soil and sand, planting the seeds, not forgetting the days of watering which followed, whilst observing social distancing throughout – well done lads!

Thanks to all those who have added a decorated stone to the Covid-19 Community Stone Snake.

We will report back in next month's *Newsletter* and see how much he has grown – maybe his tail will make it all the way down to the loch!



DO YOU HAVE A STORY?

If there's something you think people should know, then email us in strictest confidence:

editor@kinrossnewsletter.org

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

I. Robertson, Station Road, Crook of Devon

Telephone: Fossoway 01577 840526

Congratulations



Andy and Liz Whatmore of West Netherton Farm are delighted to announce the arrival of their first grandson, Theo Walter Charles Whatmore, born on Thursday 30 April 2020, weighing in at 7lb 11oz! Parents Chas and Helen are overjoyed, as are the rest of the family, especially his cousins Chloe, Rosa and Megan. They are really looking forward to playtime with a boy cousin - after this COVID-19 business is finished, of course! And all of us are wanting a cuddle!



Congratulations to **Niamh Clark** on her successful audition for the Royal Conservatoire of Scotland to study violin in the Junior Conservatoire. She is 13 and a pupil at Kinross High School.



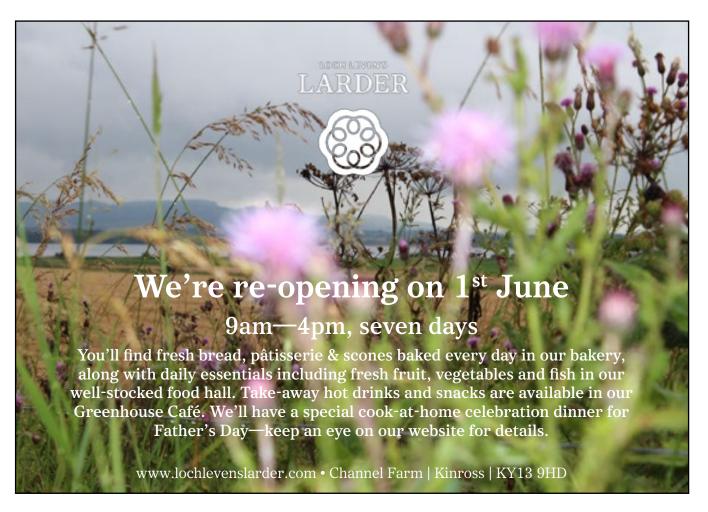
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Letters

A New Hobby? Eleanor Has Snailed It!

HERE IS A PHOTO of my daughter Eleanor Maclean, 5. She's wearing a rainbow T-shirt and collecting snails on our walk around Milnathort to count the rainbows.

Louise Maclean, Hollyhock Cottage, Milnathort



Open Farm Sunday

I AM SURE IT will be no surprised that Open Farm Sunday in June is cancelled for 2020. But if any Kinross Newsletter readers have any photos from previous events that they would like to share on our Facebook page we are going to do a bit of 'down memory lane' in pictures around the June event date. Send your photos to: colin@farmerdawes.co.uk

Di Dawes, Hilton of Aldie, Aldie Road

Kinross Show

WE LIVE IN UNPRECEDENTED times at the moment with recent announcements by the Scottish Government restricting mass gatherings for most of the rest of the year.

We, the board of trustees, have considered the options and I regretfully have to inform you that Kinross Show 2020 is cancelled. It is especially disappointing after having to cancel last year's show due to wet weather. Who would have ever thought that two shows in succession would be called off?

Kinross Show is well attended by the local community and offers a wide array of attractions and activities. This, combined with the fantastic setting of RSPB Loch Leven, make it a great day out for all the family.

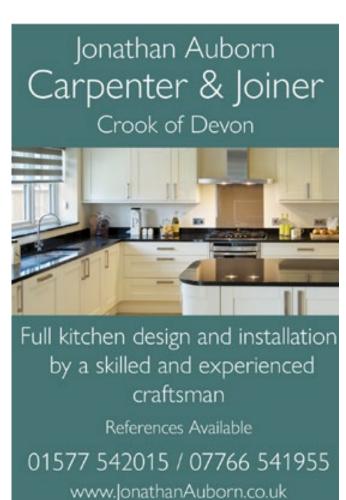
In the meantime, we must all abide by the social distancing rules and take care in our daily lives. The organising committee and I look forward to your continued support for the show in 2021.

Andrew Turnbull, Show President

P.S. we are working on some plans to keep the spirit of the show alive this summer. Please like our Facebook page to keep up to date with the plans.











News

BoS Pause For Thought In Branch Closure?

LOCAL COUNCILLORS Michael Barnacle and Richard Watters were pleased to receive a letter from the Bank of Scotland, stating that the Kinross branch would remain open for the time being.

The letter (right), from the Group Executive Complaints Manager, Natalie Birch, said that because of these '…exceptional circumstances … the Bank of Scotland will not permanently close the Kinross branch during this challenging time'.

While this does not mean that the branch will permanently stay open, all concerned are optimistic that it may herald a change of heart by the Bank of Scotland, and that Kinross-shire will not be without a functioning bank of any description.

Councillor Barnacle, while glad to see the Bank of Scotland change their position in the light of current circumstances, was not overly optimistic.

'I have spoken to Natalie Birch, who states that the bank will review closure decisions after the pandemic is over,' he told the *Newsletter*. 'But she could give me no guarantee that the original closure decision would be changed.'



'I am very pleased to hear that there is a stay of closure for the Kinross Bank of Scotland. I hope that they have listened to all the individuals and community groups who have contacted them asking for the closure decision to be reversed.' he told us.

postponed the closure of the Kinross branch, and I'm encouraged by early signs that there is an opportunity to revisit their decision. I will certainly be making every effort to ensure Kinross retains a High Street bank.'

Councillor Willie Robertson also found cause to be hopeful.

HERO SCOTT RISKS LIFE TO SAVE FIRE VICTIMS

A BRAVE LOCAL BUILDER from Milnathort made his way into a burning building and managed to rescue the occupants, who had been overcome by smoke. Scott Robertson, 29, who works for A King Contracts in Crook of Devon told the Newsletter he was 'in the right place at the right time'.

Scott was on his way home from a dog walk when he spotted the smoke-filled ground floor flat on Dalwhamie Street and found two people unconscious on the floor of their living room. Undeterred by the ferocious heat he went inside and fought through the smoke to drag both a man and a woman to safety.

Mr Robertson has been hailed as a hero by his neighbours and has even been offered free pizza by a local Italian restaurant. 'I think fate took me that way,' he said. "I'm not sure why I decided to walk up past the new houses at Lathro Meadows. I thought I could smell smoke. It didn't look right."

Three fire crews from Kinross and Lochgelly took 40 minutes to put the fire out, using hose reel jets and breathing apparatus. Firefighters used thermal imaging cameras to check that the building was safely evacuated.

Spending more time in the house? Go mad, for the right reasons.

There are so many ways you could improve your home. From repurposing rooms (like say, the ideal home office), to changing layouts to planning a full extension, we can offer you a myriad of inspiration and cost-saving advice.

Before you go completely mad, call us on 01577 863309 or email info@lowandwyse.com

www.lowandwvse.com



Making Good Use Of The Shutdown

OPENING A NEW manufacturing facility the week before lockdown might seem to have been unlucky, but that's what happened to Kinross Wooden Products.

MD Kirsteen Ross explained, 'Having to close only a few days after we opened was disappointing but we have used the time proactively and developed an exciting, brand new range of products which will be beneficial for new ways of working.'

'Our remanufactured products provide options for employers as they seek to safeguard their workforce. Organisations will either need additional desks, suitable for home-working, or smaller office desks to enable greater social distancing.'

'We can support employers to manage changes in their working environments through our remanufactured ranges and office design capabilities to enable them to adapt. We can also design and supply garden offices.

Operations director John Ross explained, 'We have quickly established safe working practices. Measures include designated workspace and tools, cleaning processes



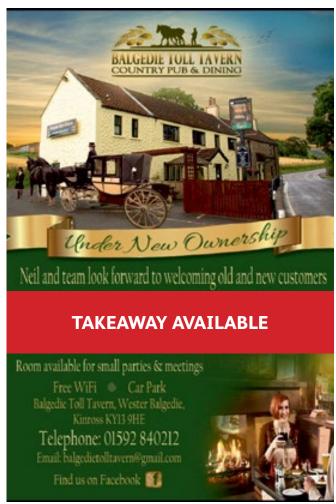
Managing Director Kirsteen Ross

for shared equipment and maintaining social distancing by working at different times. We are confident that we have got sufficient measures in place to continue our planned expansion after lockdown'.

The company is working with clients to gain their input on design and practical requirements for the 'new' office environment. The company directors are regular contributors for circular economy webinars and online discussion groups.

Kirsteen said, 'John was a guest speaker on a webinar organised by Perthshire Chamber of Commerce. Within a few days, we were contacted by a senior procurement manager for a local authority, asking for more information.'

While lockdown has created issues including assessing new risks, health and safety needs and production shutdown, it has also created many opportunities.





TAKEAWAY @ THE TOLL

Thursday – Sunday

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10 minute allocated slots to allow for social distancing

Payment by card over phone or at collection.

CALL (01592) 840212 FROM 1PM TO BOOK SLOT

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www.balgedietolltavern.com

'Heavy Heart' As Kinross Show Cancelled For Second Year Running

KINROSS-SHIRE AGRICULTURAL SOCI-ETY has today announced the cancellation of Kinross Show for the second year in a row.

The show, which would have celebrated its 190th anniversary on Saturday 8 August 2020, was forced to cancel in 2019 due to extreme wet weather.

The event which takes place at RSPB Loch Leven has focused on generating more farming entertainment for the local community in recent years. The addition of a Food and Farming Children's Education Tent brings together the Royal Highland Educational Trust (RHET), traditional crafts such as spinning and weaving and local farmers so visitors can learn more about how their food was produced and the biproducts.

The show also launched an entertainment stage inviting local acts to perform including musicians, comedians and dance groups welcoming acts from



Andrew Turnbul

Kinross and the local area and was introducing a new food and drink marque in 2020.

Kinross-shire Agricultural Society President Andrew Turnbull (pictured) commented:

"It is with great disappointment that Kinross Show 2020 is cancelled, especially after having to cancel last year's show at the last minute due to wet weather. These decisions are never taken lightly but our priority has to be too the welfare and safety of our visitors, volunteers and committee.

'My personal thanks go to our sponsors and local businesses who have continued to support us over the last twelve months – who would have thought we would be cancelling two shows in succession?' said Mr Turnbull.

Society Secretary Jane Drysdale added:

'It is with a heavy heart that we have had to make the decision to cancel Kinross Show for the second year in a row due to circumstances out with our control. Thousands of local people look forward to this annual event and will be saddened by our announcement.'

She continued, 'The day is a highlight of the year for many and the committee and I look forward to welcoming them to RSPB Loch Leven in 2021.'

FUNDING BOOST FOR THE FOSSOWAY GATHERING

Disappointment at the cancellation of this year's Fossoway Gathering has been tempered by the award of a £7700 grant from the National Lottery.

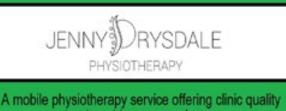
After the great success of the 2019 Fossoway Gathering, revived in response to community demand after a 13-year absence, anticipation was high for an even bigger event this year. Unfortunately, as with so many other community events and activities, the Gathering planned for 23 May this year was cancelled as a result of the current pandemic.

Chair of the Fossoway Gathering Committee, Jim Duffy, said: 'Despite this unforeseen setback, we are committed to ensuring a healthy future for the Fossoway Gathering. Our disappointment at the loss of our event in May has been

tempered by the fantastic news of the award from the National Lottery Community Fund to invest in equipment to support long term sustainability of the Fossoway Gathering, and to be available for wider community benefit too.



'We hope to hold some smaller scale community events and fundraising activities once circumstances permit, but in the meantime we are delighted to confirm the next Fossoway Gathering will take place on Saturday 22 May 2021. We thank all those who have supported us in getting the Fossoway Gathering back up and running and hope to see everybody in the not too distant future.



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Pitdownies Appeal Lodged

SPRINGFIELD PROPERTIES have lodged an appeal against the decision to refuse their application to build 59 houses and eight flats at the Pitdownies in Milnathort.

In February, members of PKC's planning committee unanimously rejected the application on the recommendation of planning officers.

But the officials had only recommended refusal on technical grounds, and did not take into account the concerns raised by the 160-plus objectors, most of which concerned the lack of suitable access and the impact on local infrastructure – already under strain because of the scale of development in the area.

The Reporter appointed by the Scottish Government to determine the ap-

peal will make a site visit, and interested members of the public are entitled to make representation by emailing *Liz. Kerr@scot.gov.uk*.

Craig Williams, chairman of Milnathort and Orwell Community Council, said: 'We are disappointed but not surprised that Springfield have lodged an appeal against the decision to refuse the Pitdownies application.

'However, we hope that, when making his or her decision, the Reporter will take into account the concerns we raised at the outset and which were largely ignored by planning officials – namely the impact such a development would have on local infrastructure and the traffic chaos it would cause, particularly in Wester Loan.

'We shall be making our representation at the earliest opportunity.'

Pitdownies Action Group spokesman Kevin Heneghan, who addressed the committee in February, said: 'More than 160 objections to the Pitdownies were raised. A local GP voiced concerns that the rate of housing development in the area was putting an intolerable strain on health services.

'The Milnathort Waste Water Treatment plant already overflows into Loch Leven at certain times and can barely cope with the existing level of effluent. These serious issues can't be resolved by simply tweaking the application to overcome a few technicalities.'

MEN'S SHED OFFERS PPE FOR ALL

LAST MONTH THE Newsletter ran an article about all the amazing work done by the Kinross and District Men's Shed during the coronavirus pandemic. They have been producing face visors since the outbreak began. They have now supplied over 2600 face visors to frontline workers, an incredible amount.

Orders have now slowed down, which would indicate that the PPE is getting through to those who need

it the most. However, the Men's Shed have enough material to make many more visors if individuals need them. Obviously, frontline workers will always have priority but should others need them, home carers, essential workers or vulnerable people please ask them to get in touch with the Chairman, David Conner, by email to *chairman.kdms@gmail.com* or send a message via the Facebook page.

Fly-Tipping Issues To Ease As Recycling Set To Re-Open

WIDESPREAD FLY-TIPPING ISSUES in Kinross look like they may finally begin to ease as household waste recycling centres are set to reopen in June. The planned move follows warnings that Perthshire had become 'Scotland's dumping ground' after it was found that mountains of rubbish discarded in the area had come from as far as 50 miles away.

Perth and Kinross is among the many local authorities who have reported an increase in fly-tipping after the sites were closed in March, at the onset of the COVID-19 outbreak.

Local government body COSLA set a reintroduction date of June 1 after this date was agreed by council leaders. Restrictions to maintain physical distancing for staff and members of the public will be put in place.

Councillors and members of the public have noted a serious rise in fly-tipping during closures and many constituents have written to them about the issue.

The re-opening is meant for householders only, bringing a maximum of six bagged domestic general waste only. Commercal waste will not be accepted until Phase 2 of the opening.

It is anticipated there will a high volume of householders visiting the sites and everyone is asked to stay in their car



and follow traffic controls and signage. Queueing on the road will not be permitted – those who arrive at the site and find there is no room to queue off-road must leave and return at another time.

Householders are also asked to not turn up at any recycling centre before the site opens. Entry will not be allowed and they will be asked to move on.

Only one person from each car can exit the vehicle. Site Attendants will not assist with the lifting or carrying of bags.

Please continue to store bulky items or waste generated from DIY, home clearance or garden projects, as these items will not be accepted at this time.

Those who have glass, paper, cardboard, cans or textiles, are requested to take them to the nearest Recycling Point



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Ben Beds Down In The Garden To Raise Money For The NHS

MILNATHORT PRIMARY 3 pupil Ben Jones has been raising money for the NHS by camping out in his garden – every night.

His dad told the *Newsletter*, 'Early on in lockdown we slept in the tent overnight – and then the next night, and the next night after that. After a few nights in the garden, Benjamin was talking to his grandad who said his record for sleeping outside is 32 days – so immediately he wanted to beat his grandad's record.

'I think he is planning to live out there – he likes not having to share his room with his sister. We are getting him to move the tent around the garden so the tent doesn't kill off the grass, and getting him to air out his sleeping bag every day. We are really proud.'

Ben said, 'My name is Ben Jones and I am 8 years old. On Friday 17 April I was supposed to be flying to London with my Mum to celebrate my birthday (which was in March), but due to coronavirus this was cancelled. Instead I camped out in my back garden with my Mum and my sister Phoebe, and since then I've been sleeping in the tent every night. My Grandad is my camping hero and his record is 32 consecutive nights in a tent, and so I have set myself the target of beating that! I was inspired by Captain Tom and decided that maybe I could do my camping to help the NHS.'

Ben's parents had originally encouraged him to set his fundraising target at the modest sum of £100 to manage his



Happy camper Ben Jones and (inset) with his sister Phoebe

expectations, but Ben insisted it should be higher and so it was set at £500. Due to the amazing generosity of friends and family, he raised the £500 in less than 24 hours, and is now at £1748. At the time of writing Ben has been in the tent for the last 28 nights, and so only has 5 to go to break his Grandad's record

Benjamin is now looking forward to camping out with his grandad once the coronavirus lockdown is over.

HIGH STREET SEWING

Clothing & Curtain alteration & repairs (weekly turn-around)

Custom made Curtains, Roman blinds, Cushions (4-6 weeks)

Workshop Opening Hours: Mon-Thurs 0930-1230 & 1330-1700 Fri 0930-1230 and Sat 10-12

Location - behind Loch Leven Laundry and Baillies

Contact LINETTE MANN - 07732 902419



WW2 Air Crew Loss – Closing The Divide

IN EARLY MAY, not long before VE Day 75, the *Kinross Newsletter* received a request from a Herr Christoph Heyes, who lives near Dortmund. He was trying to find the relatives of a young Kinross airman, 21-year-old Andrew Downie, whose Wellington bomber was shot down with the loss of all five crew members, over Germany in April 1942 on their return from a bombing raid.

The five airmen were buried with full military honours at the Schiefbahner Ehrenfriedhof, near Willich and, while their graves were given white wooden crosses, they were not named. They were later transferred to the Reichswald Forest Commonwealth War Graves Commission Cemetery on 12 November 1947, where they found their final resting place.

The Newsletter turned to retired Colonel Andy Middlemiss and Prof David Munro, to see if they could help. Col Middlemiss said: 'I immediately entered into a fascinating dialogue with Christoph Heyes, to see what he was looking for and why, and Prof Munro put his thinking/archives cap on. Christoph said he was writing a book about his part of Germany in the war, and one of the stories was of a Wellington bomber, which crashed near his village, killing all five crew. He was trying to contact their families as a follow up. He had an extraordinary eye-witness account to share, and wondered if we could help track down Andrew's family.'

Christoph said: 'It would make me very happy, if the mem-



ory of that nearly forgotten plane crash could bring our countries closer together.'

See next month's *Newsletter* for the extraordinary story of how one brave Kinross lad, along with his comrades, lost his life far away from home.



Fears Over New Algal Bloom



Scientists afraid of repetition of last year's scenario

DOG OWNERS AND WALKERS are being advised to take care around Loch Leven this summer. In recent summers the loch has suffered with algal blooms and the weather so far this year would seem to point towards a likelihood of more this summer. These blooms are driven by levels of nutrients in the loch. Recently much work has successfully been carried out to reduce these nutrient inputs to the loch. However, the nutrient levels are still high within the loch sediments, and the increasingly warm, dry summers increase release from these internal sources and have triggered blooms.

For Neil Mitchell as the Reserve Manager and all those scientists who have spent years, in some cases decades, studying the loch it is heartening to hear all the interest, and in some instances concern, that there is about the water quality from local residents. In the November 2019 edition of the Newsletter there was an in-depth article about water quality at Loch Leven. Now as we head into the summer, a reminder about what to look for and how to avoid the effects of algal blooms seems appropriate.

It is very difficult to provide detailed information on the risks from algal blooms on a day-to-day basis, as the presence of the harmful blue-green algae in Loch Leven varies in both quantity and location.

For this reason Neil Mitchell asked his colleagues Laurence Carvalho and Anne Dobel from the Centre for Ecology & Hydrology (UKCEH Edinburgh) to give *Newsletter* readers some expert advice going into the summer. Additionally, SNH will be working with Kinross Estate Company and UKCEH to monitor the water quality and post updates on the Loch Leven NNR Facebook and other social media platforms on the levels of blue-green algae.

Although the water in the loch is very clear at the moment,

the warm, dry spring that we've had means that Loch Leven could be affected by blue-green algae this summer. These 'blue-green algae' are actually a type of bacteria called 'cyanobacteria', which can produce toxic chemicals that are harmful to the health of people and animals.

What are the dangers to people, pets, and livestock?

Surface blooms and scums along the shore pose a high risk to public and animal health. People coming into contact with toxic scums can experience skin rashes, eye irritations, vomiting and diarrhoea, fever and pains in muscles and joints. Each year, blue-green algae cause several dog deaths across the LIK

Dogs are particularly vulnerable if they go into the water when a bloom is present, as they often drink the water, or lick the green scum off their coat when they come out of the water. Severe symptoms can develop very rapidly requiring vet treatment within minutes. If you are a pet owner, you can find further advice on the Blue Cross website.

Loch Leven is a National Nature Reserve, so to prevent disturbance to wildlife dogs should always be kept under close control on the reserve. When blooms in the water are visible or surface scums are present owners should ensure dogs don't enter the water or eat the scum. Similarly, any young children should avoid going into the water or getting any scum on their hands or skin. It is advisable to carry a bottle of water for a dog to drink and use it to wash off any scum on its coat and paws.

With thanks to Neil Mitchell, SNH Loch Leven NNR manager, and Laurence Carvalho and Anne Dobel, UK Centre for Ecology & Hydrology (UKCEH Edinburgh) **BLUE-GREEN ALGAE** occur naturally in lochs, reservoirs, rivers and canals around the world. Risks are generally highest during warm summer months when the concentrations of algae increase to form blooms and scums on the water surface. In Scotland, this is normally between June and October.

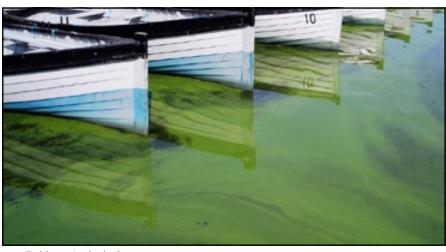
Blooms of blue-green algae are typically grass green to dark green in colour. They start as clumps of small green particles (1-2mm) in the water and later develop into more obvious green or turquoise, wispy patterns on the surface of the water. These surface blooms are blown by the wind and often accumulate as thick scums along the shore, where they form green and turquoise bands along as they start to decay. View a gallery of pictures of blue-green algal blooms on the UKCEH Bloomin' Algae website.

Download the app

Get help with identifying blue-green algae by downloading the smartphone app Bloomin' Algae, developed by the UK Centre for Ecology & Hydrology. Download the app directly from Google Play or App Store (search for Bloomin' Algae) or find the link on the UKCEH website.

Use the app to send in photos and locations of possible bloom for UKCEH to verify. To receive feedback, please confirm your email address so UKCEH can contact you.

The website also explains how to set up the app to receive notifications of confirmed records in your area [Select

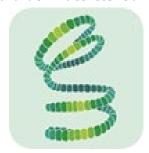


Deadly bloom in the loch

New App To Help Track Algal Spread

'Fifeshire' because the app location uses old Parish Boundaries].

By using the app you will be helping to speed up warnings to others of potential problems, and Perth & Kinross Council and SEPA also receive a notifica-



The Bloomin' Algae app can help keep track of its spread and distribution

tion of your records in the area. You can also view submitted records for the UK on the Bloomin'Algae website, where you can zoom in to the Loch Leven area.

Further action and information on harmful algal blooms

For enquiries relating to blue-green algae in Loch Leven, please contact the Environmental Health Department in Perth & Kinross Council, who work closely with SEPA, SNH, Loch Leven Fisheries and UK CEH to assess any action required.

Finally, the partners in the Loch Leven Catchment Management group are working together to investigate solutions to help reduce the algal blooms. Watch this space!

REFERENCE & CONTACTS

UK CEH Bloomin'Algae website:

www.ceh.ac.uk/algal-blooms/bloomin-algae

Blue-Cross advice to dog owners: www.bluecross.org. uk/pet-advice/blue-green-algae-and-its-dangers-dogs

Perth & Kinross Council:

Email: es@pkc.gov.uk, Tel: 01738 476476

Loch Leven National Nature Reserve:

Email: nnr@nature.scot, Tel: 01738 458609,

Scottish Environment Protection Agency (SEPA): www.sepa.org.uk/contact/

Scottish Government Guidance:

www.gov.scot/Resource/0039/00391470.pdf



Councillor Willie Robertson

Council Activities: We are all living through very difficult times. As I write this many council activities have stopped or are very limited. Thankfully Perth & Kinross Council are continuing with all their household waste



collection services (not all councils are) and are currently in discussion with the Scottish government to get consent for a limited reopening of civic amenity sites. But other works like road repairs and planned project works have either stopped or been severely curtailed. We can only hope that the health situation improves and we can slowly return to a new normal.

Cycling: I am delighted to see so many people and families out cycling. With our many Green Routes, cycleways and the Loch Leven Heritage Trail in Kinross-shire we have very good cycling facilities. However, I would like to make one request. There have been a number of instances where adults and older teenagers have been seen cycling on our pavements which



is dangerous for pedestrians. Because of the lockdown more people are out walking and many of our pavements are quite narrow, so please don't cycle on the pavements.

Persimmon Phase 2: The planning application for the second phase of the Persimmon Lathro Farm development is due to come before the Council's Development Management Committee on 1 July. It is likely that the committee will be a virtual one and be held using Microsoft Teams. I am not happy with this possibility. This is a major application which has raised a huge number of objections. I am not convinced that those wishing to hear the application being discussed or who might wish to address the committee will be able to do so satisfactorily. I have written to the Head of Planning and the convenor of the committee asking that this application is not determined until it can be done in a public forum.

Councillor Willie Robertson

KINROSSWORD ANSWERS

ACROSS: 1 Prescriptions, 2 Robert Burns Begg, 11 Reopen, 12 Dimple, 13 Cygnet, 16 Sparse, 19 Campus, 23 Preach, 26 Heart, 27 Swift, 30 Green Hairstreak, 31 Beach, 32 Dreys DOWN: 1 Robbery, 3 Robinet, 4 Parades, 5 Needles, 6 Arc, 7, Egg, 9 Ripen, 10 Simba, 14 Gym, 15 Emu, 17 Par, 18 Ria, 20 Athlete, 21 Prawn, 22 Satnay, 23 Pastry, 24 Evict, 25 Cutlery, 28 Ego, 29 Sky.

Councillor Richard Watters

I WAS HOPING TO write a bit about the importance of adhering to Scottish Government Guidelines regarding the lockdown and what we should and shouldn't do to ensure that we don't have a second wave of the virus. However, given the speed with which the



situation is changing, anything I write will more than likely be out of date by the time you read it. Can I please, however, implore you to stay safe and follow the current guidelines to protect your family, our community, and the NHS.

My own experience of having had the virus has certainly been eye-opening about how this virus works. Although I wasn't tested, I certainly had all the symptoms. The worst symptoms occurred seven days after the first symptoms appeared. For 3 days I was totally bed-ridden and it was like breathing through a pool of water. It certainly caused me a lot of distress. Even now, two months after contracting it, I still have some aftereffects from the virus. I was fortunate; this virus is a killer and many people have paid the ultimate price. My thoughts go out to those who have lost loved ones.

Councillor Barnacle and I have both received a letter from Lloyds Bank about the closure of the Bank of Scotland in Kinross, announcing that they will be postponing the closure during this crisis. While this delay is appreciated, having spoken to Cllr Barnacle, we will be writing to the Bank asking that they revisit the closure plans and save at least one bank in Kinross.

Perth and Kinross Council cancelled all council meetings on 16 March to allow the council to focus on dealing with the current emergency. Staff adjusted quickly, with many working from home, while others have been redeployed to key roles in the community to ensure our communities are protected during these difficult times. Personally, I feel the council staff have responded brilliantly, coordinating the response to the pandemic and ensuring the resilience of our communities.

Meetings are slowly resuming as I write, with the first being a Planning Committee meeting that took place virtually on 29 April. As the first online virtual meeting hosted by the council, this was well-chaired and successful. The hard work that council officers put in behind the scenes ensures that this important part of council business continues. Future meetings required by statutory obligation are scheduled over the next few months, including a number of Full Council meetings.

Just as each of us is needing to find new ways to do things, so the council is adapting and finding new ways to operate. It is important, as we slowly emerge from this crisis, that the council adopts some of these new ways of working to create an efficient and effective council. That will mean that we provide you with the services you expect and that we provide our key asset, the council staff, with better opportunities for a healthier work-life-family balance.

Councillor Richard Watters

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Roseanna Cunningham, MSP

THE PRIMARY FOCUS THROUGHOUT the period of lockdown has, rightly, been about physical and mental health. As the restrictions ease, we will all be able to focus more on the health of our economy.



Many sectors have had a really tough time indeed over the past few months but there is one that we all engage with on a regular basis – and which is particularly important in this area food, drink and farming sectors.

As we negotiate our way – as individuals, as communities, and as a society – towards a new normal, there are many small changes to our lives that we might be wanting to keep hold of and other changes that we can make that can be of assistance to local producers and vendors during this difficult period.

Of course, even at their tightest, guidance to business and on physical distancing has not meant that essential services – like food sales – have been closed and with people cutting right back on their travelling and staying home as much as possible, we have all been looking for opportunities to shop more locally. And that, of course, has the added bonus of championing local producers and encouraging local industry.

We are so lucky here to have a great range of wonderful independent butchers, fishmongers, greengrocers, delis and other specialist food shops. Many of these shops have adapted to the new conditions by introducing delivery services.

Just a couple of weeks ago, Scotland Food and Drink's online portal, Support Local, went live to the public – already over 260 Scottish food and drink producers have signed up to promote what they provide in their local area and can deliver direct www.foodanddrink.scot/support-local/.

Even when at the supermarket, looking out for produce labelled as Scottish can help our local producers.

And it is not just shopping that can help – parents looking for materials for home learning with their children can discuss the importance of the food and drink industry and there are some great free resources available from the Royal Highland Education Trust rural resource hub online at www.rhet.org.uk/teachers/resource-portal/.

From farming through the seasons, through food sustainability to contemporary food issues and jobs on the farm, they have worksheets and handouts covering a whole range of subjects and topics relating to farming and food production, suitable for all age groups and study levels.

Until the guidance tells us it is safe to do so, my constituency office will remain closed but my staff and I are still working and can be contacted by post (63 Glasgow Road, Perth PH2 0PE), by phone (01738 620540), or by email (Roseanna.cunningham. msp@parliament.scot), providing advice and assistance on the usual range of issues.

Stay safe, and keep following the guidance that is being issued by the Scottish Government.

Roseanna Cunningham, MSP

ALL LOCAL EMERGENCY

CONTACT DETAILS

CAN BE FOUND ON PAGE 40

Liz Smith, MSP

WITH CORONAVIRUS STILL DOMINATING our lives the decision was made in Scotland to maintain the 'stay at home' message for a little bit longer. Nonetheless, debate is now taking place about what life might



look like when we gradually come out of lockdown, most especially how we will get more people back to work.

First Minister, Nicola Sturgeon, has told us that the Scottish Government has been drawing up plans to get construction and manufacturing firms back working, just as they are in England, and when it might be possible to re-open garden centres and retail shops, as well as looking to get the food and drink and finance sectors back on their feet again.

Of course, one of the most alarming downsides of the impact of Covid-19 is the damaging effect the pandemic has had on the UK's economy. The Treasury has estimated that the deficit this year will be in the region of £300 billion, and in a worst-case scenario, £500 billion. These are astronomical figures and would put the UK in its worst fiscal position since the end of the Second World War.

There was some positive news however, when the Chancellor, Rishi Sunak, recently announced he will be extending the Furlough scheme to the end of October. This means that employees will continue to receive $80\,\%$ of their monthly wages up to £2500. The UK Government will ask companies to start sharing the cost of the scheme from August. The extension of this scheme will undoubtedly be a great relief to thousands of workers across the country.

It is a time of great uncertainty for many of us but I am convinced that if we keep using self-discipline to adhere to the rules about containing the virus and demonstrate the spirit we saw on the 75th anniversary of VE (Victory in Europe) Day last month, we will have a future to look forward to.

It is going to take time to come out of lockdown but humanity has shown it can adapt to the most testing of circumstances, and, with this in mind, I believe we will eventually overcome this virus.

Liz Smith, MSP



The Newsletter on Facebook

We use our Facebook page to announce:

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

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John Nicolson, MP

'IT'S GOOD TO TALK' Bob Hoskins said in a memorable TV ad. And never has that been more true than now. While the Scottish Government's advice remains clear: 'Stay at home. Protect the NHS. Save lives.' – we all know it's tough. Many of us are cut



off from our friends and family. Social distancing means we can't see them in person. And a lot of people feel isolated.

That's especially true of folk in hospital. Without visitors, patients don't even have the solace of a bit of chat when their nearest and dearest visit. Days in bed can be long and lonely.

My mum has been in hospital recently. She had a wee fall and is fine now. But she was desperate for visitors, and upset when the nurses explained she couldn't have any. They told me lots of old people don't have mobile phones or devices allowing them to see as well as hear from their family. So my parliamentary office set up a crowdfunder to buy some from local businesses. I'm delighted to say we've raised over £1500 – and the equipment is en route to our constituency hospitals.

At home, lots of people still rely on landlines. The elderly are especially dependent; prices charged for calls can be exorbitant. Customers can rack up huge bills with rip-off rates. That's why I wrote to the telecoms regulator OFCOM last month calling for companies to protect consumers who rely on landline phones.



I asked for price caps on daytime calls so one would be hit by punitive charges. And I asked for a guarantee of no phone or internet cut offs during the crisis.

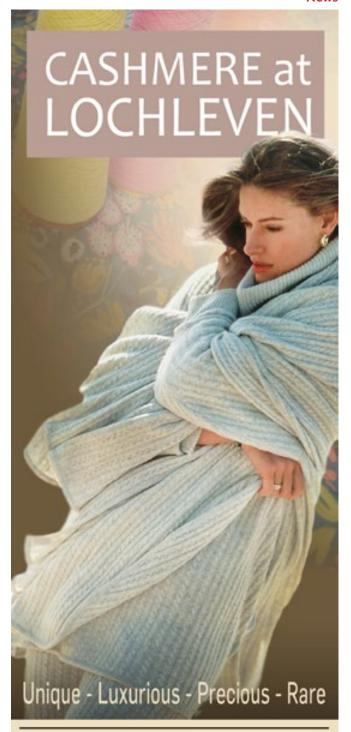
I was delighted to hear back from the OFCOM boss Dame Melanie Dawes last week, promising all data caps will be removed on fixed broadband services. A series of new and generous landline packages will be introduced, with some companies providing free landline calls. And vulnerable customers will be prioritised at all times.

However, I'd like to see telecoms companies go further. I want a guarantee nobody's phone – or internet connection – will be cut off during this pandemic.

It was one of Scotland's greatest sons Alexander Graham Bell who invented the telephone. It's good to think his remarkable legacy is keeping us safe and helping bind us together a century and a half after he unveiled his triumph to the world.

For updates on my work in the constituency, including my upcoming constituency advice surgeries, as well as my votes in parliament, please follow me on social media or e-mail me for a digital or printed copy of my latest constituency report at john. nicolson.mp@parliament.uk.

John Nicolson





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Police Box



Cycling Safety

On the evening of Sunday 17 May some 5000 cyclists should have been basking in the glory of having completed the 85 miles of Perthshire's most stunning scenery in what is the country's leading closed road sportive, the Etape Caledonia. This event is normally a boon to the local economy and events like this encourage people of all ages, shapes and sizes to become more active and take up cycling for either fun or as exercise.

And it is clear that the lockdown has resulted in many more people, some of whom have possibly not cycled for some time, squeezing into ill-fitting Lycra, dusting off their old bikes or investing in new machines to take advantage of the quieter roads and good weather.

Research from Cycling Scotland shows a large increase in the number of people cycling and this is likely to continue as people continue to adhere to social distancing rules and avoid public transport.

But whilst the Etape Caledonian riders benefit from the safety and security of having a closed road circuit that is not the norm for all journeys and we all must be aware of what we can do as pedestrians, cyclists and drivers to ensure our highways remain safe for all road users.

So it seems prudent to remind all road users of their responsibilities when it comes to using public roads. Last year Police Scotland joined up with Cycling Scotland for a campaign to raise awareness of the legal requirement for drivers to leave a car's width of space when passing cyclists. Driving too close when passing a cyclist is an example of careless driving which attracts a minimum fine of £100 and three penalty points.

Highway Code Rule 64 states 'you must not cycle on a pavement.' Generally, anyone cycling on a footway or footpath in Scotland is committing an offence under Section 129(5) of The Roads (Scotland) Act 1984. It is however not an offence to cycle across a footway or footpath to access a cycle track, driveway or other land where cycling is allowed. And while it is perfectly legal for cyclists to ride beside each other or in the middle of the road we all need to respect each other and I would hope that all road users would follow the letter of the law and the spirit in which it is intended to ensure that everyone can use our roads safely and without hindrance.

In a couple of weeks we will begin the slow process of leaving lockdown which will undoubtedly result in a marked increase in traffic on both urban and rural roads. I hope that we can all continue to show the tolerance and community spirit on the roads which I have witnessed in communities right across the country over the past 8 weeks.

Recent Incidents

About 2am on Monday 18 May two bicycles were stolen from a garage on Old Perth Rd, Milnathort. One bike was a grey BTWIN Rockford mountain; the other was a silver Voyage mountain bike. (CR/12897/20)

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.

Rogue Traders - Who Should I Call...

- ...if I feel threatened, unsafe, or suspicious of a caller?
- Contact the police immediately on 999
 - ...if I see something suspicious in my area, or want more advice about bogus callers?
- Contact the police on 101.
- Try and take a note of vehicle details or registration numbers, and descriptions of anyone suspicious.
 - ...if I want to contact the police anonymously?
- Contact the independent charity Crimestoppers on 0800 555 111. You can also visit their website at www. crimestoppers-uk.org
 - ...to find out more about home safety services?
- When circumstances allow, contact your local council for more information. Depending on your circumstances, you may qualify for a free security alarm.

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.



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Features

'Kin to poet well his pen could prove'

LAST MONTH THE NEWSLETTER featured an article on Robert Burns Begg Senior, (1798-1876), nephew of the poet Robert Burns and schoolmaster in Kinross for more than half a century. This month we tell the story of his son Robert Burns Begg Junior, (1833-1900), a prominent figure in the civic and cultural life of Kinross-shire during the Victorian era.

Often confused with his father with the same name, the younger Robert Burns Begg appended 'Junior' to his name, despite the fact that he was to carve out his own distinctive and quite different career. Burns Begg Junior, left Kinross to train as a solicitor, eventually returning in 1860 to open his own legal practice. This proved a financial success, enabling him to build a smart family cottage orné at the north end of the High Street which he named 'The Bield'. The Burns family motto had always been -'Better a wee bush than nae beild' - the word beild being an old Scots term for a shelter. Expanded to include mock baronial features, this was certainly no 'wee bush,' dwarfing, as it did, his father's schoolhouse a little way off on the other side of the road.

Before long, Burns Begg, Junior, was to be appointed Factor on the Kinross Estate in addition to holding numerous local authority positions such as Sheriff Clerk and County Clerk of Kinross-shire. To him we owe many improvements made in the old burgh including the building of the Crosswell Fountain and improved access to the Kirkgate Park from the centre of town. In recognition of this aspect of his life his name is remembered in Burns Begg Street.

As a grand-nephew of Robert Burns, Burns Begg, Junior, had taken a prominent part in the Kinross celebrations marking 100 years since the birth of Robert Burns in 1859. Nearly three decades later, following a Burns concert organised by the local Tullochgorum Club, he was to chair a supper in the Green Hotel at which it was resolved to form a Burns Club in Kinross, one of the first in the country to be known as the 'Jolly Beggars'. The traditions established



Robert Burns Begg Junior (above) and his memorial in Kirkgate churchyard (right)

that evening in January 1888, continue to this day, with the Chieftain of the annual gathering sending out invitations in verse in expectation of replies likewise in verse.

Burns Begg, Junior, was no mean poet himself, often entertaining dinner guests and curling club members with his own compositions, many of a satirical nature. His regard for other Kinross-shire poets extended to publishing the works of the ploughman poet James Beath of Glenvale in 1883 and the restoration of the birthplace of the Kinnesswood poet Michael Bruce, the 'Gentle Poet of Lochleven', in the late 1860s.

Burns Begg's efforts in prose for the most part had a local focus that included publications such as *The Lochleven Angler* (1874), *The History of Lochleven Castle* (1887) and *Witchcraft in Kinross-shire* (1889). It was boatman Dick Kilgour who drew his attention to a mound revealed during the dry summer of 1887 just off the Kirkgate park. Offering Burns Begg, Junior, an opportunity to carry out an archaeological investigation, this proved to be an Iron Age crannog or lake dwelling. His findings

were published a year later in the *Proceedings of the Society of Antiquaries of Scotland*, a body from whom he was to receive a fellowship.

Following his death on 19 August 1900, Robert Burns Begg, Junior, was buried beside his parents in the parish kirkyard on Station Road. However, in recognition of his services to the local community, a more prominent memorial to this well-loved son of Kinross was erected two years later within the bounds of the old Kirkgate churchyard. There his image looks down from a tall obelisk aligned with the site of the crannog in Loch Leven which he explored in September 1887. His character and achievements are remembered on each of the four sides of this monumnent.

'He bore a wondrous charm of courteous speech'

David Munro Kinross (Marshall) Museum



Bell, Book and

The 17th century fervour for witch trials was bound to eventually arrive in Kinrossshire. Here, Dr Allan Kennedy, Lecturer in History at Dundee University, talks about the poor unfortunates who suffered the fatal indignity of accusation...

BETWEEN 1563 AND 1736, roughly 4,000 Scots, mainly women, were accused of witchcraft; of these, perhaps 2,500 were found guilty and executed.

Most of Scotland's witch-hunting was concentrated in a few intense periods of panic lasting a year or two, and the majority of it took place in the Lothians, Strathclyde, or Fife. But in 1662, at the height of the biggest witch-panic of them all (the so-called 'great' witch-hunt of 1661-2), the horrors of witch-persecution came to Kinross-shire, in the form of a series of trials at Crook of Devon.

The trials were staggered across four separate court sittings between April 3 and October 8. Thirteen people were accused: Agnes Murie; Bessie Henderson; Isabel Rutherford; Robert Wilson; Bessie Neil; Margaret Lister; Janet Paton elder and younger; Agnes Brugh; Margaret Hoggin; Janet Brugh; Christian Garvie; and Agnes Pittendreich. Together, these individuals were suspected of forming their own little coven, and indeed when they came to trial, almost all of them offered confessions suggesting exactly that.

In broad terms, the witches were accused of two main things. The first was casting evil spells. Margaret Lister, for example, was accused of visiting the 'falling sickness' – the seventeenth-century term for epilepsy – on several people around Crook of Devon who had angered her. Janet Paton elder supposedly cursed a horse belonging to one Andrew Huston after it destroyed some of her property, the beast promptly sickening and dying. Agnes Muire allegedly targeted a man named Henry Anderson, whom she struck dumb (apparently by offering him some enchanted snuff) after he had failed to fertilise her fields with lime.

Dark magic of this kind was widely feared not only because it was dangerous, but also because it was disruptive. Seventeenth-century society depended on order, and on everybody knowing their place. By casting spells like these, witches disrupted that cosy picture, and were loathed accordingly.

The second big accusation levelled against the thirteen witches was that they had communed with Satan. The Devil



The upper portion of this illustration of Doctor Fian, is from a woodcut in Newes from Scotland

was central to Scottish witch-belief, since it was assumed that witches acquired their magical power by signing up as his servants.

The Crook of Devon confessions contain some intriguing details about this covenant with Satan. The Devil always appeared to the witches in the form of a man, and usually offered them power or riches for becoming his servant. Giving in to this temptation, the witches would renounce their baptism and pledge themselves instead to Satan, usually through the following ceremony, as described in the indictment against Margaret Hoggin:

'[You] put ane of your hands to the crown of your head and the other to the sole of your foot and delivered all [in between] to Sathan's service...'

This new allegiance was typically sealed by Satan bestowing the 'witch's mark', a special blemish on the skin that could neither feel pain nor bleed. He would also sometimes give his disciples a new name: Agnes Murie, for instance, became 'Rossina'. In the case of the women, the Devil would also copulate with them – an experience that was apparently un-

Scandal...



pleasant, since several confessions noted that his 'body' and his 'seed' were very cold.

The confessions also suggest that members of the coven held regular 'witches' Sabbaths': communal meetings with Satan during which they affirmed their allegiance to him and engaged in wild dancing. These generally happened in the dead of night, in various secluded locations in the country-side surrounding Crook of Devon.

It is perhaps worth asking why almost all the accused individuals confessed to these outlandish crimes, since it is probably safe to assume that they were not really witches who had communed with the Devil or cast malevolent spells. Confession was actually extremely common in Scottish witch-trials, and while some people have suggested that the supposed witches might have been suffering from some sort of shared psychosis, or perhaps mass poisoning from ergot fungus, the most likely explanation is much simpler: torture.

Technically this was illegal in Scotland, but nonetheless it seems to have been relatively common to force witches to confess by depriving them of sleep. A few days of enforced wakefulness would render the accused people highly suggestible, and might also make them delusional — and therefore willing to agree to whatever scenario their questioners flung at them. The trial documents make no mention of sleep deprivation, which is hardly surprising given its illegality, but it still seems the most likely explanation for the fantastical confessions extracted in 1662.

The Crook of Devon coven was not the only example of local witch-hunting. We know the names of a further sixteen

people accused of witchcraft in Crook of Devon alone (all in the early 1660s), and there were also four suspected witches from Kinross and one from Milnathort. But nothing further is known about these cases. Instead, it is to the thirteen people indicted in 1662 that we must turn if we want to understand how the horrors of the Scottish witch-hunt played out in Kinross-shire.

So what happened to those who first stood trial at Crook of Devon; the 'unlucky thirteen'?

As a result, they were almost all convicted, and thus sentenced to death by the traditional method reserved for witches: they were to be taken 'to the place called the Lamlaires bewest the Cruick Miln' and there 'stranglit to the death by the hand of the hangman, and thereafter their bodies to be burnt to ashes'.

Only two of the accused witches escaped the death penalty. The first, Margaret Hoggin, who was around 80 years old, died before her case could be decided. Meanwhile the second, Agnes Pittendreich, was found to be pregnant, and so proceedings against her were postponed until after the birth. She is never mentioned again, so perhaps her pregnancy allowed her to escape the garotte completely – at least, let us hope so.

These poor victims of medieval superstition have not gone entirely uncommemorated, though. In 2012, the 'Witches' Maze' at Tullibole Castle was unveiled as a memorial to the victims of the Crook of Devon witch trials.

Dr Allan Kennedy Lecturer in History at the University of Dundee

Tales From The Lochdown

Local photographer Ross Mitchell's latest project sprang from being prevented from pursuing his profession and has provided a unique record of daily Loch Leven activity in the 'new normal'.

ROSS MITCHELL is a Kinross-based free-lance photographer.

Like many of us, Ross can not work as normal, a documentary for the Scottish Gliding Centre having been put on hold due to the pandemic. Feeling he needed something to keep him busy and focused in this uncertain time, he decided to go out with just his camera and photograph those members of the Kinross community that he and his partner met during their daily exercise.

Having worked in numerous fields of photography, Ross' experience is wide and varied. He has spent time with the Emergency Services, Ochil Mountain Rescue and various fight clubs in Edinburgh and this has helped his art developed through many different phases over 20 years.

Ross says his strength is in characterising an evocative subject matter strongly emphasising the atmosphere that surrounds people and place. He said, 'It is the trace of human presence that is frequently at the heart of my photographic practice. I create an at-

mosphere that is both public and private, suggesting a deeper story beyond the simple composition.' Unable to use the multiple lights for photography he would normally have access to, he had to return to basics.

Speaking about the pandemic, Ross said, 'It was a surreal experience as nothing like this has ever happened in our lifetime. We are uncertain what is happening in the world just now. We encountered other families out on walks with the sense of being lost, confused and scared of uncertainty. People are starting to spend more time with their families and attitudes have changed. People seem friendlier, saying hello from a distance, and pulling together in a more positive way.'

The project developed with a daily photographic diary, following an uncertain path. Ross did not know who he would see on his walks. He decided to photograph families as he saw them: on their own pathway, going in their own direction. He asked families to stand centred on the path portraying

them on a platform in the surroundings they were in, each image having a similar distance to it.

Ross never thought he would get so much interest in the project. After sharing his photos on Facebook, many people have told him what a great idea it was and that they look forward to seeing the photos every night. Some have mentioned the change in seasons: the clothes everyone was wearing when the project began were woolly hats and big coats, but now they are shorts and t-shirts.

The photos make people feel connected with the world. For those that are in isolation, seeing their friends and family in the photographs somehow makes them feel closer to them. There are a lot of popular canine companions!

Suggestions for the future for the photos have ranged from a gallery or exhibition, a book documenting a social historical record of Kinross in 2020, to putting them in a time capsule at the square. Ross wants to thank all the families for their time and support.



















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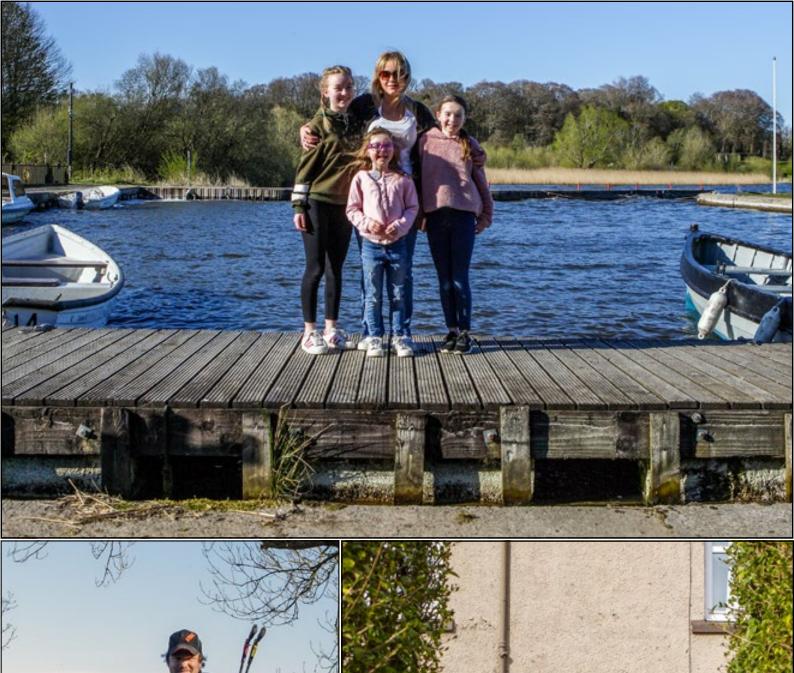
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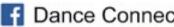
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I Beg Your Pardon, I Never Promised You A Raingarden

'ALONG WITH THE SUNSHINE, there's (apparently...) got to be a hell of a lot of concrete blocks and gravel sometime'. Apologies to Joe Smith for abusing his original song sung by Lynn Anderson, but when looking around for good examples of so called sustainable urban drainage systems (SUDS), the preference does seem to be for 'hard' engineering options.

'Soft' engineering options are features such as grass swales, constructed wetlands, green roofs and walls and other vegetated landscape features which are designed to take rainwater runoff: 'raingardens' from a community perspective.

As noted in last month's article, in Kinross approximately 30% of the sites examined had soft engineering drainage features. That still means the rest were concrete blocks or gravel. However, there are worse places: a recent survey by Heriot Watt University of Houston Industrial Estate in Livingston, found all premises in a redeveloped sector of the huge estate were served only by block pavers on a gravel sub-base (usually on car parks).

One business in Kinross-shire looking to improve their SUDS system is Loch Leven's Larder, the innovative and always popular enterprise at Channel farm on the North side of Loch Leven. Proprietors Emma and Robin Niven, are enthusiastic about supporting the Kinross-shire Raingardens Challenge.

Emma was already thinking about planting some climbers along the timber fences which divide up the expanse of gravel into car park spaces. Now SRUC, at the King's Buildings campus in Edinburgh, has a student researcher from China who is eager to make the site part of her investigation of the practicalities and potential for 'vertical raingardens'. The SRUC study will initially be a GIS and satellite data evaluation of the site and estimation of the various theoretical alternatives for drainage to include raingarden features. Laboratory and hopefully some onsite work should follow. The output should also achieve Emma's aspirations to make the carpark





Emma and Robin Niven considering their options for transforming the carpark at Loch Leven's Larder into a series of small raingardens.

more interesting and a softer landscape more in tune with the ambience of their shop and café business.

To slightly modify Joe Smith and Lynn Anderson again, 'As well as the sunshine there's gotta be a lot of rain sometime' –

Cont over





and hopefully sometime soon! The exceptionally dry weather here has not been good for growing plants. The grass swale along the link road from the Park and Ride down to Bridgend estate, looks very sparse (mid-May) compared to the neighbouring swale across the footpath, which had dense growth including cowslips amongst the emerging red campions.

Please let us know if you have views on the raingardens challenge or see any of the issues which have led us to initiate this effort. Example problems we need to document are local flooding (if we get a summer cloudburst) and, under such conditions, overflows from the combined sewers. The latter are most likely to be evident in the ditch channel below the Kinross sewage treatment works (STW) near hole number 3 in the golf course; visit it after heavy rain and look for sewer-derived debris snagged on emergent plants or roots and branches of water's edge trees and bushes. Keep an eye out for anything in the loch too if you are lucky enough to get out and about in a boat; there's an important storm sewage overflow from the Kinross South pumping station which discharges directly into the loch (the outlet to the South Queich is only for a total electrical failure emergency).

On a more pleasant note we hope to return with more good news and activities too, in the summer.

Brian J D'Arcy Kinross-shire Civic Trust Raingardens Challenge

> b.darcy@btinternet.com KinrossshireCivicTrustSecy@gmail.com

ALL LOCAL EMERGENCY

CONTACT DETAILS

CAN BE FOUND ON PAGE 40

ABOVE: Swale raingarden: ragged robin in the damp mid-channel, and oxeye daisies on the higher, drier edges by the footpath, in early summer. **BELOW:** Red campions are in bloom in mid-May in the adjacent swale, but the shallow soil of the road edge swale needs more rainfall if it is to repeat previous years' interest.





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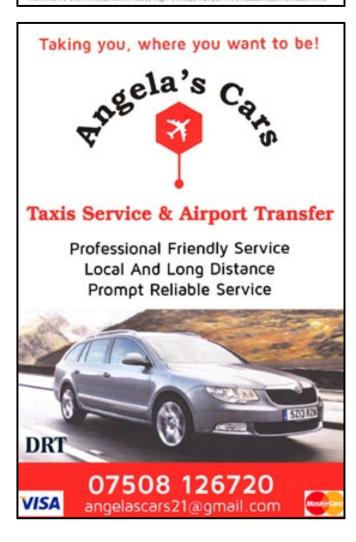
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Save Our Butterflies!

They're beautiful and they're crucial for the environment. Count those you see and help butterfly conservation in Scotland

BUTTERFLIES ARE A BEAUTIFUL and important part of the UK's wildlife. They have been around for at least 50 million years and probably first evolved some 150 million years ago.

They are highly sensitive indicators of the health of the environment and play crucial roles in the food chain as well as being pollinators of plants. Scotland has 35 butterfly species which regularly breed here. Sadly, three-quarters of British butterflies are in decline.

They are under threat from unprecedented environmental change. Butterflies and moths have been recognised by the Government as indicators of biodiversity. Their fragility makes them quick to react to change so their struggle to survive is a serious warning about our environment.

Over 10,000 people record butterflies and moths in the UK alone, involving getting outside and walking considerable distances. Over 850 sites are monitored each week in the UK and collectively volunteers have walked the equivalent of the distance to the moon counting butterflies.

Please remember that, in accordance with current Government restrictions, you must not make any journeys away from home in order to record butterflies, as these would be considered non-essential journeys. As many sites in the countryside can no longer be visited without unnecessary travel, some species may go unrecorded this year or not be seen until long after their flight period has started.

- A: **Comma** *Polygonia c-album* The wings have a distinctive ragged outline. Mostly found near woodland edges and gardens.
- B: **Small Tortoiseshell** *Aglais urticae* Widespread, and one of the commonest visitors to gardens.
- C: **Peacock** *Aglais io* Widespread, a common visitor to gardens. Breeds in Scotland but numbers are boosted in spring by butterflies flying from the south.
- D: **Red Admiral** *Vanessa atalanta* A widespread species. The butterfly can breed in Scotland and possibly overwinters in some parts, but most of the adults we see are migrants from the south.
- E: Small Pearl-Bordered Fritillary Boloria selene Uses several types of hab-



Yes, we know - this is a Cinnabar moth. But it's so beautiful we thought we'd show you anyway.

itat where its caterpillar foodplants can be found, including woodland edges, damp grassland and hillsides.

- F: **Speckled Wood** *Pararge aegeria* Associated with woodlands and woodland edges, but can also be found in gardens and along hedgerows.
- G: **Wall** Lasiommata megera Mostly found within a few miles of the coast in the SE and SW of Scotland, but populations are expanding inland in the Borders.
- H: **Green-Veined White** *Pieris napi*Found over most of Scotland, in a wide range of habitats such as meadows, riverbanks and woodland edges. The grey tips to the wings are broken along the outer edge, and the underside is very distinctive, with thick grey lines over white or yellowish-green.
- Crange-Tip Anthocharis cardamines A species which has recently spread throughout most of Scotland, but still absent from parts of the far north and is-

lands. Females are similar to other white butterflies, but both sexes have a unique mottledgreen and white underwing.

- J: Green Hairstreak Callophrys rubi
 A widespread species found mostly on
 moorland, woodland edges and bogs
 but easily overlooked. The upperwings
 are brown, but this butterfly closes its
 wings immediately on landing revealing
 the bright green undersides.
- K: **Holly Blue** *Celastrina argiolus* Known regularly only from a small number of sites in the SW, Borders and East Lothian. Superficially similar to Common Blue, but undersides of wings are mostly plain blue-grey with black dots, and found in different habitats such as garden gardens and graveyards.
- L: **Small Copper** *Lycaena phlaeas* Widespread, but absent from parts of the north and mountainous areas. Found in open habitats with short vegetation, including grassland, wasteland and disused quarries.

SEEN ANY SMALL COPPERS LATELY?

No, not undersized policemen! Butterfly Conservation Scotland is conducting a special survey in 2020 for the Small Copper butterfly (pic L opposite). Although found throughout most of southern and eastern Scotland it is rarely common, and its numbers on monitored sites are dropping.

More records are needed to see if its distribution is also reducing, as this may give a clue as to the reasons for the decline. You can enter your records online at https://butterfly-conservation.org/in-your-area/scottish-office/scottish-small-copper-survey, and view the other Scottish sightings made this year. (Your record will also be added to national and regional databases).

Read more at https://butterfliesofscotland.weebly.com/



14 Steps To Construction Heaven

Failing to ask any tradesman the right questions can prove expensive. Here are the things you need to know before you sign a contract

BEFORE YOU GET WITHIN TWO METRES of a tradesperson, read this.

'Why didn't I speak to you six months ago?', is a question often asked by clients once we're dealing with construction disputes between tradespeople and homeowners. It happens a lot because we generally have the answers. Not because Lowe & Wyse are general know-it-alls, but because we've been there before.

The fact is, employing a tradesperson can be a daunting experience no matter how big the project. So, before you're in a questionable situation, here are some answers – top tips to help guide you through safely.

- 1 Ask friends & family for recommendations. If you employed an architect or surveyor to do drawings for you, ask them for recommendations too. Undertake a background check with Companies House. Find out if they are a member of a trade organisation and call them to confirm.
- 2 Make sure the work the builder is being recommended on is similar to the work you require them for. If they are kitchen installers, are they going to have the equipment and skills to install your windows?
- 3 Ask to see previous examples of their work. If you were buying a car, you would take a test drive. Do the same for your tradesmen – it'll give you an idea of the quality of their work.
- 4 Check what you're asking for. An estimate and a quote are not the same. An estimate is just a rough guess, and is not binding, whereas a quote is. Know the difference. It could save you a lot of money down the line.
- 5 Always get more than one tradesperson to quote for work. Ensure they are quoting like for like, so you have comparable quotes. Never accept a there-and-thencost. Ask them to go away and think about it. They are less likely to take a punt with you.
- 6 Make sure your quote is broken down into key sections, and not an all-in cost. Ask them to detail exactly what's included and what's not.
- 7 The more information on the drawings and specification, the more accurate the quotes will be. If you are extending your house and have an idea of a kitchen, tell them to allow for that figure in their cost. A drawing used for planning or a building warrant, is not to be confused with a construction drawing, which will outline details and specification. Ask your designer to provide the necessary information for your contractor to provide a quote.
- 8 Allow a contingency sum over and above the quoted figure for unforeseen works. This way you won't have to make cost savings during the works.
- 9 Make sure you have a contract. A contract benefits both the client and the tradesperson. It should clearly state

- who the contract is between, what is being undertaken, at what cost and for how long.
- 10 Agree a payment schedule for the work. This can either be time-based or once certain works are completed. You may also wish to agree a 'retention' at the end of the works to cover a snagging period.
- 11 If your project is large and you're unsure about getting quotes, ask a surveyor to provide a Schedule of Works or Bill of Quantities. These normally include contractual conditions and itemised work schedule. Contractors find these easier to price and are more accurate.
- 12 Don't pay / be wary of paying the contractor up front. A competent and reputable contractor will have sufficient credit with suppliers.
- 13 The lucky one. When someone says 'pay cash because it's cheaper', there's a good chance they're not putting your job through the books. If they are willing to be dishonest with the VAT man, they'll probably be dishonest with you too.
- 14 Ask your builder for copies of their public liability insurance. If something happens to a passer-by, you may be held liable if the tradesperson was not insured.

So, there you have it. The fourteen-step guide to dealing with tradespeople. Remember it's a guide, but it could save you thousands. It'll certainly tell you where you stand, whether it's two metres away or otherwise.

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(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
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(*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
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Mental health services	0345 301 11 20
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Health & Wellbeing

News from the Health Centre



At all times but particularly during the Coronavirus (COVID-19) outbreak, it is very important we maintain, as far as possible, our illness prevention and early intervention services. For that reason the Health Centre remains open and the team is working extremely hard to provide you with continuity of care whilst ensuring that we all remain safe and well.

Please be reassured we are here for you. If you suspect you need to go to A&E for urgent treatment, please do not hesitate. We urge you to continue to follow the government's guidelines to keep everyone safe.

To achieve this we are operating in new and exciting ways with only a limited number of patients actually

being seen within the Health centre. We have spoken to many of you on the telephone and seen some of you either for video or face-to-face consultations when we needed to examine you or to carry out important blood tests safely.

Should you have a clinical concern unrelated to Coronavirus, please do not hesitate to call the Health Centre and an appointment will be made for you to speak to a clinician over the telephone or to have a video consultation appointment. We are even carrying out some preliminary consultations and providing help from photographs being sent in to us by our patients.

Self-Isolating? Look After Your Mental Health!

IF YOU ARE SELF-ISOLATING or social distancing, it is important to look after your mental health. Here are some tips that may help.

Video calls

Phone calls are amazing and are a great way to stay connected. But seeing someone's face really can make a huge difference. It can lift your mood and make you feel less lonely. There are lots of free video calling services you can use, and if you can connect to WiFi this will help if you're worried about your data allowance. Don't be shy about going on camera — your loved ones will really appreciate seeing you, even if you're in your pyjamas! You could really brighten someone's day.

Find a positive online community

There are lots of positive online communities, where you can make new friends, get inspired and chat about things you care about. You could try searching for groups involved in causes, personal interests, music or TV shows you are passionate about. But remember to avoid anything that encourages you to do things which are harmful for your physical or mental health. If you're worried by things you're experiencing online, talk to someone you trust.

Reach out

You're probably not the only person feeling worried, bored or frustrated. It's a good time for a catch up, so don't be afraid to make the first move and reach out to someone you haven't heard from in a while. They'll probably be very grateful to hear from you. Send them a message and let them know you care.

Mindfulness

There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help

ease your anxiety and clear your mind of anxious thoughts. Headspace is a good example.

Relaxation

Why not also try some yoga as a way to relax and also get some gentle exercise which can boost your mood? There are lots of YouTube videos you can use to suit your ability and level of mobility.

Clean up your social media

You might be spending more time than usual scrolling on social media. But have you ever thought about how this could be affecting your mental health? Try unfollowing or muting accounts that make you feel anxious, upset or angry.

Take a break from the news

It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health try limiting how often you check the news.

Read a book

Getting away from screens and reading a book can help you escape for a bit. Why not re-read one of your favourites, or get your friend to recommend one? It might be difficult to get a new book, but you can access lots of books online.

Plan your days

Your normal routine might be disrupted and that can be stressful. Take some time to write down how you want to spend your day. Creating and sticking to a new routine will give you a sense of order and normality. Decide on your new routine and make sure you build in time to do things you enjoy. If you live with other people, you could ask them to help you.

Health & Wellbeing

Feel productive

Make a list of all those things you said you would do but never get round to. It could be sorting out a wardrobe, doing some gardening or fixing things etc. These tasks can make you feel productive and give you a sense of accomplishment. Tidying your living space can also make you feel calmer and more positive. If you want to take the time off to rest and not be productive, that's also fine too. Listen to your body.

Online games you can play with friends

Board games can be a great way to spend time with friends or family while giving you something to focus on. You can play a lot of games online, or via apps.

Reach out for help

If your living situation is difficult, please don't struggle in silence. Speak to someone you trust. Call a friend or a helpline. If you're worried about being overheard, you could try texting or emailing instead. There are lots of helplines which also offer text and online messenger support.

Remember, it's only temporary

There are plenty of ways to plan and prepare for self-isolation, and so many things you can do to keep preoccupied and maintain your wellbeing while staying at home. Try not to think about what you can't do – focus on what you can do, like nurturing your interests and relationships, and focusing on self-care.

It can be tricky to begin with, but once you get into a good routine, it'll be easy to stick to healthy habits. It's about adapting, being creative and finding a balance. You may even find you carry on some of your new-found hobbies and habits once this is all over.

Many of us are finding things hard just now.
Coping with isolation and changes to our routines can make everything seem more challenging.

It is important that we look after our mental health.

We can do this by talking openly and honestly about our mental well being and following these simple steps.

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Use the supports necklade to you - GP.
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Social me

Above all, it's important to stay positive. Try to find some light relief and sources of laughter where you can. And ask for help, or offer support to those who need it – we're all in this together and we'll get through this together.

Thank you to all our patients for working with us in these very challenging times.

We would like to thank our patients for their continued cooperation and their patience during what is a particularly challenging time when we are learning every day about Coronavirus and whilst we are trying to rapidly implement essential new arrangements to provide you with the care you deserve. Thank you too to those who have sent us beautiful cards with words of support, care and encouragement and gifts to brighten our days. You are so very kind and we appreciate all your kindness.

We would also like to thank the local businesses who have supported us in many ways by providing necessary supplies, services, materials or equipment to the Health Centre, or for supporting our staff whilst they juggle home and work during a pretty stressful time:

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From all of us here at the Health Centre Take Care, Be Kind and Stay Safe and Well

ALL LOCAL EMERGENCY CONTACT DETAILS CAN NOW BE FOUND ON PAGE 40





Re-opening of Local Advice Hub

The Advice Hub is a partnership between Kinross-shire charity Broke not Broken, P&K Health and Social Care

Partnership and Loch Leven HC. Normally it provides a much-needed local drop-in facility to support people with community connections, signposting to benefits services, foodbank support and community organisations.

Due to the ongoing COVID-19 situation we have had to temporarily suspend the drop-in facility. However, we

are now able to operate an appointment-only system starting in the week beginning 18 May.

If you have are experiencing a financial difficulty during this time or feel there is something that you need support/advice with please call Shona Fowler on 07896 280843 to have a chat and arrange an appointment or email shonafowler@nhs.net

Declan Jones, the new social prescriber with PKC social work department will also facilitate these appointments: declanjones@pkc.gov.uk

Save Your Skin

ARE YOU SOMEONE WHO wants a skincare regime but doesn't know where to start? Well now would be the perfect time to introduce one.

It doesn't have to be complicated either. A simple cleanse, tone and moisturise is a great place to start. It's something that can take time to develop, but some of us have additional time now, so let's make the most of it.

Making yourself do this twice a day for a couple of weeks will really get you into the habit of it. What better way to start than to have a nice soak in the bath and give yourself a mini facial at the same time! You can also watch your favourite programme and be cleansing your skin whilst watching it, there's no rule saying it has to be done just before bedtime when we're too tired to think about it.

Have you noticed that you're reaching for the chocolate and unhealthy snacks more during this time? It's so easy to do. However, this can have a huge impact on your skin and cause more breakouts so a skincare routine alone won't be enough. Try to substitute chocolate



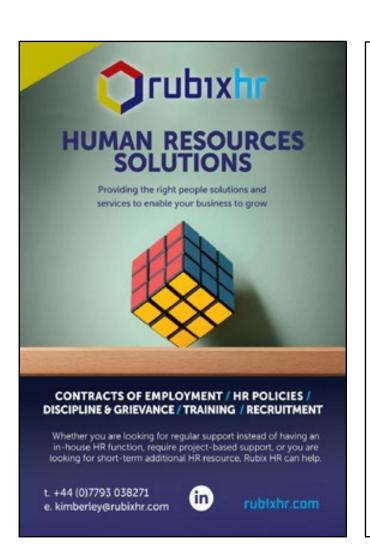
for fresh fruit, vegetables and avocado into your diet, the extra vitamins and good fats will really benefit your skin, also try to up your water intake too, this will help to flush out and detoxify your skin. Yes, there maybe a few breakouts initially, but stick with it and it will improve just in time for summer.

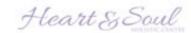
We use Tropic Skincare at Heart and Soul which can be ordered using the following link and delivered free to your home. It is vegan-friendly, has no chemicals or parabens in it and it's made in the UK.

www.tropicskincare.com/heartandsoul









Zoom Online Classes

Monday

Pilates With Zoe - 9.30am Yoga With Carmelina - 6.00pm Pilates With Zoe - 7.45pm

Wednesday

Pilates With Zoe - 9.30am Meditation With Zoe - 8pm

Thursday

Yoga With Catharine - 6.30pm Yoga With Catharine - 7.45pm

Friday

Pilates With Zoe - 9.30am

Meditation with Zoe will be FREE. Classes will be £7.00, You will need to download the free Zoom app, this can be done on a phone, laptop, computer or tablet. Signing up to classes is essential as you will be sent an invitation 15 minutes before the class starts with log in information.

If you would like to join our online classes please email relax@heartandsoutherapy.co.uk

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Poet's Corner

THIS MONTH'S POEM is from a reader who wishes to remain anonymous. If you're an aspiring poet, why not share it with our readers? **Email us at** *editor@kinrossnewsletter.org*

Noticing

In the first week of lockdown, Loch Leven gave to me Sunlight on water and a moment of tranquility.

In the second week of lockdown, Loch Leven gave to me Two whooper swans and

and a fat buzzing bumblebee.

In the third week of lockdown, Loch Leven gave to me Three types of butterfly, a toddler in her wellies; and contentment with all I could see.

In the fourth week of lockdown, Loch Leven gave to me Four rabbits running, smiles from the walkers, far away views;

and a space where I could be me

In the fifth week of lockdown, Loch Leven gave to me Mouthfuls of mayflies, trees dripping pinecones, tadpoles in water, a heron taking flight

and the birds who were so noisy!

In the sixth week of lockdown, Loch Leven gave to me Millions more mayflies, showers of blossom, chatting with strangers, ladybirds on leaves, families flying kites and a red squirrel up in a tree In the seventh week of lockdown, Loch Leven gave to me A dog swimming for her ball, a lone yellow poppy, a couple holding hands, bluebells in the woods, lots of sweaty cyclists, children asking questions

a haven where I could flee

Anon



THE ORIGINAL

8.0

mozzarella, buffalo mozzarella, confit cherry tomatoes & fresh basil

V3 8.-

peppers, red onion, mushroom, goat's cheese, mozzarella finished with rocket & pesto

THE CHARCUTERIE

9.6

marinated olives, mushrooms, mozzarella with Parma ham, salami, shaved parmesan & rocket

QUATTRO FORMAGGIO 8.4

mozzarella, goat's cheese, smoked redwood finished with basil & shaved parmesan

THE ANTIPASTI

9.

marinated olives, confit cherry tomato, artichoke, mozzarella, buffalo mozzarella, fresh basil & rocket with basil oil or chilli oil

THE REAL MEATY

10

pepperoni, roast chicken, mozzarella finished with Parma ham, salami & rocket. Add chillies 1.0

EL POLLO

10.0

roast chicken, peppers, chorizo, mozzarella, red onion & chilli finished with rocket & smoked paprika mayo

TAKEAWAY PIZZA

WED - SUN 4.30PM - 8.30PM

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Don't Slip - Get Hip!

Too much sitting around now can cause a lot of problems with your hips in years to come. Here are some exercises to help.

IF YOU ARE SPENDING long hours sitting every day, sitting at your desk or watching TV, your hips might be tight and unhappy. Here are some simple stretches which will help.

The large muscles (hip flexors) which originate in your lower back and cross over your hips, can tighten when they aren't being stretched enough. When that happens, you might develop lower back pain. If left unchecked and the tightness worsens, you may experience change in the movement and function of your hip joint when walking, which can lead to painful hip osteoarthritis.

How to tell if your hips are tight

- You have trouble going from sitting to standing, followed by a few difficult steps;
- You walk with a slightly bent position or have difficulty with stairs:
- Soreness in the front of your hip or lower back. You might have resulting

knee pain because the tightness causes changes in your gait.

It's important to break the inactivity and move, to increase hip flexibility. Here is a 5-stretch routine to follow. Hold each stretch for 20 to 30 seconds and repeat each one two or three times (don't forget to breathe deeply), completing the whole sequence two or three times a day.

1. Lunges (for Hip Flexors)

Start by standing with feet together. Step right leg back until heel is flat on floor; then lift up on ball of right foot. Keeping back straight and head up, lower down slightly until you feel a stretch in right hip. Hold. Release and switch sides.

2. Hamstring Stretch

Standing with feet together, place right heel on floor and flex right foot toward you. As you do this, slowly lean forward from hips (hands can be on hips if you prefer) until you feel a stretch in the back of right leg. Hold. Release and switch sides.

3. Figure 4 Stretch (for Glutes)

Lie face up on your back, knees bent, and feet on floor. Place right foot on left thigh, right above left knee. With left hand, grasp right knee, pulling it gently toward chest and then left shoulder. Hold. Release and switch sides.

4. Inner Thigh Stretch

Stand with feet wider than shoulder-width. Keeping left foot pointed straight ahead on floor, shift weight to right foot until you feel stretch in inner thigh. If you don't feel it, widen the legs a little. Hold. Release and switch sides.

5. Outer Thigh Stretch

From standing position, cross right leg over left leg, left hand supported by wall or desk. Keeping right leg and back straight, push right hip out. If you need to bend left knee, that's okay. Hold. Release and switch sides.

A Complaint Free World?

What would the world be like if people stopped complaining? Think about it for a moment. What would there be to talk about, if it wasn't whingeing, whining, gossiping and moaning? Recently a friend gave me a book called *A Complaint Free World* by Will Bowen. This man was suddenly confronted by how much he complained about almost everything, all the time, when he was reading about how to bring abundance into his life. The book made the point that what you put your attention on, is what comes into your life. In other words, think about and speak about what you would like in your life, rather than what you don't want. Complaining is nearly always about what you don't want; bad weather, lack of employment, love, money, good friends and so on.

In his little town in America, it was decided by a small group of people, that they would simply stop mentioning all the things they were not happy about. So, if someone had a headache, they didn't mention it, a bus didn't turn up, or someone was late, or a husband forgot a birthday, or a child broke a cup, or if it was raining, or if they had a really, really juicy bit of gossip, they just didn't mention it. They set themselves a challenge to see if they could. It is a researched fact that it takes 21 days for a new habit to set in. So, their challenge was to see if they could go for 21 days, without complaining.

They wore a purple band on their wrists and every time they complained, or gossiped, they had to switch the band to the other wrist, and go back to day one.

Initially it was incredibly hard, but after a few days the complaining and the gossip started to diminish, and strangely enough base levels of happiness went up! It took most of them between four and seven months to get to 21-complaint-free days.

To cut a long story short, over 6 million purple wrist bands are being worn all over the world. Obviously, that is not quite enough, because there is still a heck of a lot of complaining and unhappiness still going on.

Could we start it here in Kinross-shire? I know that this is a great place to live, bubbling over with kindness and compassion, but I bet we could all improve our self talk. Why not? You don't need purple bands, just an elastic band on your wrist, and every time you are about to complain about anything, switch the band. We don't even need to talk about it, just do it, and see what happens to the atmosphere around you. For a while there might not be much to talk about, but that will just show you how much pleasure you get from gossiping about other people. Here is the good bit, you can



still gossip, but it has to be only good things. Also, it's free to complain in your head, it only counts if you actually voice your complaint. What you will notice though, is that the less that you say them, the more the thoughts will start to shrivel up, and you will search for positive things to say.

This year has been extraordinary in so many ways. We could have so many things to complain about. People and things we are missing, being locked in or locked out, our political views not being heard, or being dismissed, being a certain age and being considered too vulnerable, losing a job, not getting a haircut, or getting to a wedding, a holiday or sadly a funeral. The list goes on and on.

As I have set myself the challenge of getting to 21 days without complaining, I realise that I shall have to bite my tongue several times a day if I am to succeed. That's it. Simple, but not easy. Just before Christmas, we ordered new covers for our ancient sun-faded suite. The efficient measuring guy came,

IMAGES OF KINROSS-SHIRE

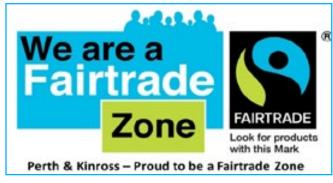
Photographs can be downloaded (free of charge) from http://www.kinross.cc/PhotoLibrary/Index.asp

Subjects include: Historic Kinross-shire, Loch Leven, Fauna and Flora, Countryside, Villages, Local Projects and Events. measured efficiently, took our cheque for a large amount of money, and assured us that the new covers would be with us in 6 weeks. Joy. We are still waiting! Shall I complain? No, because I would have to switch my band, and if I did, I would just be adding stress to an already stressed world.

Oops slipped up again – it's raining and I was just about to take my daily exercise. And I was doing so well.

Even though I'm back to day one, I'm still very happy to be trying. It's a challenge that is more fun than a diet, and it saves me from attracting what I don't want in my life. For more, see www.acomplaintfreeworld.org

Jo Middlemiss MBE is a personal life coach and is thecofounder of the Ethiopia Medical Project. She lives and works in Kinross



Lights, Camera, Go Live!

WHEN THE HORRORS OF LOCKDOWN were quickly hemming me in, and causing me to lose my venues for instructing mindfulness classes, things were looking grim indeed. One venue after another closed its doors: 'No room at the inn!'

Prior to this, I had been thinking how nice it would be if it were possible to bring the mindfulness class to a global audience, but never really had the motivation. Lockdown certainly spurred me on and I realised that the way forward was to take mindfulness online. I got to work researching. I had to discover what software and hardware would be required and decipher what live streaming and what a webinar is. I then had to invest in electronics and software to manifest a new and improved mindfulness show.

I had to quickly work out how to adapt my class notes into a broadcasting script complete with guest interviews, reports and mindfulness exercises. Once I had a formula, I had a good idea of how much content to include so that each show would be approximately an hour long.

The last time I had worked in television broadcasting news was over 20 years ago. So, I enjoyed once again going out and filming content and interviewing guests via Zoom and getting back into the way of producing moving image content. Fortunately, my training kicked back in as I started to get a feel for doing something perhaps along the lines of The One Show but without the big studios and glamorous TV presenters.

When you live-stream you are a one-man band. You have to present, instruct and operate the buttons and dials, as well as having to have pre-prepared your content for each show.

Every week I try to feature a wellbeing guest and ask them for handy tips and advice on how to deal with anxiety. Of course, I do my best to promote their business as much as possible during the interviews.

The first few shows were a learning curve. I discovered it's not a good idea to instruct gentle movement using a webcam live on your laptop – people will not be able to see everything and hear everything clearly enough. After the first show, I decided to shoot all my exercises off line to improve the quality of the viewer experience.

I discovered that I could do multi-camera streams just like the TV broadcasters. When I was 15, my dream was to be a BBC studio cameraman. Little did I realise that one day I'd be able to control my whole broadcast from home!

The advantage of a live show is that viewers can interact with the presenter using the messaging box. Viewers can just say hello or perhaps can ask questions about mindfulness and





mental health issues in their area. Live streams are very much a community form of broadcasting as broadcasters tend to specialise in a certain topic for their shows, and will be passionate about their subject.

Live Streaming is a different communications model and technical system from traditional television broadcasting. It is not limited to geographical boundaries so people around the world can watch if they have access to the internet. It means that anyone can start broadcasting their own shows without any red tape to cut through or the need for a license. Some of the software available to live stream is even free. There are no real limits to what you can do, at the fraction of a cost of broadcasting a mainstream television show.

Mental health issues are currently a hot topic and our mindfulness show now reaches the USA and even viewers tuning in down in Australia. Lockdown has only facilitated an increase in mental illness problems, particularly for those who desperately need to attend group therapy sessions or just talk to people. The worst thing for depression is to stay at home, ruminating and not being with other people.

As for the future, my live stream project is currently selffunded and I am always asking if any viewers out there would like to sponsor our show if they are sympathetic to helping mental health issues in the Kinross area.

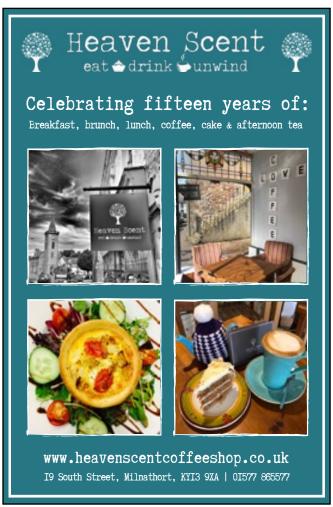
Kinross Mindfulness Live Stream Show

Every Thursday evening 7pm to 8pm broadcast on Facebook channel: Vincent Anthony Media. Also recorded to YouTube channel of the same name. Guests, experts, reports and exercises to help you stay calm and relaxed. All welcome!

Vincent Johnston















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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.

Neither Kinross nor Portmoak held Community Council meetings in May.

Fossoway and District CC

News from the May Meeting

As it is still not possible to hold physical meetings of the CC, we are continuing to publish this description of what would have been discussed, including any updates that we are aware of. Members of the public are encouraged to comment on and question the items below, by email to fossoway.cc@gmail. com or via the CC's Facebook page, which we will answer in our next meeting, be it virtual or physical, on Tuesday 2 June.

Contributing to the meeting held on 5 May, 2020 were: Community Cllrs (CCllrs) S Bruce-Jones, A Cheape, T Duffy, C Farquhar, C Haigh, M Haigh, N Marchant (Associate), G Pye and R Young; P&K Councillors (Cllrs) M Barnacle, C Purves and W Robertson.

Apologies: Cllr R Watters.

Police report: There were two incidents to note in our area since the last CC Meeting from the Commander's Reports received via Perth and Kinross Community Watch: Between Thursday 26 March and Tuesday 31 March a Takuechi mini digger with breaker and trailer were stolen from a farm at Fossoway and about 11.30am on Monday 6 April a black BMW was scratched at the Fossoway Garage in Crook of Devon.

CCIIr Duffy reported that twice in the past four weeks the milk delivery has been stolen from Fossoway Stores. Apparently other shops in the Kinross-shire area were also targeted.

Chief Inspector Ian Scott will be retiring from his position as Area Commander. From 27 April he will be replaced by Chief Inspector Graham Binnie.

CCIIr Marchant has had complaints from MoPs about the increase of fly-tipping in her area. This was supported by other members. Clir Purves noted that it would probably help if PKC was allowed to re-open rubbish tips, but the Scottish Government currently considers that attending a tip is not an essential journey. However, PKC staff will respond promptly to any reports of fly-tipping and clear them if possible. Clir Robertson has also had many reports, and has written to the Convenor about it. There should be a zero-tolerance policy on fly-tipping but unfortunately, it's not considered a serious crime by the authorities. Clir Robertson thinks that CCTV cameras should be installed at known tipping hot-spots to catch the offenders.

CCIIr Marchant is also concerned about the rubbish at the old Devonshaw Quarry. This is an issue that has been raised before and the problem is that it's not been possible to identify the owner. CCIIr Marchant undertook to try and discover the owner. CCIIr Marchant added the Binn Group are still operating and will provide skips to private householders.

CCIIr Bruce-Jones commends the police force for continuing to perform speed checks in the area.

Matters Arising

Rumbling Bridge Gorge Bridge: Hugh Wallace has written to the CC with some concerns about the proposed bridge. Mr Wallace suggested that the design of the bridge should be a single span with no supports actually in the river itself, to assure its structural

integrity. He is also concerned that the proposed car park in Naemoor Road will increase traffic along what is a narrow road, resulting in a traffic hazard. Finally Mr Wallace wondered if this was actually a sensible use of the Hydro Scheme funds in view of the fact that there are already two bridges across the river, and perhaps there might be better projects to fund, for example re-roofing the Village Hall, a new heating system for the Church and repairs to the old mill lade.

The CC members have discussed Mr Wallace's concerns by email and responded as follows. Firstly it became clear during the community engagement exercise that replacement of the bridge was top of the respondents' wish list; secondly, car parking was an issue that would be addressed in the plans; thirdly that the design and foundations of the bridge would be designed and constructed by certified civil engineers and that SEPA was also happy with the plans; and finally that the windfall to the community should be spent in such a way that the whole community benefits.

Powmill in Bloom: CCllr Farquhar reported that the group's efforts planting bulbs last autumn have produced a beautiful display. The CC congratulates the group on their efforts.

Crook & Drum Growing Together: CCllr Duffy reported that the group is sourcing baskets and tubs and hopes to be able to carry out the scheme to provide households on the Main Street with one of them once restrictions are lifted. CCllr Duffy reminded the meeting that no bloom group activities should be being carried out at the moment, as insurance cover is currently invalidated. However, Cllr Purves has heard that litter picks have been authorised.

Bank of Scotland Kinross Branch Closure: We are not expecting to hear any news about this issue before July.

Fossoway Area Transport/DRT: Hopefully the local transport group will be able to resume once restrictions on physical meetings have been lifted.

CCIIr Farquhar reported that Peter Leach intends to resume the DRT service once lockdown restrictions are lifted.

Crook Moss Travellers Site: Cllr Barnacle has made several attempts to contact the drainage contractor, but has had no response; meanwhile no work has been done on site. Cllr Barnacle is still attempting to arrange a meeting with the PKC Chief Executive in order to progress issues with this site.

Blairingone War Memorial: Cllr Barnacle has been in touch with Tam Carroll; however, Mr Carroll has not been in contact with the stone mason for some time, but undertook to try and speak to him.

Ivy Cottage Powmill: Cllr Barnacle emailed Isobel Butt last month to find out whether there has been any progress on issuing the CPO, but has not received any reply.

Fossoway Tennis Club: The planning application sponsored by the CC has been uploaded to the Planning Portal but is not yet submitted, pending resolution of a way to make the payment without physical transfer of cheques. There is also a problem in that the Portal doesn't provide an obvious way for the CC to submit the application on behalf of the Club.

Community Development Trust: Cllr Barnacle suggested that this should include one member from each village, who doesn't necessarily need to be a member of this CC – he has some people in mind. The CC approved this idea and agreed that Cllr Barnacle could approach his possible candidates so that the Trust could get off the ground as soon as meeting restrictions are lifted.





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The Wood Technology Society

Science

Council



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01383 830 645





Coronavirus - Information and Links:

Community Support

Kinross Kindness is a new volunteer group covering Kinross-shire set up to support during Coronavirus Support with shopping, prescription collection etc. For prescriptions, shopping and other support requests call 01577 212036 (Mon to Fri 9am to 5pm) or see their website *www.kinrosskindness.com* If you just fancy a blether, call their chat line number 01577 212037.

The Crook of Devon Resilience Group is another new volunteer group covering Powmill, Blairingone and Carnbo; they have leafleted all doors in their area. They offer support with shopping, prescription collection etc. Fossoway Church is linked with the group. See their Facebook page — Crook of Devon Resilience or the Church website www.fossowaychurch.org.uk/

Practical Support

Broke not Broken provides a Foodbank and other support: *admin@brokenotbroken.org* or 07518 913107.

Scottish Welfare Fund Crisis Grants – At this time, there may be people who have reduced income or no income due to the current crisis. People on low incomes may be able to access a crisis grant to tide them over until their next wage/payment. Applications can be made by phone on 01738 476900 or online at www.pkc.gov.uk/scottishwelfarefund.

The Home Energy Scotland Comfort Fund is for vulnerable people who are on low income or who have perhaps experienced a loss of or decrease in their income, due to the current situation, and require some additional help towards their energy bills or heating their property – call 0808 808 2282.

The Energy Saving Trust is providing free heaters to anyone who does not currently have heating in their property Call 0808 808 2282 or see https://energysavingtrust.org.uk/scotland/grants-loans

General Advice

The Consumer's Association (Which?) has a useful compilation of financial and general advice at www.which.co.uk/news/coronavirus/

HMRC will open the Self-Employed Income Support Scheme on 13 May, with payments to eligible workers by 25 May, or within six working days of completing an application. CCllr Duffy recommends business owners to view HMRC's useful videos at https://www.youtube.com/playlist?list=PL8EcnheDt1zhTsyhT9ak3xiXnmlvbHJJV

Crook of Devon Resilience Group

This CC is helping the Group by processing its financial transactions through the CC's bank account. CCllrs Marchant and Pye prepared an agreement between the Group and this CC, a volunteer agreement form and expense forms for mileage and other purchases. The CC Members have approved these documents by email. The Group's leaders have signed the agreement, and the grant from PKC was finally transferred into the CC's bank account on 28 April and expense claims are now being processed.

There was some discussion about the operation of the various volunteer registration programmes. Cllr Purves explained that had been some issues transferring volunteer names to other groups due to concerns about privacy issues.

New Business

Winter Service: Stuart D'All has written to the CC asking for any comments from us or the MoP about snow clearing and gritting during the last winter season. The CC members have nothing to report, so we have replied explaining our current position and asked for this request to be repeated later in the year.

The Community Council would like to express thanks to the proprietors and staff of the Powmill and Crook of Devon shops, the Fossoway Garage and the Farm Shop for their continued operation during these difficult times. The CC reminds the

public to take care with social distancing precautions when using these services.

Community Council Business

The CC has no forward bookings for physical meetings. There have been previous suggestions from MoPs that we should hold meetings at a wider range of locations, additionally it appears that there will no longer be a janitor service at Fossoway School so that is unlikely to be usable in future. CCllr Duffy will check forward availability and propose a rota using the three halls at Carnbo, Powmill and Crook of Devon.

CCIIr Cheape reported that the Kinross-shire fund has made a grant to the Kinross-shire Partnership to update their website. In the absence of a physical meeting the grant was approved by email.

Councillors' Reports

Mike Barnacle: Cllr Barnacle has sent reminder letters to the remaining Drummond Park residents about the road adoption – 17 of the 18 residents have replied positively, however one has replied in the negative, which would leave the project £750 short of funds. Since the current price for the work is an estimate rather than an absolute figure, Cllr Barnacle has contacted Andy Brown of PKC's Roads Department to see if the work can be carried out within the available budget from the 17 residents who have agreed to the scheme.

Perth & Kinross Council is administering the Scottish Government's Coronavirus Business Support Fund locally; since the fund opened, 2,673 applications have been submitted to the Council's Business Rates team and financial assistance payments totalling £20.05 million have been made to local companies. Grants of £10,000 are available to businesses with a rateable value up to £18,000 and are in receipt of the Small Business Bonus Scheme or Rural Relief. Firms can also get this grant if they applied for Nursery Relief or Disabled Relief. Retail, hospitality and leisure businesses with a rateable value between £18,001 and £50,999 can apply for one-off grants of £25,000.

See www.pkc.gov.uk/coronavirus/business for further details.

At the request of nearby residents, ClIr Barnacle has visited a development of three houses at the end of Vicar's Bridge Road. The builders have created a footpath which has had the effect of making the road very narrow. This work has not been requested by the Roads Department, and it's not clear that it is a planning requirement either. ClIr Barnacle has contacted Andy Brown to determine the way forward.

Callum Purves: PKC have used emergency powers from the Government to enable them to make decisions. Planning meetings have been successfully held online, leading the way towards holding other committee and eventually full council meetings in the same manner. Councillors have been busy liaising with and helping various groups. The COVID-19 legislation from the Scottish Government has allowed councils to extend statutory timescales on planning applications — although those present commented that they hoped that this would not allow applications to pass unchallenged by the public.

Willie Robertson: Cllr Robertson noted that all the local councillors were still receiving and answering questions from the public, however it's sometimes harder and slower to get answers as PKC staff are working from home and some have been redeployed to other activities.

Cllr Robertson reported that George Lawrie is leaving the TRACKS group. The group is trying to find a replacement, but this is obviously difficult at the moment. There was general agreement that Mr Lawrie's departure would be a significant loss to the group.

Planning Matters

20/00417/IPL Erection of a holiday accommodation unit (in principle) at Land 90 metres south of Craiglaw Poultry Farm

Community Council News

Cottage, Rumbling Bridge. The CC will object on the grounds that there is no sound business case.

20/00520/FLL Alterations and extension to dwelling house (revised design) at Fossoway Schoolhouse, Crook of Devon, no CC comment.

Decided Applications: 20/00166/FLL Erection of a dwelling house, formation of retaining wall with railings, hardstanding, parking area and associated works Land 40 metres south of Craighead Bungalow, Drum. Approved – the CC did not comment.

Appeals: 19/01881/IPL Residential development (in principle), land 80 metres north east of Powmill Milk Bar, Powmill.

The applicant submitted an appeal to the LRB on 17 March. Although PKC held a virtual meeting of the Planning and Development Management Committee on 29 April, there is still no news of when the LRB will next meet.

Pending Applications

19/01539/FLL Erection of four dwelling houses at Land 30 metres south of Easter Muirhead Bothy, Blairingone. No decision has been made as of 4 May and the application was not included in the Virtual Planning Meeting on 29 April.

Correspondence

Please contact the CC by email and a copy of correspondence can be provided.

Stagecoach have replied to the CC's email explaining that the Number 23 service is currently suspended and will be reinstated when they are advised that it is safe to do so.

AOCB

In the middle of last year there was concern about the difficulty of horse riders and cyclists passing through the gate on the Aldie Road to Drum path. George Lawrie of the TRACKS group had agreed to install posts with catches so the gate could be held open temporarily. CCIIr Young reported last month that this work had still not been done. The CC has contacted Mr Lawrie to ask about the plan for this work – the contractor will carry it out at the same time as other works in this area.

CCIIr Duffy complimented PKC on their handling of the Small Business Grant process – a straightforward application process, first class service and very timely response. CCIIr Bruce-Jones added that PKC's COVID-19 webpage page is a model of clarity and contains much helpful information.

CCllr Marchant has had reports from a MoP that a big tree has fallen into the River Devon by the hydro dam.

CCIIr Marchant told the meeting that the Powmill Milk Bar is up for sale again, and also noted that the site has had a previous planning consent for retail development.

The next meeting of Fossoway and District Community Council will be held on Tuesday 2 June 2020 and will be a virtual meeting unless Government guidelines have changed.

Milnathort And Orwell Community Council

News from the May meeting

In attendance at the meeting held on 14 May, 2020 were: Community Councillors (CCllrs) C Williams (chairman); CCllr M Thomson (vice chairman); CCllr E Rougvie (secretary); CCllr A McCrae, and P&K Councillors (Cllrs) W Robertson and C Purves. Apologies were received from CCllr S Colebourn.

Police matters

Crime: Cllr Robertson reported that police had been carrying out speed checks amid concerns that some drivers were taking advantage of the quieter roads during lockdown. He said that there had been a considerable drop in crime generally due to the closure of licensed premises. However, two men had been

arrested following reports on Facebook that they were entering people's homes under the guise of charity bag distributors.

Fly tipping: Concerns were expressed about the increase in fly tipping due to the closure of recycling centres. Cllr Robertson has written to the convener of PKC's environment committee, Angus Forbes, urging the council to take a 'zero tolerance' approach to the issue. Cllr Purves advised that he and other ward councillors were pushing for the re-opening of recycling centres and this would be done gradually as soon as the Scottish Government gave the go-ahead.

Matters arising

David Drysdale Bequest: There are still funds available to be used for the benefit of the community and a discussion took place about how these should be spent. One idea is to hold a street party in the village once lockdown has ended. The idea of installing CCTV at The Cross is still being explored.

Co-option: The secretary advised that a nomination form had been sent to a member of the public who had expressed an interest in being co-opted to the CC, but it had not been returned. Anyone who would like to become a co-opted or associate member is asked to contact *communitycouncilmilnathort@qmail.com*

Planning matters Applications decided:

Extension to house and erection of garage at Orwell House, Manse Road (20/00292/FLL), approved.

Alterations to Orwell House (20/00293/LBC), approved.

Change of use from agricultural land to form extension to gypsy traveller site and siting of two caravans, in part retrospect (20/00114/FLL), refused.

Pitdownies: It was noted that Springfield has not yet lodged an appeal with regard to the proposed development at the Pitdownies, which was refused on 12 February.

Correspondence

A number of items of correspondence had been received from PKC regarding COVID-19 and the secretary advised that all those relevant to Kinross Kindness had been forwarded.

AOCE

Thanks: CCIIr Williams praised PKC for their proactive approach and helpful advice during the lockdown. The CC also expressed its thanks to the volunteers of Kinross Kindness for their amazing efforts, and to the staff at Davidson's Pharmacy and Giacopazzi's, who have remained helpful and courteous throughout.

Jessie's Park: CCllr McCrae reported that the wall in Jessie's Park had now been repaired to a high standard.

Paths Group: CCllr McCrae said that once lockdown is lifted a taster day is to be arranged for those interested in helping to maintain local paths.

The next meeting of Milnathort and Orwell Community Council is scheduled for Thursday, 11 June, at 7pm. It is likely to be held via Zoom, so if any members of the public wish to participate, please email communitycouncilmilnathort@gmail.com.



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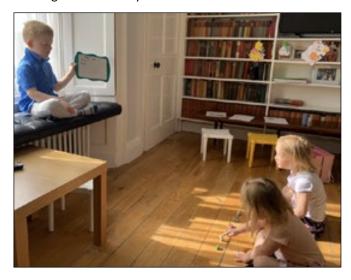


Club & Community Group News

Portmoak Primary School

Learning At Home

This has been an exceptional term for our Portmoak Pupils who have done extremely well in adapting to a new way of learning and a new way of life.



The summer term is often jam-packed with school trips, Sports Day, residentials for our P6s and P7s, sporting tournaments and festivals, and many opportunities to get out and about for learning. Instead, our learners are at home without their friends, classmates and teachers, but they have been sending lots of photos and videos to us to let us know that they are still learning and having fun!

Each week, every class is provided with a grid of activities, with five literacy tasks, five numeracy activities, five tasks from other curricular areas and four 'just for fun' activities.



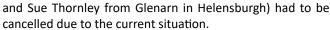
There is a different theme to their learning in each grid and, so far, we have had 'World of Work Week', 'Science Week' and 'Enterprise Week'. Themes still to come include 'Around the World', 'Celebrating Wellbeing' and 'Animals'.

Our P6s and P7s are having virtual residential trips to Ardroy and Dalguise and Mr Ainsworth, our PE teacher, is planning a virtual Sports Day!

We are very proud of our learners and can't wait to see them again when schools do re-open.

Kinross Garden Group

Unfortunately, the AGM and the final talk of the winter season on 9 April (with Mike



Our first outing of the season was due to take place on Thursday 14 May. We had planned to visit two local gardens (Arndean by Blairingone and Kirklands in Saline) but this has been cancelled

We have also cancelled a visit to Thirlstane Castle in Lauder, due to take place on 11 June. The committee have informed members of this.

For membership enquiries and details about the summer visit programme please contact Caroline Anderson on 01577 864589.

Common Grounds

www.spanglefish.com/ commongroundscharitycafe



It's hard to believe that another month has

flown past so quickly despite the restrictions we are living with. We have kept the spirit of Common Grounds alive by sharing inspiring pictures; some from gardens, others a bonus while walking and, of course, passing on those video clips that are popping up everywhere. Some are very funny and so clever and others are simply inspiring. We already have our favourites and will pick our overall winner when lockdown is over.

Our weekly Zoom 'coffee mornings' have proved to be very popular. We share stories behind our favourite coffee cups as well as receiving top tips and advice on how to use Zoom to best effect. Thanks to Kevin Heneghan for his helpful input.

Our weekly challenges continue with varying success and depending on the weather; when the sun shines we can be better occupied! At the moment with colder temperatures keeping us indoors, we have been asked to pass on our culinary treats and new recipes that have emerged in lockdown. How many old favourites will re-emerge to tempt the taste buds?

Finally, as hints of freedom creep in, our thoughts are turning to how we can all safely meet up. With a large hall, social distancing will fortunately not be a problem! By the time of printing, we may well have targets set for reopening and we will enthusiastically be putting our plans in place to welcome our friends and customers back. Fingers crossed!

More information is available on our website.

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

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

Milnathort in Bloom

We'd like to take this opportunity to pass on our sincere thanks to Sainsbury of Kinross, who made a very kind and



generous donation of plants and bulbs. These will be planted out at the beginning of June and will greatly enhance our efforts; thank-you so much.

As the lockdown continues, some of our members have been busy growing plants so that we can have at least some colour in the village this summer. We'll be clearing out the spring planting over the next couple of weeks and replacing with summer bedding near the beginning of June.

We continue to look after the permanently planted beds around the village; the rose and heather gardens at Old Perth Road, the bed at Whyte Place, the War Memorial garden and the small bed at the Cross. These are looking wonderful this year and Graeme Stewart has done a grand job of regular weeding and replacement of spent plants. We'll continue to phase out the roses at Whyte Place (they're very, very old!) and replace with Lupins and Lavenders, which Graeme is kindly growing at the moment.

We're looking for a very special person (or couple of people) to take over as chair of Milnathort in Bloom in November this year. Peter and Teresa are stepping down as co-chairs after five years of being in the job. This is a great opportunity to stamp your personality on the annual and permanent plantings in the village and lead a great team of volunteers. If you, or anyone you know, would be interested, please get in touch via our Facebook page for more details.

SPARKS

Supportive Project for Activities & Recreation in Kinross-shire

Due to Coronavirus we have had to abandon the physical weekly group and boccia sessions for the time being. We will report bi-monthly on how we are doing and adapting to the new situation.

The Wellbeing Project

Unfortunately we were unable to take part in our final week of the project which was to cover relaxation. Hopefully we will reschedule this at some point in the future when we can all meet in person again.

New Quiz and Catch Up

So that we can all keep in touch, we have set up a Facebook video chat as everyone already has the app. So far it is working quite well. We connect at 1pm on Thursdays which is our physical group time. It's a great way for everyone to interact with each other during the epidemic. We have a chat and quizmaster Pas always has a brilliant quiz for us.

John Campbell

Sadly, on 9 April, we heard of former member John's passing after a short illness. Our thoughts are with his partner Sue, his family and friends.

Boccia

Although we can't meet to have a game together, some members have been practicing at home with their own boccia sets. We look forward to a time when we can get back on the boccia court.

Portmoak Community Woodland Group

http://www.portmoakcw.org.uk/

The cuckoo has been heard in Kilmagad Wood aka Cuckoo Wood! It's a sound you don't often hear these days as the bird has suffered a steep decline. However it has been easier to pick it out since lockdown reduced the usual din of traffic on the A911.

Unfortunately, not everyone has wanted to appreciate the sweeter sounds of spring and twice in the past month the peace and quiet has been shattered by the sound of two stroke engines roaring up through Kilmagad Wood and onto the top of the Lomond Hills.

Most people know that the Scottish access laws don't allow motorised transport but these motorbike riders either didn't know or feigned ignorance. When confronted and told they





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Apple blossom

were breaking the law the response was: 'Who says?.' No one should have to jump aside to avoid a fast motorcycle in the woods and it's particularly dangerous when you've got children and dogs.

A local farmer said that gates had been left open and sheep and lambs disturbed. By travelling here together in vans, the riders were also breaking social distancing rules. Both times the police were called but we don't know if they followed up our reports.

Luckily, for the vast majority of the time, our woods are a wonderful place to relax and the community orchard in Kilmagad Wood has been full of beautiful apple blossom. We're keeping our fingers crossed that the mid-May frosts haven't damaged the prospect of another good crop. We have also set a date for our annual apple day in the hope that such events will be possible by the autumn.

Apple Day is booked for 27 September; Andrew Lear is coming, as usual, to lend his expertise in identifying your apple varieties and to help us turn our crop (and yours) into lovely fresh juice.

For the weeks ahead, if you're looking for an outdoor activity with the children, our new booklet is proving popular. It features a cartoon character, Captain Carbon, taking you on a journey through Portmoak Moss. There are things to spot and puzzles to complete. You can find details about it on our Facebook page and it's available to download from our website.

We continue to hear about sightings of all sorts of wildlife and, if you happen to see any more motorbikes where they shouldn't be, please let us know about them too.

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Kinross & District Rotary Club

www.ribi.org

Rotarians have been missing our weekly meetings and the excellent hospitality from Shona and Anthony at the Kirklands Hotel. However, we have been busy. We meet regularly online and our work continues.

We believe that we should deploy some of the funds we have raised recently to respond to the Covid-19 crisis in our community and agreed on three worthy recipients covering different crises.

We support the magnificent work of Rachel House in various ways, both practical. For example we help with gardening and assist their fundraising in different ways such as a recent bag-packing event at Sainsbury's.

However, we are aware that many planned events to raise funds are currently on hold while the needs of the families at Rachel House continue. Staff there have been working hard to adapt their vital care by moving some of their services online and by phone. We are delighted to be able to contribute a donation to help facilitate this.

Kinross-shire Day Centre is at the heart of our town and community and offers such a valuable service. The centre has obviously had to close its doors but it is no surprise to hear that staff and volunteers continue to prepare and deliver meals to its clients. They also provide much-needed regular contact. They are even continuing to offer activities such as bingo and quizzes. We were glad to offer some financial assistance to this great Kinross establishment. We hope that we will be able to be back with you for our annual Christmas entertainment!

Finally, we all agreed that we would support the sterling work of one of our own Rotarians; Andy Middlemiss who has been a SSAFA (Armed Forces Charity) volunteer for over 20 years and helps run the P&K team. Andy said, 'This will help us continue our work with veterans in dire straits in this area, who maybe cannot get to a food bank, who are out of work and whose benefit does not adequately cover their needs, who are homeless and looking for a place to stay, who have severe PTSD needs and a mental health nurse cannot visit them... the need is massive. We are proud to do what we can for all serving, or exserving, personnel of the armed forces and their families in need in the P&K area. It is our privilege to do this work and we take it incredibly seriously. We were all most touched that you felt able to recognise us in this way, in the heat of the Covid 19 battle and this has touched us deeply. Heartfelt thanks. It takes donations like this to make it possible for us to do what we do.'



Club & Community Group News

Our donations have therefore covered a wide range of needs in the community. We're all living startlingly different lifestyles at the moment but, as children's author Michael Morpurgo observes; 'Camaraderie, solidarity, community – the three great benefits of the virus.'

Online meetings have also included speakers. Rotarian George Lawrie led a discussion on how online communication facilitates working at home and provides much needed social contact. George demonstrated how family events can still be shared with a humorous video of the Lawrie family celebrating (online) his father's 90th birthday. We all agreed how important online communication has become in our lives and how much we value it.

Rotarian Simon Byford presented a 'Letter from Australia'. Simon and his wife Maggie are regular visitors to Queensland, where both their daughters live with their families. Simon's observations ranged from the vastness of the country and the fascination of indigenous animals to observations such as the neatness of pupils in school uniform and the efficiency of totally mechanical bin collection. While we are presently unable to travel, it was a treat to see scenes from this amazing country.

Most regrettably, we have had to take the decision to cancel our annual event, 'The Great Escape', due to take place this summer. This event involves co-ordination with many organisations and individuals and no one can make such plans at the moment. We hope to be back next summer with more boat races and fun at the Lochside.

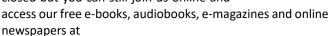
Furthermore, we are so sorry that the 2020 RYLA (Rotary Youth Leadership Award) Camp at Abernethy this summer has also had to be cancelled due to the Covid-19 crisis. We had two great candidates (Ailsa Bennet and Elliot Wilkins) and we were looking forward to hearing about their adventures.

We will be unable to meet in person in the immediate future, but online meetings will continue and we are planning ahead. We would love you to join us. Please contact Dugald McIntyre, club secretary, by email at secretary.krdc@gmail. com or check our Facebook page.

Please note that we will resume meetings whenever it is safe to do so. We are reviewing all upcoming club community events and expect most, if not all, to be cancelled or postponed.

Kinross Library

All Culture Perth and Kinross libraries are closed but you can still join us online and



www.culturepk.org.uk/libraries.

We've put together some reading lists for you, as well as a list of reading resources. These are available at

https://www.culturepk.org.uk/libraries/reading-resources/.

You can listen to the Culture Perth and Kinross podcast, where we have talking exhibitions, recommend reads and other tales from across the region. It can be found online at www.anchor.fm/cultureperthandkinross.

Finally, become a Book Hero by donating £7 (the cost of a new book) to Culture Perth and Kinross at

https://culturepk.charitycheckout.co.uk/bookhero.

Stay safe and we hope to see you soon!

Kinross in Bloom

The work on the fountain is complete! **8**2 We are so pleased that Newton Grange



Stonework was able to keep working on this during lockdown. Earth is being put into the base and when we are allowed (and can get plants), it will be planted.





The Crosswell Fountain - during restoration, and a recent planter of pansies

Meanwhile our planters of pansies are looking great! Thanks to everyone who has been out watering them during April and May to keep them looking so good.

No date has been set for our next meeting due to the continuing restrictions. If, when the restrictions are lifted, you would like to be a part of Kinross in Bloom, please contact us by email at susan.mitchell50@qmail.com

Kinross In Bloom 200 Club

May Draw

1st No 30 Ian Hayles

2nd No 56 Elizabeth Mitchell3rd No 76 Myrtle Urquhart

4th No 61 Edith Oswald

Kinross Beavers

The beavers have continued to take part in virtual meetings whilst face-to-face scouting remains suspended due to the coronavirus pandemic. Virtual activities have included a fitness session with Sarah Barclay from Letsbefit, a fun science experiment with Stephen Jones from Perth High School and a session about caring for animals which included having a look at the animals at Edinburgh Zoo on the webcams!

The beavers have also been continuing to engage with the badges at home feature. This has been setup to let them continue their scouting experience at home. We have received some great work from the beavers through this scheme which has included looking after pets for the animal friends badge, building campfires and tents for the camp craft badge and creating exploding volcanoes for the experiment badge!

On Thursday 23 April, BBC Children in Need and Comic Relief got together for their 'Big Day In' on Radio and their 'Big Night In' on TV; a massive fundraising special to celebrate the incredible people making a difference in communities across the UK and to support people who need it most during the coronavirus crisis.



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Find us on f

Club & Community Group News



The Scout Association supported the appeal by challenging all members to go the extra mile too by hiking to the moon. It was hoped that, if every Scout member in the United Kingdom took part, we would have walked enough miles to walk to the moon. Beavers, cubs and scouts from 1st Kinross took part and, in total, walked 253 miles! A great achievement by all.

At the end of April, the beavers (along with some cubs) took part in a camp at home event. This was organised by Northumberland Scouts who were attempting to set the world record for the largest virtual camp. The beavers and cubs had to either build a den in the house or put up a tent in their garden and camp in it overnight. Added to that they had other activities to complete such as making a bug hotel, cooking their own dinner and having a sing song at torchlight. In total over 95,000 people from 68 countries took part in the event!

Interested in volunteering with scouting? We have opportunities both behind the scenes and directly supporting young people. With full support and training, you can volunteer on a flexible basis. Not only is it rewarding and great fun, you'll also learn some brilliant skills transferable to the workplace and further education. Please contact us by email at kinrossbeavers@hotmail.co.uk for more information.

Kinnesswood in Bloom

While working in a group is no longer an option, individual members of Kinnesswood in Bloom are doing a little maintenance in different corners of the village as part of their daily exercise.

The bus shelter has been given a fresh coat of paint to go with the new defibrillator which is now operational. Some daffodils have been deadheaded and a little weeding has been done in areas where the public are well distanced. A *Postie and Headteacher*







Above: The ingenious bin man

bit of watering has also been essential in this dry weather. Rory continues with his repair of the cart. He has finished the wheels and axle and put them back in place.

The group decided that, rather than follow the theme of 'Coasts and Waters 2020', it would be more appropriate to thank and celebrate the work of the essential workers who provide such a valuable service to us all. Therefore the golfers and gardeners from previous years have been dusted down and dressed appropriately as nurse, bin man, postman, farmer, shop/garage owner and teacher.

They have been well appreciated by folk in the village and bring a smile to daily walks. Thank you to all who helped with bits of costume.

Circle Dancing

Due to the current lockdown restrictions, we are still unable to meet for our weekly circle dance sessions. However both groups have been enjoying 'virtual' dancing using You Tube. We are all keen to get back to normal as soon as we can, so please keep a look out for details of our return to classes. As always if you would like to know more about circle dancing please phone Lynne on 07931398098. In the meantime, please stay safe and keep well.

Recipe



Supplied by Kinnesswood in Bloom

Strawberry Muffins

This is a good time to see what we have in store. Fiona gave me this simple recipe using cupboard ingredients.

Ingredients

300g plain flour

2 tsp baking powder

1 tsp bicarbonate of soda

185g caster sugar

Grated zest of 1 lemon

300ml buttermilk

2 large eggs

1 tsp vanilla extract

150g unsalted butter, melted

150g fresh strawberries, chopped

Method

Heat the oven to 190°C. Grease a 12 cup muffin tray or paper cases.

Sift the flour, baking powder, bicarbonate of soda and a pinch of salt into a mixing bowl. Stir in the sugar and grated zest and make a well in the centre. Whisk together the buttermilk, eggs, vanilla and melted butter. Pour the mixture into the well in the flour and stir until the ingredients are just combined.

Add the fruit and lightly fold to combine. Do not over-mix as the batter is fine if it's a bit lumpy. Divide the mixture evenly between the muffin cups. Bake for 20-25 minutes, or until the tops are golden and a skewer inserted into the centre comes out clean. Let them cool in the tin for 5 minutes before turning out on to a wire rack.

Kinross and District Art Club

www.kadac.co.uk

Members have been continuing to create fabulous artworks and to share these with

other members through Facebook and WhatsApp. Glenys Andrews, our club secretary and website co-ordinator, is currently spending lockdown updating the website. She is refreshing the painting gallery with photos of new paintings which members send to her; many inspired by



'Barra' using wet felt painting by Christine Cargill

and reflecting the current lockdown situation.

Glenys is also creating a new area called 'member's profiles' on the website. In this section individual members will be introduced and their work showcased. Work on this is ongoing but please keep checking our website to browse through the huge talent and diversity of work that is there.

The committee have also been keeping in touch via email. At this time of year, we begin planning our annual September exhibition, the highlight of the club year. As well as showcasing and selling members' works, it is a real community event accessible and of interest to young and old alike.

However, given the current situation, we have unfortunately had to take the difficult (but not surprising) decision to cancel the 2020 event. However, we are not despondent; hopefully, given the right circumstances and guidance we would hope to hold an Open Day/Art and Craft Sale towards the end of the year.

There is usually a whirl of activity in May as members choose their favourite paintings for the club calendar before bringing the painting sessions to a close for the summer. However things are quite different this year; no calendar, no coming together for outdoor painting sessions and no trip to Pittenweem Art Festival to plan. This just means that we will be even more keen and enthusiastic to enjoy all these activities next year.

Meanwhile, we send our continued appreciation and thanks to the many key people in all types of work who are keeping us safe, fed and well during this difficult time.

In normal times, we meet every week 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.



'Stay Safe' in acrylic by Mary Nobbs

Club & Community Group News

Broke Not Broken

Kinross Food Bank

The past month has been a whirlwind! We continue to see an increase in the amount of people using the foodbank, in particular families who are struggling with ongoing loss of income. To give you an idea of the increase we thought a comparison with last year's referrals might be interesting: March 2019, 41 referrals; March 2020, 151 referrals; April 2019, 36 referrals; April 2020, 340 referrals.

Each referral is a parcel of food for an individual or family. For example in week commencing 3 May, we delivered to 82 addresses, serving 198 individuals; the week before to 90 addresses serving 181 individuals.

Each food parcel currently contains portions of fruit, vegetables, dairy and baked goods while we can get it.

We would like to thank, in particular, the ongoing efforts of PKC (specifically Ana de Miguel) as well as local businesses Graham Dairies, Giacopazzis, Sainsburys, Benarty Fruits, Glenfarg Village Store, Loch Leven's Larder, Poundland (both Perth and Dunfermline) and FareShare for supplying us with the food that we need. Thanks also to the congregation of St James' Church for their ongoing donations of food.

We are currently spending between £600 and £900 per week to meet the demand for food that we are facing in Kinross-shire.

Meeting this demand would be impossible without the financial support from individuals as well as the following groups: Loch Leven Church, The Hayfield Trust, The Corra Foundation and special thanks to Elyse Kirkham for her support with funding applications.

We have been continuing to maintain the Beacon and garden with the help of Graham and Kieran Barnett doing a fantastic job and Drummond Maintenance for felting the shed roof.

Donations



Going forward we are looking at purchasing toys and activities for local families to help with boredom setting in and to help keep kids active whilst in lockdown.

Thanks also go out to all our referral agents continuing to work hard for their clients and our community as a whole.

Kinross Partnership

Kinross-Shire

Zooming into the future

Having recently celebrated the 75th anniversary of VE Day, it has reminded us that we all have a lot to learn from the past. However, as anyone who has ever read an investment prospectus will know, and as the Covid-19 pandemic has so cruelly demonstrated, 'the past is not necessarily a guide to the future'.

Like every other organisation, the Kinross-shire Partnership is having to adapt to the new socially distanced environment in which we find ourselves today. Our long running series of business networking breakfasts at Loch Leven's Larder have been superseded by Zoom video conference. Gone (but not forgotten) are the hearty breakfasts at Loch Leven's Larder, now it's a cuppa in front of a screen. While we long to return to face-to-face contact we are finding the virtual substitute has its benefits too - a long lie in, no excuse for being late 'stuck in traffic', yet still able to enjoy networking effectively in one place with contacts from all over the county. We've now had a couple of video chats and found them to be really helpful. So, if you're feeling isolated and you've always wanted to join our 'club' but perhaps haven't been able to get along to the Larder at break of day, maybe this is your chance. Our next video gathering will be on Wed 10 June at 8am. For joining instructions (it's really easy!) simply email us at mail@kinrosspartnership.org.uk or find information on our Facebook page @kinrosspartnership

We're also taking the opportunity during lockdown to update the Kinross.cc website which is administered by us in a joint venture with Kinross Community Council. Thanks to grant support from the Communities Investment Fund and the Kinross-shire Fund, we are in the process of transferring the extensive local community data onto a new more modern and

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Club & Community Group News

user-friendly platform. This redevelopment is being undertaken for us by Flintriver, a local graphic and website design agency.

The Kinross-shire Partnership is zooming into the future, and you are cordially invited to come with us.

Kinross Centre

Hello, how is everyone doing? Hope you are all safe and well.

Can we start by saying how proud we are of everyone, especially our service-users. Each and every one of you have been brilliant. You have all stuck to the rules and never complained; you may have said how bored you are or how much you miss your family and friends but that is only natural. Nevertheless, the way you have all dealt with this 'very confusing and unprecedented time' is fantastic and we salute you all!

We are continuing with our meals, shopping and medication deliveries and, although limited with our time at drop offs, we really enjoy the little chats and snippets we can get when we are out delivering our meals. If you need, or know anyone who requires a hot meal delivered to the door, or any other support please remember to give us a phone on 01577 863869 and we will be happy to help.

We are keeping very busy at the centre by cleaning, tidying and organising weekly quizzes and bingo. We don't know who is having more fun; the staff making up the quizzes or our service users participating. Either way, it is keeping us all occupied and laughing.

We continue to be inundated with support from the community. People are so kind and willing to help any way they can. The continued support and kind words make us all feel very humble indeed. We have also received donations of baking, money and food and we are extremely grateful for these.

In these uncertain times we hope everyone stays safe and well. As we have said many times, the community spirit in Kinross, Milnathort and all surrounding areas is fantastic. We are all very lucky to live in such a caring community.

The news that we continue to be in lockdown means that we will not be getting back to normal just yet; in the meantime continue to stay safe and we will meet again soon.

Lastly, a great big massive thank you goes to all the hard working staff, volunteers and committee at Kinross Centre and all other organisations. We couldn't do this without you! Please stay safe.

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

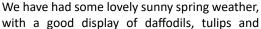
Guide Dogs

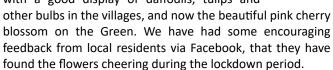
Another month on lockdown and our guide dog pups are keeping puppy walkers busy and sane. New fundraising ideas are starting to come in. People are having plant sales on driveways, a record-breaking virtual tea party by Guide dogs and virtual pub quizzes. I keep plugging way, doing dog portraits for donations. If anyone would like me to do an A4 acrylic dog portrait, I can be contacted by email to discuss it at She61@hotmail.co.uk.

This painting was of my last guide dog pup Brodig. He was about 10 weeks old and adorable. At present he is waiting

in lockdown to finish his training and will hopefully graduate a few weeks after lockdown ends to become a fully trained guide dog. Any of you who would like to be a registered guide dogs volunteer, please let me know and I'd welcome you and any ideas for fundraising. Again, the message, stay safe.

Crook and Drum Growing Together





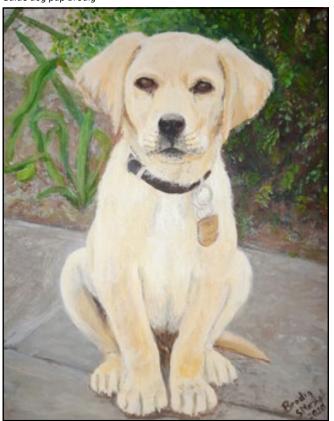
Although we are not able to carry out our summer planting plans in the usual way, we have been growing plants from seed and plug plants in our own greenhouses. We hope to still offer baskets and pots to some residents on the Main Street, for them to water and care for over the coming weeks. The wildflower areas are filling out, and we will be using more natural and wildflowers in the more outlying planters.

We have recruited some local volunteers to 'adopt' a planter near their home, to water and care for over the summer. Please let us know if you could help in this way. If the weather stays dry, keeping plants watered will be a challenge for us over the summer. We also have a young woman who is volunteering for her gold Duke of Edinburgh award, who is going to help out at a suitable social distance.

At present, the council are only able to cut large areas of grass using ride-on mowers, and not the smaller ones with a hand mower. We are therefore asking if any local people can trim any small areas of grass near their home.

Drum was awarded 3 stars in the Civic Trust Well Kept

Guide dog pup Brodig





Hamlet competition in March, and came equal first with Maryburgh. The triangle of grass in the centre of Drum village is developing well, with wildflowers, and locals have planted a rowan and elder tree there. Caledonia Play have kindly donated and installed a magnifying post. Local children have been playing music there on Thursday evenings at the Clap for NHS and Carers. I hope you continue to enjoy the good weather and our lovely rural setting.

Please contact Amanda James if you could help with our activities or have any ideas how we could develop the area, within the current Government guidelines.

Tel: 07963 476803 Email: amandajames1577@gmail.com

Potager Garden

The virus restrictions have of course affected our activities this summer, with the garden being closed to the public, and only a couple of volunteers visiting at different times to try and keep it tidy. We have no school visits, but have planted some vegetables and flowers to

help the bees and other insects.

The apple blossom has been beautiful this year, with the promise of a good crop later in the year. We are grateful for our automatic watering system to keep the vegetable beds

and plants in cold frames growing well in the dry spring.

We had planned with the Sparks group, and a kind donation from her family, to create some memorial to one of our volunteers who sadly died last year. This has not yet been possible, so we have planted a wildflower bed for this summer in her memory.

Thanks to Fossoway store near my home in Crook of Devon, we have been able to sell plants in a crate outside, which

has kept some income for the garden just now. With plants difficult to source elsewhere, the sales are going well, and we are grateful to Andrew and Jean at the shop, and everyone who is supporting us through plant sales.

I have found gardening very calming and therapeutic while other activities are restricted, and we hope that many of you have been able to enjoy the sunny weather and being in touch with nature. We hope that the school children may be able to visit the garden and harvest some vegetables towards the end of the summer. In the meantime, keep calm, keep gardening, and carry on!

Amanda James

Leven Voices

Virtual Voices starts on Tuesday 2 June! An 8 week block from Tues 2 June - Tues 21 July from 7-8pm from the comfort of your living room (or whatever room you like!). With Horsecross Arts tutors Heather Macleod leading the first 4 week block, and Emma Neck will lead the last 4 sessions.

Tickets will be available to purchase from Monday 25 May through www.horsecross.co.uk for £3.50 per individual session, or £24 for the block.

Portmoak Hall 100 Club

April Draw

1st No 21 Sandra Dall, Easter Balgedie

2nd No 38 Ian MacGratton, Kinnesswood

3rd No 58 Jeanette McLennan, Kinnesswood

Club & Community Group News

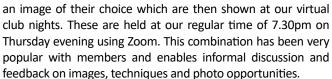


This month's image – '2 metres!' by Charlie Wardrop

Kinross Camera Club

kinrosscameraclub.org.uk/wp/

Over the summer we are continuing to run our 'Picture a Week' activity in which members submit



We have also started having external speakers participate in our Zoom meetings approximately once a month. In May we were joined by Joe Houghton from near Dublin for an excellent talk on 'Long Exposure Photography'. Joe will return in June to perform live processing of images submitted by members, to demonstrate his approach to photo editing.

Details of all of these activities and any other aspect of the club can be obtained by contacting us at

secretary@kinrosscameraclub.org.uk

Kinross High School

Update from Virtual School

Our world is far from ordinary right now but

Virtual School is bringing a semblance of normality to pupils, their families and all the staff and is facilitating the much needed continuation of learning and teaching. Whilst our seniors have been busy preparing to move into their new courses, our younger students have also been kept busy with an array of inventive and engaging lessons.

With all this extra time at home, reading and writing serve a dual purpose; developing literacy skills and aiding relaxation! S1 pupils have impressed their English teachers with their understanding of the dark and challenging tale, The Interlopers by Saki.

While they've been focusing on symbolism and drawing scenes which they feel illustrate the main themes of the story, our S2s have been grappling with characterisation in the short story *Kid in a Bin* by Robert Carter. Since the holidays, S3 classes have been studying a variety of topics such as

animals in captivity, the death penalty, and the mouth-watering topic of eating bugs to recap their skills in Reading for Understanding, Analysis and Evaluation and develop their research and discursive writing skills in preparation for S4. The English department have shared articles on Google Classroom with those moving into Higher English, so they've been taking an in-depth look at the language and techniques used to help prepare them for the course ahead.

Ever the ambitious students, the History, Modern Studies and RMPS department have been tackling everything from jousting as Medieval entertainment, healthy lifestyles and using embryonic stem cells for research to Islam, how Hitler became Fuhrer and the impact of COVID-19 on the presidential election.

Learners are being asked to consolidate their learning in a range of ways such as creating posters, taking part in quizzes and class debates, writing essays and letters, analysing source materials and reading. Incorporating skills practice and exam-style questions into lessons has allowed pupils to refine their approaches and prepare for new courses. To offer a little reprieve from all this work, the History department have been posting a weekly 'Who Am I?' quiz on Twitter, giving clues which lead to a famous historical figure.

Along the corridor in Geography, S1 pupils have been designing their own country and taking part in a photo challenge where they were asked to capture pictures of a geographical nature and to put these together as a collage. Meanwhile, S2 were tasked with researching a marine animal of their choice and describing how it coped with the ocean environment. S3 were busy looking at the reason why the Chinese government implemented the controversial one child policy to reduce the population and the consequences of that decision. After that S3 made the most of Google Maps to put their virtual field work skills to the test and produce field sketches in preparation for their assignment which is part of their N5 coursework. Our Geography teachers were particularly impressed by the quality of the work, the depth of knowledge that was shown and the imaginative and creative responses to activities.

In Pupil Support, students have been ticking both the literacy and the wellbeing boxes by writing a letter to their future selves. Exploring and describing how they feel during social isolation, thinking deeply about what they are grateful for and finding important life lessons in all of this, it'll be rewarding to look back on these reflections when lockdown is lifted and see how much we've all grown. S1 pupils have been pairing Mindfulness Meditation with something else they enjoy doing to focus on maintain their mental health and wellbeing. One of the big focuses in Personal and Social Education for our S4s has been trying something new, whether that's an online class, cooking a meal they've never tried before or picking up a new hobby, they're discovering new talents they never even knew they had! While the future

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Duloch Dunfermline

A bit about me...

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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.

Mrs Ruby Petrie.

Glenfield Court

Cowdenbeath

Mrs Lorraine McMillan

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seems uncertain, S3 have been practical by working on tasks such as building personal profiles and producing CVs.

If their new digital newsletter is anything to go by, the Science department have been as busy as ever! Without the usual chemicals and equipment found in our labs, pupils are being encouraged to use things they have around the house to conduct experiments. Miss Coulter recorded a video showing how red cabbage can be used as an indicator to tell if something is an acid, an alkali or a neutral substance! The department have also been sharing 'something to do, something to think about'; a series of questions to get young scientists thinking of things like 'why does rubbing a balloon on your head make your hair stand up?'

There's also no stopping the Science Club which has been continuing virtually with teachers posting new challenges every Thursday lunchtime. At times like these, we need something exciting to look forward to; the new equipment purchased with the Wolfson grant has been delivered to school and is ready to use when we all get back!

Now, if we were in school, we would turn the corner from Science and be instantly transported to Spain, France, Germany or China; but with travel suspended, the Modern Languages department have been making the most of their time at home. Miss Su recorded a cooking video to help pupils learn food vocabulary from her ingredients in Mandarin, students took us on a virtual tour of their homes and were able to name the rooms in French and we had a good giggle watching videos of pupils pranking their families by pinning drawings of fish to their backs for Poisson d'Avril. Truly putting the 'Modern' in Modern Languages, the department's innovative use of digital technology and social media has engaged pupils in an environment they are comfortable with.

The Craft, Design and Technology department have also had to be imaginative and resourceful when planning tasks for pupils as they work from home without the usual equipment and material we have on hand in school. It looks like pupils have been raiding their parents' sheds and scavenging in the woods for materials to create mini picnic benches, beautiful upcycled bird feeders and bug hotels! It's fantastic to see our students embracing the challenge despite not having access to the tools they normally would; but don't worry, we're not giving our machinery the chance to gather dust as we're putting it to good use making personal protective equipment for key workers at Rachel House.

Another practical subject area rising to the challenge of setting work online is Home Economics. Mrs Cairney cast her

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- · what's in the next issue
- · reminders of some local events
- · occasional breaking news

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stuffed toys in a production of Crimes Against a Healthy Diet which had a great response from learners who had to make a case defending or prosecuting characters like Freddie Fat, Susie Sugar and Fiona Fibre. With this in mind, pupils are having a good old rummage through the kitchen cupboards and concocting some delicious-looking, balanced meals even when tasked with using ration recipes to create a dish to commemorate VE day! The department are sharing a gallery of the dishes every week and staff are even getting involved. It's just a pity we don't get to taste the results!

Did you know that rolling pins aren't just useful in Home Economics but they can double as javelins? With core PE pupils starting their athletics block, learners were asked to explain or demonstrate how to get the correct grip on a javelin and name the two main safety rules involved. We've been so impressed that pupils have managed to find and adapt their own equipment at home and it's been fantastic to see them in action. As well as our athletics block, we are posting a fun weekly challenge such as 'find the most creative way to throw a ball into a cup'. The video responses were amazing and really brought a smile to our faces. It's just typical that the weather has been ideal for outdoor sports when we're not in school!

Just as learning can continue virtually, so can the social side of school life at Kinross High School. Mr Struth, renowned for belting out Celine Dion songs at any opportunity he gets, hosted a lunchtime concert on YouTube. Although we couldn't all gather in the assembly hall as we usually would, it brought us all together again virtually and lifted our spirits. Some pupils even sat down with their families to tune in for his incredible bathroom acoustics featuring a homemade lightshow.

In addition, the month of May is synonymous with the May Experience which couldn't go ahead this year. To ease the disappointment a little, we shared a collection of 'virtual excursions' which included a Harry Potter escape room, tours of the NASA research centre and Westminster Abbey, a peek into the enclosures at Edinburgh Zoo and even a Virtual School Trip to London.

So although we may be apart at the moment, the connections we're making during this period of global uncertainty bond our learning community together. For now, we can do without classrooms. We can do without bells ringing to tell us when one class ends and another begins. But we can't do without each other. Wherever, whenever and however we come together, everyone who is part of Kinross High School will continue learning together; achieving together.

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Annual General Meeting

Due to the Covid-19 situation, the Trust is holding its AGM by means of email and an online survey for members. Here are abridged versions of some of the AGM reports.

Chairman's Report

The Trust has had a very full year and there will be reports from the various groups. This is the 29th anniversary of the foundation of Kinross-shire Civic Trust, which was established with the objects of promoting and encouraging a public interest in, and care for, the beauty, history and character of Kinross-shire and Glenfarg. These aims are designed to help maintain the essential character of the area through the preservation, conservation, development and improvement of buildings of general public or historic interest and, in the process, promote a high standard of architecture and planning.

The Trust is very excited with the creation of the Raingarden Challenge as part of our commitment to improving the environment. The initiative has been led by Brian D'Arcy who has long experience in dealing with ground water matters. You will have seen articles by Brian in the Kinross Newsletter explaining the aims of the project. The Trust has set up a Raingardens Challenge Steering Group with members of the Trust along with representation from SEPA, Scottish Water and Perth and Kinross Council to conduct the activities.

Eileen Thomas has taken over the Planning Committee and she and the committee have had a very busy year dealing with applications and pursuing the problems that so many of them have generated. (See also Planning Report.)

The Trust has always supported development but it has to be good development and the Trust will continue to oppose development that is inappropriate and contrary to the Local Plan.

Awards Committee: The Trust's efforts to encourage good architecture have included the introduction of Architectural Awards schemes for new build, renovation and restoration of old buildings as well as improvement of the environment, including tree planting.

The Trust's Awards Committee runs the Well Kept County Competition. It is wonderful that the competition continues

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today and is still enthusiastically supported by communities throughout Kinross-shire as witnessed by the increase in the number of entrants. (See also Awards Report.)

Events: We held a very successful dinner at the Grouse and Claret, which was followed by an excellent talk from Simon Montgomery of Historic Environment Scotland.

The Trust had a very enjoyable visit to the Cowden Japanese Gardens, following a talk given by Kate White.

Thanks: I would like to thank the Planning Committee for all their hard work. This has been a very challenging year for the committee in its dealings with Perth and Kinross Council.

I would also like to thank very much the Awards Committee under David Hill. Their committee has put in a tremendous amount of work in reorganising these competitions. David Hill is unfortunately having to retire from the committee and chair. I would like to take this opportunity of thanking him for all the effort he has put in to the Awards Committee in updating it and reappraising the judging system which has enabled expansion of the competition and renewed enthusiasm for it. David, thank you very much.

The Trust also looks forward to progressing the Raingardens projects and the development of future proposals.

I would also like thank the Executive Committee, David Munro, Eileen Thomas, Ken Miles and Elsa Sinclair for their strong support during past year.

Can I finally thank all members for their continued support? This is appreciated very much indeed. We are of course always looking for new members to continue the work of the Trust. If you feel you would like to get involved, please get in touch with any members of the Trust's committees.

Alistair Smith Chairman, KCT

Planning Report

For the year to 31 March 2020, there were 181 planning applications for the Kinross-shire ward. We submitted 32 objections and seven neutral comments. Of the 32 planning applications we objected to, the Council granted planning permission to 13 and refused 11. Three were withdrawn and, at the time of writing, five are still awaiting a decision. Of the seven applications on which we made neutral comments, PKC approved four, refused two and a decision is awaited for one.

PKC's second Local Development Plan was adopted in November 2019. A difference from the previous plan is the use of a range of numbers rather than a single "indicative" number for housing opportunity sites. The Trust was very disappointed that the Council failed to take note of its representations with regard to amending the Special Landscape Areas in the Supplementary Guidance on Landscaping to include the Cleish Hills and the River Devon

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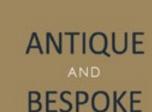
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Gorge. The Supplementary Guidance on Housing in the Countryside is much improved.

There have been several notable planning applications in the last year.

We bade farewell to the Lomond Inn, Kinnesswood, which was demolished in March 2020.

An application for 67 dwellings at Pitdownies in Milnathort was unusual in that planning officers recommended refusal, and indeed it was refused, one reason being that "the number of dwellings is higher than the maximum number specified in the LDP". The range in LDP2 for this site is 38-60 dwellings. This is some encouragement that the planners might be taking the site allocation numbers in LDP2 more seriously than they did for LDP1.

Persimmon applied for increased numbers of units at phase 2 of Lathro Farm in summer 2019 and revised the proposal in February 2020. This application is expected to be considered by PKC in July.

Phase 1 of Lathro Farm has been problematic in many ways: a considerable number of residents wrote to their MSP to complain about the condition of their homes and poor customer service by Persimmon; many houses were sold and occupied without completion certificates; and there are continuing drainage problems.

Apart from commenting on planning applications, we engage with PKC regarding ongoing planning matters that cause us concern. We queried window and door treatments for the old High School building and the loss of the gate piers and original stone, which should have been reused. We had lengthy correspondence regarding the practices of the developers of Kirklands garage, particularly their unauthorised demolition of the sandstone building. Recently we queried the premature commencement of works at the former Windlestrae Hotel site, which is to be developed as a retirement village.

Eileen Thomas

Chair, Planning Committee

Well Kept County Report

Two competitions were held over the Trust year: one in September 2019 and the other in March 2020. This was in keeping with the agreement made with local organisers to hold the competitions at a different season in each year.

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.

Various other modifications have been agreed since a substantial review of the competitions began two years ago. These include a member of the committee meeting with each local organiser in the month before judging day to agree the itinerary, identify any special initiative and clarify sites that should not be judged. From summer 2021 there will be an award for the best special initiative. From spring 2020 the Stewart Cup for the most improved settlement was reintroduced, to be offered to Villages and Hamlets in alternate years.

We were fortunate to find two hamlet and two village judges for each competition and are most grateful to them. In 2019 they were Lisa Edwards and David Affleck for the villages, and Frederick Maitland Dougall and Jane Thorburn for the hamlets. In 2020 they were Lisa Edwards and Isobel Gristwood for the villages and Elisabeth MacInnes and Jane Thorburn for the hamlets. However, the latter two were prevented from coming due to Covid-19 restrictions. David Hill and Ian Smith of the Awards Committee took their place.

In 2019 the Village competition attracted four entrants and the Hamlets five. In 2020 the Village competition attracted three entrants and the Hamlets six.

(Full reports of the results were published in the November 2019 and May 2020 issues of the Newsletter.)

While the judging went well and score sheets proved satisfactory, some issues arose for the Awards Group and the organisers to consider at their next meeting.

The competitions continue to attract support and to give a focus for organisers and their supporters. The contribution of organisers to the planning and arrangements is greatly appreciated by the Awards Committee, who hope that more hamlets will join in future years.

David Hill

Chair, Awards Committee

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SWI

POWMILL – Our Centenary planter and blooms in the village have added colour and much needed cheer.



We have been making the most of our time by making a variety of items such as knitting socks, embroidery, jam, a sandpit from a tractor tyre and garden furniture from pallets to name a few...





... while member Janey Buchanan enjoyed her social distancing birthday cream sponge with family in the garden.

Lastly it's time for some reflection

In April and May there's not been a day
When we could meet and have our say
Behind our gates was the limit
We all complied in the spirit
To save one and all for future fun
Back in the Moubray Hall, Powmill

STAY WELL, STAY SAFE

Sports News

Kinross Colts

Whilst all football and training activities remain suspended due to Covid-19, Kinross Colts and Fossoway Amateurs have announced their merger. This is excellent news for the Kinross-shire footballing community.

Fossoway AFC currently play in the premier league of the Fife amateur league and have now changed their name to Kinross Colts Amateurs 'A'.

Our existing amateur team who play in the third tier of the Fife amateur league will be known as Kinross Colts Amateurs 'B'.

This merger will significantly improve our player pathway as our kids will now be able to play for Kinross Colts children and youth teams from the age of 5 to 17. They will then progress to amateur football and play for the Colts at premier league level in Fife.

We are also delighted to bring the Fossoway coaching team into the club. They will assist with the development of our youth teams and bring new ideas to help the club improve and expand.

Separately, all our teams are looking forward to the day when we can resume training and playing football. We are hopeful that the SYFA will announce some positive news on this subject in the weeks to come.

In the meantime, we're trying to keep the kids happy and active. Many of them are using their permitted daily exercise to get out running and cycling to maintain their fitness levels and our under-16 boys are training together twice a week via Zoom meetings.

We hope that all our friends, families, sponsors and supporters are staying safe and healthy. It has been great to see the community come together to help each other through this. Some of our coaches have volunteered to help Broke Not Broken and Kinross Kindness.

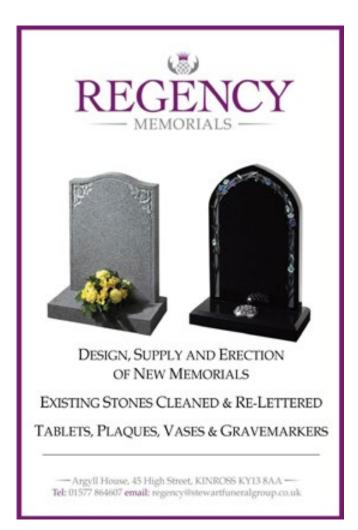
The club will continue to do everything we can to help the community during these difficult times.

Fossoway Tennis Club

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

Kinross Golf Club

Kinross Golf Club are pleased to say that both the Bruce and Montgomery courses will be open from 29 May 2020. Please book your teetimes online or call the Pro Shop on 01577 865125. Can we also kindly remind all dog walkers to remain on the paths and keep dogs under control whilst golf is in play.









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@brokenotbroken.org

Greyhound Rescue Fife at Baltree Country Centre, Gairneybank, Kinross, needs volunteers to clean the kennels and walk and feed the greyhounds. Can you help? Phone 01592 890583. Visit our website at www.greyhoundrescuefife.com

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 Caldow 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.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.

Scotlands Gardens Do you love gardens? Might you be interested in meeting local garden owners, helping to support local gardens that currently open for charity, plus those that are considering it? If so, and you would like to know more, please ring Lizzie on 01577 862900

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



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.



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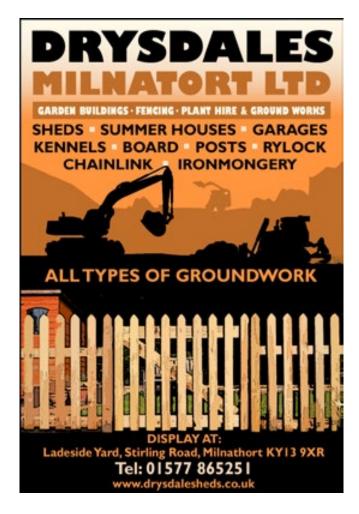
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Out & About

Loch Leven NNR



Long Days And Light Evenings

It's June, the month of long days and light evenings.

We are all still working from home; I am certainly missing spending time on the reserve and watching the seasonal changes. Normally at this time of year we would be out with our volunteers conducting the nesting duck survey, counting and mapping of the nests on St Serfs. The first broods of mallard have been seen on the Loch. Just now the tufted duck will be nesting. It is really important at this time of year to keep your dogs under control on the reserve. Dogs can disturb ground nesting birds causing them to abandon their nests or young; please be mindful of this.

Most of our other migrants are back. Look out for sedge warblers perched high on reeds or trees. Blackcap, willow warbler and garden warbler are singing all around the reserve; a number of our volunteers have mentioned hearing grasshopper warbler too. Swallows and sand martins will be flying low over the loch feeding on the emerging insects. One of the last migrants to return are the swifts; listen out for their screaming call and see their scythe shaped



Bird's Foot Trefoil

silhouette high in the sky. Look out for osprey fishing in the loch; Burleigh is always a good place to spot them.

The warmer summer months are likely to cause the blue-green algae to bloom again. If you have access to a smartphone, you can download the

Bloomin' Algae App and help report blooms. Have a look on p14-15 at the article on blue green algae.

The meadow around Burleigh and Findatie will be full of colour just now with red campion, bird's foot trefoil and stitchwort all in flower. It is a great habitat for our pollinators so have a look for butterflies and bumblebees feeding on the flowers.

While we can't get out and about on the reserve we have come up with a few activities and crafts for you to do at home or in your local green space while out on your daily exercise. Have a look on our website to find them (www. nature.scot/loch-leven-nnr-activities).

Due to current restrictions we don't imagine any of our planned events going ahead just now but keep checking on our Facebook page and we will update it when we can.

Please keep an eye on the Blog (Loch Leven Wordpress), Loch Leven NNR Facebook page and the Loch Leven NNR Instagram for regular updates. We hope you are all staying safe and look forward to the day we are able to get out on the reserve again.



TTFN **Louise Clark**Seasonal Reserve Officer

RSPB Loch Leven

facebook.com/RSPBTaysideFife www.rspb.org.uk/lochleven

rspb

Swift Action Needed!

Take part in Swift Mapper and help save one of the fastest birds in our skies!

All over the country, birds such as swifts are returning from Africa to nest and raise a family. We know Kinross is a great place to see and hear them, but it would be fantastic if exactly where they are nesting was recorded. This helps build a picture of where swift nest sites need to be protected and where it would be best to provide new nest sites. A new app called the Swift Mapper has been developed by the



Swift

RSPB together with our partners Action for Swifts, Natural Apptitude, Swift Conservation and the Swifts Local Network to easily record your sightings. You can find out more about Swift Mapper and how to take part on the RSPB website.

Please note: Given the current government restrictions on movement, please stay safe and do not make specific trips to look for swifts. Only report sightings from your home and garden, or the local area covered during your daily exercise.

Weather



Recent Weather Reports from Kinross

April

Total Rainfall	10.3ml / 0.40in
Heaviest Fall	7.4ml/0.29in (29 Apr)

Total Sunshine 204.4 hrs
Sunniest Day 11.7 hrs (21 Apr)

Max Temp Average 13.42c
Highest Temp 17.7c (5 Apr)

Min Temp Average 1.61c

Lowest Temp -2.9c (13 Apr)



Telephone: 01577 862355

I'VE FOUND AN INJURED BIRD - WHAT SHOULD I DO?

Baby birds and sick and injured birds

At this time of the year, the two of the most frequent enquiries we receive are about baby birds and sick and injured birds. As we are not open just now, we thought it would be helpful to provide some advice about them.

What should I do with an abandoned baby bird?

Probably nothing. A young bird alone on the ground has not necessarily been abandoned. The young of many birds will fledge after they grow feathers, but before they are able to fly.

They spend a day or two on the ground before their feather development is complete. It is really best not to interfere. The parents will be close by and come to feed the bird as soon as it is safe.

If the bird is in a vulnerable position it will do no harm to move it into shelter but not too far away as the parents will then be unable to find it. Touching a bird will not make the parents abandon it.

Watch carefully – if the parents don't return and the youngster has definitely been abandoned then please contact the SSPCA on 03000 999 999, they will help and advise you.

I've found an injured bird, what should I do?

For most injured birds, place them gently in a box and keep them quiet, dark and cool. It may be that the bird is in shock and will soon recover so you can let it go. If it is more seriously injured, this will reduce stress on the bird until you can get advice on how you can help it.

The RSPB does not have bird hospitals or a rescue service because we are a conservation charity. Instead please call SSPCAs Animal Helpline on 03000 999 999 or your local vet, they will have the expertise to help and advise you about sick and injured birds and animals.

Coming On Nicely...

Summer's here... allegedly! As we count down to the longest day, there's lots and lots to be getting on with in the garden this month.

The frosts should have finished by now (that was a bit of a shock in the middle of May, wasn't it?), so after hardening off your tender annual plants, it's safe to plant them in your garden, tubs and baskets. Just remember to water and feed regularly – and remove any spent blooms – to give you a stunning display all summer long.

If you have tulips in pots and need your pots for summer bedding, now's the time to dig them up. As a rule, tulips degrade after the first year, which is a

Delphiniums will be ties in this month



shame as they're so pretty! A way to encourage flowering in subsequent years is to lift them and then plant in a large tub, or a trench in the garden. Once done, feed them weekly until the foliage has all died back – remembering to label where you've planted them yes, that's the voice of experience. Dig the bulbs back up and dry in a cool, dry place for planting out in the autumn. I usually plant in pots the first year and then replant in the garden in the autumn, so if they decide not to flower, there's no harm done. Bear in mind that some online bulb companies are doing 'earlybird' discounts at the moment for autumn-planted bulbs, so if you want a bargain keep an eye-out.

June is the time for many roses to start flowering. I've never been overly successful with roses, but I do have a couple of climbing ones which I'm very fond of. June is a good time to spray roses with anti-fungus spray to ensure they stay healthy. As they flower and the blooms fade, remember to dead head — this encourages the plant's energy into new growth as opposed to developing seed heads. And remember to tie in any climbing roses as they grow to save them blowing about and perhaps snapping in the wind. Now is also the time to give them a good feed.

If you have any tall plants in your borders, such as delphiniums, stake and tie them in as they grow. This saves you trying to wrestle a long stem back to the stake – some plants are very tender and



Tulips in need of lifting and feeding

brittle and you risk losing a substantial part of your plant.

By mid-June, you should be able to see if there are any gaps in your garden. I usually keep a few bedding plants back from initial planting for the purpose of filling in any gaps. If 'filling in' make sure that the newly planted plant is well watered until it's established. You can tell when this happens as the plant tends to put on a spurt of growth as its roots move into the new soil.

I think that's about it for this month... I have gardening to do! Please enjoy your gardens, whether you just have a couple of pots or a couple of acres. And stay safe, everyone.

Teresa Stirling

Discover Loch Leven Website

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

www.visitlochleven.org

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When The Chips Are Down...

I HOPE THIS FINDS you safe and coping in these uncertain times. Covid-19 is scary and some days I imagine you are like me and find it hard to understand. It's certainly the case that while we are all together in the same storm, we are not all in the same boat. I have been coping by keeping in touch with as many friends and family as possible, mainly by old fashioned telephone calls but we have also ventured onto Zoom and it's given me an insight into the challenges of lockdown. My sister-in-law is suffering severe headaches and exhaustion due to the PPE she wears during her shifts in hospital, our nieces and nephews are getting to grips with home schooling and everyone is missing their loved ones so much it hurts. I am left feeling very blessed to be a livestock farmer with a sure and certain daily routine and calendar of work that hasn't changed.

This year I am sharing the progress of the Mawmill potato crop and vesterday I caught up with Scott for a virtual update. He agreed that life on the farm is more or less business as usual. The long dry spell of weather made planting go smoothly and 110 acres of Maris Piper were in the ground by the middle of May. I mentioned last time that the task of removing the stones from the bed is carried out by a machine, but it turns out one of their most westerly fields was so stony that even the tractor driven destoner creeping up the field couldn't remove all of the stones. When the boys inspected the field after planting, they discovered that many smaller stones lay at the edge of each bed and if left, would almost certainly cause damage to the potato skin at lifting time. So, at this stage the only option was to resort to the old-fashioned method of walking up each drill with a rake and carefully pushing these last stones out of the way. It was a painstaking task and took almost a week but it just goes to show the extra effort that is taken to ensure that the potatoes on our plates this winter have a lovely unblemished skin.

It takes about three weeks for the tuber to push through green shoots and once the green floret is visible it's the combination of sun and rain that determine the yield. We normally have sufficient rain in Kinross-shire, but Scott may have to irrigate the sandier fields if the dry weather continues. Once the green foliage meets between the drills, blight, a fungal disease of the foliage, becomes a threat and the crop is sprayed with a fungicide in early June to prevent





this disease from taking hold. Between cultivations, fertiliser and sprays, the growing costs are in the region of £1500 per acre.

In terms of uncertainty, it seems like it is everywhere now and this includes the potato market. Scott told me that a big percentage of ware potatoes are sold on contract to processors who supply the fast food chains. With little demand for fries to go with burgers or fried chicken some growers have been forced to grow the crop with no contract, and therefore no idea of what the price might be at lifting time. Let's hope we get lots of rain and sunshine and a bit of normality back in our lives over the next few months. I'll keep you posted about the potatoes in my articles later in the year.

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Kinross-shire Churches Together



Kinross Parish Church

Church of Scotland (Charity no SC012555)

Following Christ I **S**preading the Word I **S**erving the Community

10 Station Road, Kinross KY13 8TG

Church website: www.kinrossparishchurch.org
Facebook:www.facebook/kinrossparishchurch.org
Church E-mail: office@kinrossparishchurch.org

Church office and church open: Mon-Fri 10am-12 noon.

Church Office: Tel. (01577) 862570

Contact the church office if you are interested in leasing

rooms in the church or church centre.

Minister: Rev Alan D. Reid MA, BD Tel: (01577) 862952 Assistant Minister: Rev Kathleen (Kathy) Dain tel. 01577 531424 Ordained Local Minister: Rev Margaret Michie (01592) 840602

Session Clerk: Jaffrey Weir Tel: (01577) 865780

The church has been broadcasting worship services and times for reflection online and this has been appreciated by many, including people beyond the congregation.

Weblinks for Sunday Worship and midweek times for reflection and prayer:

Kinross Parish Church Facebook page www.facebook.com/kinrossparishchurch

Kinross Parish Church worship channel on YouTube www.youtube.com/channel/UC480WCgwA2SU1zBXLg%klfA

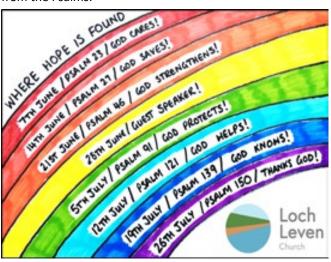
The church is running a network of telephone contacts offering support and encouragement. Anyone who would value having someone phoning them for a regular chat should phone or email the church office – messages left will be accessed remotely every day.

Loch Leven Church

(Charity No: SC049050)

Loch Leven Church is temporarily meeting online via Zoom, at 10.30am each Sunday. Everyone is very welcome to join the service; please just email us for the details to join in.

During June, we will be looking at 'Where hope is found' from the Psalms:



To find out more about us, please visit our Facebook page 'We Love Loch Leven', our website www.lochlevenchurch.com, or email us at info@lochlevenchurch.com

Wherever possible, church services are being livestreamed over the internet. Please check on your church web page or on the church noticeboard for further information about these or any outdoor events.

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

We are really sorry but due to the Covid-19 restrictions we have had to cancel all services of worship, meetings and events for the foreseeable future.

On Thursdays at 8pm we will ring our church bells, in support of the 'Clap for Our Carers Campaign', in recognition, appreciation and support of all the NHS workers who are fighting the Coronavirus pandemic every day.

Whilst our buildings are closed our church family life still continues. We are keeping in touch through our email network, phone and 'Zoom'

If you would like to join us please phone the Rev Lis Stenhouse 01577 842128.

Orwell and Portmoak Parish Church

Church of Scotland (Charity number SC015523)

Minister - Very Rev Dr Angus Morrison

Telephone: 01577 863461

Loch

Leven

Email: angusmorrison3@gmail.com

Website: www.orwellportmoakchurch.org.uk

Contact the Office: 01577 861200

Due to the current Coronavirus pandemic no services or meetings are being held until further notice.

However, our church bells are being rung each week at the normal times to remind people we are still here for them.

Along with the other Kinross-shire parishes we will also be ringing our bells at 8pm on Thursday evenings in support for our NHS workers.

Services are being posted online each Sunday morning and are available for the rest of the week. To access these, log on to the church website, as above, click on Online Worship and follow the link on the page. DVD versions of the service are available to those without Internet facilities.

The Church Office and Shop is also closed until further notice. The office email below is being checked, but less frequently than normal.

orwellandportmoakchurch@gmail.com

Kinross Gospel Hall

Montgomery Street, Kinross www.kinrossgospelhall.info

All services are suspended for the duration of Covid-19

Churches Together

Wherever possible, church services are being livestreamed over the internet. Please check on your church web page or on the church noticeboard for further information about these or any outdoor events.

Fossoway, St Serf's & Devonside Church

Church of Scotland (Charity number SC013157)

Church Road, Crook of Devon, Kinross-shire, KY13 OUY

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.

St Paul's Scottish Episcopal Church (Part of the Worldwide Anglican Communion)

Muirs, 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.)

Every one of us is living through quite extraordinary and very anxious times. Of course people's health and wellbeing have to be prioritised, especially NHS workers and caregivers. This continuing national 'lockdown' is having huge consequences for all community activities, including our own at St Paul's. The services and events listed below are available as livestreams via 'Zoom' and thereafter recordings of services available through the church website. Please see our website and Facebook page for updated information as and when we have it to publish. I plan to do a weekly 'Facebook Live' reflection on Saturday mornings.

In the meantime, please be assured of our prayers and intercessions, especially if COVID-19 has directly affected you and your family. We live in hope that this health emergency will be over speedily and affect as few people as possible.'

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face;
the rains fall soft upon your fields and, until we meet again,
may God hold you in the palm of His hand.

Forthcoming services – all via Zoom and livestreamed

June 7th: TRINITY SUNDAY

11am SEC Provincial Holy Communion, led by +Kevin Pearson (YouTube)

June 14th: Pentecost 3 (Proper 11)

9.30am 'Virtual' Holy Communion

June 21st: Pentecost 4 (Proper 12)

9.30am 'Virtual' Holy Communion

June 28th: Pentecost 5 (Proper 13)

9.30am 'Virtual' Holy Communion 9pm Compline (Facebook Live)

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

& 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.

ALL LOCAL EMERGENCY CONTACT DETAILS ARE NOW ON PAGE 40













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Lunch menu served daily 11am - 4.00pm

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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









The Church Without Walls

THE LAST TWO MONTHS have seen significant change within our community and country. For myself, in particular, it has been a strange time to begin my familiarisation to Scotland from the U.S.A. I arrived a mere three weeks before lockdown, barely enough time to find my way around. Still, what I have discovered in Kinross is a warm, friendly community, united and determined to support one another through these uncertain days.



Rev Kathy Dain

For those of us involved in the church, we have undertaken an accelerated course on worship in the digital age, and it has become a community engagement. Every week, members of Kinross Parish Church record their prayers, songs of praise, and stories, as part of our collective worship service. The service is then edited and streamed online through Facebook and YouTube.

In addition, many of the church's house groups and organisations continue to meet through video conferencing. For those living alone, or isolated, these gatherings help provide an interlude of respite through these stressful days. If you would like to learn more about our services, or how you can become involved, I hope you'll visit our website or give the church a call on **01577 862570**.

Rev. Kathleen Dain Assistant Minister, Kinross Parish Church



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69 Whitecraigs, Kinnesswood, Kinross

Deaths

Peacefully, at Ninewells Hospital, Dundee on Friday, May 8, 2020, **KEITH GREEN**, aged 79, of Kinross, beloved husband of Sheila, dear father of Nathan and Martha and loving grandad to Lily, Astrid and Lyle. Funeral service private. Keith's family wish to thank all of the nursing staff and doctors at Ninewells Hospital, who looked after Keith in his final days, and also to the staff at the Birches Care Home, Crieff, who have made Sheila feel so at home.

Acknowledgements

The family of the late **MAURICE O'HARE** of Kinnesswood would like to thank most sincerely all friends and neighbours for the many expressions of sympathy and kindness shown to us following our sad loss and for the many offers of practical support received during this difficult time.

We would also like to offer a special thank you to Father Martin Pletts for his guidance and comforting words and to Stewart Funeral Directors for their care and professionalism.

Obituaries

Nancy and family would like to thank family and friends for all the cards and flowers they received on the passing of their husband and father **JIM SHEPHERD**, who died suddenly on Tuesday 28 April at home.

Thanks also to all in the village of Scotlandwell, and all that were at the Portmoak Church carpark to say goodbye to Jim. He was better known to all who knew him as SHEP. He lived in Scotlandwell for over 50 years and was married to Nancy for almost 54 years. He had 4 children, 2 grandchildren and 2 great grandchildren.

He was well known and well liked in the Portmoak area, and was always on hand to help anyone, no matter what the job or problem was. During his lifetime, Jim was a member of the Portmoak Community Council for over 10 years. He was also involved with the Portmoak Woodland Group and with the Lochgelly High School Pipe Band where his grandson played.

The main part of Jim's life was looking after his family. When the children were young, he and Nancy would take them on camping holidays both in Scotland and many areas of England. Many good times were had. As time passed, they went on caravanning holidays; Jim was very passionate about his caravan. He and Nancy had many good holidays where they met and made very good friends.

Jim led a very good and full life and will leave the family with many good and happy memories.

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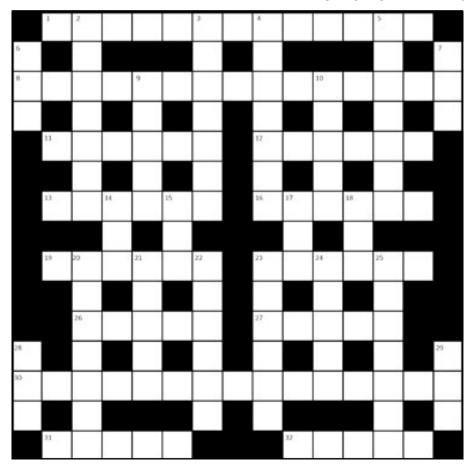


Puzzles

Welcome to our not-so-fiendishly-difficult puzzles page – enough to test your brain, not so much that it will explode from the strain. A moderately difficult sudoku and a Kinross-themed crossword should be enough to accompany your mid-afternoon cup of tea and shortbread.

KINROSSWORD

Test your local knowledge with our crossword, where a number of the clues relate to Kinross and the surrounding area. No prizes – just bragging rights for getting it right. Answers on page 16.



5 1 4 7 3 2 6 6 3 5 9 2 5 9 8 8

ACROSS

- 1 Kinross Kindness will collect these for you (13)
- A Kinross schoolmaster with a son of the same name (6, 5, 4)
- 11 What we hope restaurants will do soon (6)
- 12 Found on a golf ball (7)
- 13 Young swan (6)
- 16 The right kind of population to have in a pandemic (6)
- 19 A hub for the community (6)
- 23 Ministers are have to do this online (6)
- 26 Vital organ (5)
- 27 RSPB ask you to report sightings of this bird (5)
- 30 A rare butterfly (5, 10)
- 31 Burleigh Sands is one (5)
- 32 Squirrel homes (5)

DOWN

- 2 Theft (7)
- 3 Another name for a chaffinch (7)
- 4 Processions of people (7)
- An acupuncturist uses these (7)
- 6 Part of a curve (3)
- 7 The female reproductive cell (3)
- 9 Strawberries do this in June (5)
- 10 Famous lion (5)
- 14 There's one inside the campus (3)
- 15 Second-largest living bird by height (3)
- 17 Golfing term (3)
- 18 Coastal inlet (3)
- 20 A person who is proficient in sports (7)
- 21 Small aquatic crustacean (5)
- 22 Will help you find your way around Kinross-shire by car (3-3)
- 23 Dough of flour, water and shortening (6)
- 24 Expel (someone) from a property (5)
- 25 Utensils used for eating (7)
- 28 Your opinion of yourself (3)
- 29 Something to look up to (3)









Notices



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

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

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.

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: <code>David.Ogston@Perthcab.casonline.org.uk</code>

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 the *Newsletter* website for latest information: *www.kinrossnewsletter.org*

Issue	Deadline	Publication Date
July	Friday 12 June	Saturday 27 June
August	Friday 17 July	Saturday 1 August

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

Local Correspondent

for Perthshire Advertiser and Fife Herald newspapers

Linda Freeman

Tel 01577 865045.
Email: linda.freeman_64@btinternet.com

Notices

Community Councils

Kinross: Chair: Bill Freeman, 01577 865045

Email: kinrosscommunitycouncil@gmail.com

Milnathort Chair: Craig Williams, 07885 722125

& Orwell: Email: craig@stovestuff.scot

Sec: Elizabeth Rougvie

Email: communitycouncilmilnathort@gmail.com

Portmoak: Chair: Graham Cox

Email: portmoakcommunitycouncil@pkc.gov.uk

Fossoway Chair: Trudy Duffy-Wigman, 01577 840669

& District: Email: fossoway.cc@gmail.com
Cleish Sec: Patty Fraser, 01577 850253

& Blairadam: Email: cleishcommunitycouncil@pkc.gov.uk

Kinross Community Councillors

Margaret Blyth 6 Muir Grove

David Colliar10 Rannoch Place01577 864037Bill Freeman (Chair)64 Muirs01577 865045Lynne McKay5 Springfield Road01577 531076Thomas StewartGellybank Farm01577 864603

Malcolm McFarlane

Portmoak Community Councillors

S McGregor (Secretary) A Cragoe (Treasurer)

Susan Forde 01592 840128

Graham Cox (Chairman)

Dave Morris 01592 840500

Have a look at our website: www.portmoak.org

Perth and Kinross Councillors Kinross-shire Ward

CIIr MIKE BARNACLE (Independent)

Tel/Fax (home): 01577 840516. Email: michaelabarnacle@gmail.com

Website: mikebarnacle.co.uk

Moorend, Waulkmill Road, Crook of Devon, Kinross, KY13 OUZ

Clir CALLUM PURVES (Scottish Conservative & Unionist)
Tel (office): 01738 475092. Mobile: 07557 812570.

Email: cpurves@pkc.gov.uk 54 Lathro Park, Kinross, KY13 8RU

Clir WILLIE ROBERTSON (Scottish Liberal Democrats)
Tel (home): 01577 865178. Mobile: 07909 884042.

Email: wbrobertson@pkc.gov.uk

85 South Street, Milnathort, Kinross, KY13 9XA

CIIr 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 OPE

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

All Library services are cancelled for the foreseeable future

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: 01738 626666 or 08457 909090

email: jo@samaritans.org

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

 $\begin{array}{ccccc} \mbox{Mondays} & 1630 - 2130 & \mbox{Thursdays} & 1630 - 1900 \\ \mbox{Wednesdays} & 0830 - 1100 & \mbox{Fridays} & 1000 - 1630 \\ \mbox{\it and} & 1930 - 2130 & \mbox{Sundays} & 0800 - 2130 \end{array}$

No pressure, no names, no judgment. We're here for you, anytime.

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.