Ben

February/March 2016

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Who will save our Main Street?

















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Hello Readers

Our front page says it all. From being relatively immune from the plague of desolate high streets, which has troubled many of the country's towns, we have joined the unhappy throng.

Elsewhere in this edition comment is made on our predicament. There are no easy solutions. Shops are there to serve customers. They must provide what customers want, and there must be customers to do the wanting. Both these elements are hard to achieve in a world of chain stores and internet shopping. Statistics show exponential growth in the latter. As explained elsewhere, Gavin Cowan of Callander Enterprise is hopeful of attracting some replacement retailers to our Main Street. However, it is recognised that it is unlikely that all the shops can be filled, and it is logical that the most suitable ones ought to be converted into dwellings. Grants may well be available to contribute to the costs of this. We should be encouraging this change of use to take place rapidly.

Some Scottish towns have managed to develop themes to bring in visitors. Notably - Castle Douglas is the Food Town, Wigtown the Book Town, West Kilbride the Craft Town, Kirkcudbright the Artist's Town and Oban the Seafood Town. All these have multiple sites relating to their local theme. Other places have established visitor attractions such as the mine at Leadhills, and the 4 local museums at

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Biggar. Incomplete research indicates that in these cases a single individual took the lead in getting things started.

Our Landscape Partnership project offers a significant opportunity to establish visitor attractions. However, it will be another two years or so before a real impact is felt from that project.

Can we wait that length of time? We are labelled the 'Outdoor Capital' of the National Park. We need to be pressing for this to mean something very soon. Even our Crags paths are poor.

Empty shops will discourage the day trippers. A reduction in trade can easily become a vicious circle. More visitors are needed, and there must be good reasons for them to come. We need to have a commitment to getting solutions underway before the summer season.

Readers' suggestions are very welcome.

Convenor

Thank you to all our bag packers at the hall and our distributors. Your help is really appreciated, especially through the Winter period.



Callander Community Council

e have been working with other community groups, Stirling Council and the National Park, through the Callander Partnership, to look at ways of preventing a long term impact on the town related to the closure of shops along Main Street. The closures came as a surprise and we were immediately concerned about people who will lose their jobs because of this. We hope to get some of the shops re-opened before Easter so that there are opportunities for reemployment and also no long term impact on the centre of the town.

Callander Enterprise has discussed the future of some shops with the owner of several properties and there are very positive ideas coming out of this. The owner proposes to make improvements to the exteriors and interiors of their properties and discussions are being held with new tenants. Other retail businesses are considering moving into Callander and discussions are being held with Stirling Council about the business rates for retail outlets.

Through the National Park, Callander has been shortlisted for an award which will undertake a study of footpaths, cycle-ways, bridges and roads in the town. This will consider current and future needs, links to paths out of Callander, safe routes to schools and future housing developments. As part of this we are looking into whether it would be feasible for the community to take ownership of the two main car parks and we are hoping to improve signage to the main car parks. We will also be discussing with Stirling Council trialling a new parking scheme to offer free parking in the main car parks for local people and also people coming into Callander to work. If this scheme could free up a few spaces along Main Street then parking to call into the shops would be easier.

The Community Council is also proposing to weather proof Callander, acknowledging that it rains a lot and the rivers often give us problems. A planning application for the Ancaster Square canopy will be submitted in January and we are looking into restoring shop front canopies to create covered areas along both sites of the street. Flooding from the small burns and main river remains a threat but we will be working with Stirling Council to introduce protection measures using modern systems. Finally, as longer term plans, we are looking at possible developments on Callander Crags including better footpaths, improved woodlands, illumination of the Crags and an information Centre on top of the Crags.

> Richard Johnson Email: rcjohnson9@aol.com Mail: Secretary, 42 Camp Place, Callander FK17 8DF



Robert receiving his award from Richard. Photo by Chris Gillespie.

This year's Citizen of the Year has been awarded to Robert Vanhegan, Dunbeag, Leny Road, for his long, 20-30 years' tenure as Chairman of Callander and District Horticultural Society. The work and effort involved in keeping this Society, which was established in 1873, in operation has been immense, especially when arranging that every annual Flower and Produce Show keeps categories of modern themes updated and attains the same high standards with fewer

entrants and less local interest each year.

Organising community groups and events is often disheartening, as some local clubs have already discovered, so for this reason Robert is a very worthy award winner, in recognition and appreciation of his stalwart determination to see the survival of this particular backbone of community life.

Robert received his award certificate at the Community Council meeting on Monday 11th January 2016.

Callander Community Policing

Over the Festive Season we have been in the Callander area carrying out Road Checks in respect of Drink Driving and we have been visiting Local Licensing premises handing out leaflets in relation to Safety of business owners and members of the public. This Festive season we enjoyed a trouble-free period with very few reports of disorder and no arrests in relation to anti-social behavour. This is considered to have been a particularly safe Christmas and New Year period and a special thanks to the community in being vigilant and keeping each

other safe.

We are now into the new year and hopefully we will see some respite from the recent testing weather conditions in our local area. Due to the conditions, Police in Callander worked in close proximity with our partners in Scottish Fire and Rescue, Stirling Council, Bear Scotland and several local residents and business community groups to plan for and coordinate the response to such events with the emphasis on public safety. Police in Callander would like to thank local residents and business owners for their patience in



following Police and other emergency services' advice in respect of road closures and diversions. It is requested that residents keep an eye out for further road closures in the local area to avoid being stuck on any flooded roads. At this time of year we would encourage everyone to regularly check their vehicles prior to travelling. Please ensure your lights and tyres are legal and that the general condition of your vehicle will stand up to the weather.

(Police report continued on page 11)

Thank you from Callander Winterfest The weather outside was frightful, when the first Callander Winterfest, Table for organising Santa's sleigh and the Fancy Dress Parade, to Clanranald

The weather outside was frightful, when the first Callander Winterfest, organized by Callander Community Development Trust, was held on 28th-29th November. Santa came and the Grinch was there along with a host of elves and legendary figures.

On Saturday, Ancaster Square was full of local market traders and Callander Brass and Callander Chimes played. There was a Fancy Dress Parade with beautiful children and the lights were switched on by our Citizen of the Year, local NHS nurse Connie Smith.

The third annual Community Breakfast was served on Sunday and the family film *Inside Out* was shown in St. Kessog's in the afternoon.

We want to sincerely thank all the Callander residents and guests who came along to any or all of the events and hope you had a wonderful time.

Thank you Callander people who jump in to make something special happen in our community, to make Callander sparkle and shine. Thank you to all our local shops who braved the weather to participate in the market. Special thanks to Callander Round

Trust for organising the market on Saturday, to McLaren Leisure Centre for donating the sound system, to Callander Enterprise for filming the event for future use, to Callander Youth Project for organising the breakfast, to Callander Film Society for organising the film, to Cambusmore Estate for donating the tree, and thanks to Gus MacDonald and the local fire brigade for lighting the tree. Thank you to Deli Ecosse who donated the mulled wine and MhorBread who donated the mince pies. Even the marquees and generators were provided at no cost to the community.

We also owe a big thank you to our lamp-post sponsors who help us fund the holiday lighting in the town. The 2016 lamp-posts have been sponsored by Rod Gunkel & Associates, Moray Estates, Scissor Sister & Gordon's Barbers, The Crown Hotel, Poppies Hotel & Restaurant, Andrew Baird Optometrist, McClean & Stewart Solicitors, W D Harley Architects, Lubnaig Cabins and Campbells Shortbread.



A final thank you goes to Stirling Council who waived parking charges for the Saturday events and who awarded a grant from the Stirling Council Community Pride grant scheme. The video of the event, produced by Callander Enterprise can be viewed by searching for Callander Winterfest on YouTube.

We hope to see you all again next year.

...and news of 2016

Great news! Not only are we planning a third Summerfest, we're planning something bigger and better from Saturday 16th to Sunday 31st July.

Callander Community Development Trust and Creative in Callander are joining forces with McLaren Community Leisure Centre to create an expanded programme at St Kessog's and the Leisure Centre, culminating in a community fête, ceilidh and craft fair on the last weekend.

The programme will also include:

- Art, craft and photography exhibitions and workshops for adults and children
- Music, poetry and theatre performance, mainly by local artists
- A festival day with come-and-try activities and sports tournaments
- Art installations in the square from the new felting group, who came together after the last Summerfest, and other mixed media artists.



We want to involve as many local people as possible in this year's event, so if you have a talent or interest in the arts or sporting activities, please get in touch.

We would like to hear from anyone interested in performing, running workshops, or who can help with organisation or distributing brochures. There are lots of ways to help. Please contact Sheila Winstone, Town Coordinator, coordinator@callandercdt.org.uk or 07852 106605.

Anyone interested in helping in an exciting pottery installation and who has information about local pottery past and present, please contact Lynne on 07716 740559.

We'll bring you more details as the programme develops in future *BLV* articles and at www.callander.cdt.org. uk and www.incallander.co.uk.

Join the litterpick

Saturday, 19th March has been set aside for the annual community spring clean organized by Callander Community Development Trust with the help of Stirling Council. Why not join Callander Primary School and McLaren High School and dozens of local volunteers? For more information please contact Susan at poboyle1@btinternet.com or 01877 339 323.

If you want to tidy up a neglected patch or know of a dumping ground with rubbish which the regular council services don't reach, then spare even an hour that day to do your bit. Join the regular litterpick volunteers and wear a yellow highviz overall with pride. Meet at the Meadows car park or the Myrtle carpark at a time that suits you between 10.00am and 2.00pm to get your sack, overall and longarm litter pick, no matter the weather. In one hour on Saturday 19th March you can make such a difference!



News update

We recently marked our 25th anniversary as an affordable housing developer and Registered Social Landlord (RSL). We now have almost 600 homes in management throughout the Rural Stirling area — with over 130 of these in Callander. We are continuing to build new homes to meet housing needs. See www.rsha. org.uk for more information.

Opportunity to join our Management Committee

The Association is overseen by a volunteer Management Committee of local people. We are currently seeking to recruit up to two additional Members with particular skills/experience, at a

management level, in relation to:

- Housing development or procurement of building works more generally.
- Finance and business management We also always welcome interest from RSHA tenants in joining the Committee.

The Committee holds monthly evening meetings. Travel and other eligible expenses are payable. Please contact Tony Teasdale (Director) by 26th February for more information about what is involved and to register an interest (tony@rsha.org.uk).

Tender for Repairs Service

We regard a high quality Repairs Service as a key element in delivering excellent customer satisfaction. We will shortly be tendering our Reactive Repair and Void Property Maintenance Service. The intention is to create a Framework of contractors covering all the main trades for the 3 year period, 1st July 2016 to 30th June 2019. By advertising in a range of local publications it is hoped to encourage resourced locally contractors to compete for inclusion on the Framework. The Framework will also be advertised nationally via the Public Contracts Scotland (PCS) website and this is where all interested Contractors will be able to access the tender documents and submit their bids - www.publiccontractsscotland.gov.uk. It is anticipated that the Framework will be advertised on the PCS website no later than 4th March 2016.

The opportunity will be issued as one tender document and will comprise 5 separate Lots as follows:

- · Builder works
- · Painter works
- · Electrical works
- · Plumbing works
- · Joiner and Glazier works

Contractors will be invited to submit a tender for the Lot or Lots they wish to be considered for. However, Contractors will only be permitted to be selected as the 'Preferred Contractor' for a single Lot. Contractors may, however be selected as second or third placed Contractor in multiple Lots.

Contractors will be appointed to the Framework on the basis of a price and quality assessment.

If you have any queries regarding the tendering process or operation of the Framework, then please contact Malcolm Lee, Senior Maintenance Officer on 01786 841 101.

Rural Stirling Housing Association, Stirling Road, Doune FK16 6AA. Tel: 01786 841101

Creative in Callander

Thank you to those who have supported Creative in Callander (CiC) during its first three years. To those who have yet to visit 28 Main Street, we invite you to visit our art and craft mini-emporium.

The team of artists at CiC operate as a not for profit company, working cooperatively to man the shop. All artists and crafters work within central Scotland and create unique products, to delight customers in search of something different.

'Brilliant window displays reflect the seasons, special anniversaries or local events and draw me to the interior where it's impossible not to be tempted by something beautiful and unique,' said local customer Anne Docherty. And this January's shop refurbishment has heightened the brightness.

At CiC not only is the window display changed fortnightly but new products are brought in and collections rearranged to reveal some hidden gem yet to catch the limelight. With new lighting throughout the shop CiC hopes to attract more customers and artists to mingle in a matchless market place that is open between 11.00am - 4.00pm, 6 days a week and noon to 4.00pm on a Sunday. But given the enthusiasm of some artists you may be lucky and find the shop open at either end of these times.

So if it's quirky or funky or simply gorgeous and you love what comes from innovation and imagination then as a creator, or a customer, the team at CiC look forward to meeting you and invite you to check out their website at: www.creativeincallander.co.uk,



Facebook, and Twitter but most of all to stop by 28 Main Street for a bright moment, or two, whatever the weather.

Lynne Schroder

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We currently have over 550 rented houses and flats. Around 50 of these become available for rent each year. We hope to have new properties in Strathblane and Balmaha soon and currently have properties in the following communities

Aberfoyle Balfron Buchlyvie

Deanston Doune Drymen Gargunnock Gartmore Lochea Killin Strathy Kinlochard Stronac Kippen Tyndru

We may be able to build in other communities in the future – please let us know to if you want to live in a village that is not listed above. Information on local housing need and demand helps us plan for the future.

If you are interested in renting one of our properties when they become available please contact us:

> Rural Stirling Housing Association Stirling Road, Doune FK16 6AA Telephone: 01786 841101 Email: enquiries@rsha.org.uk www.rsha.org.uk

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Who will save our Main Street?

The Problem

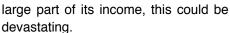
The last few weeks have been a disaster for Callander.

In the last issue I mentioned rumours of shop closures in Callander and this being put down to high business rates. I said I would be looking into that for this issue and what was a rumour at that time has turned out to be fact-based, and far worse than I had envisaged.

When I wrote the article Sparkles had just closed and the owner had quoted high rates as being the reason.

Since then three of the five Edinburgh Woollen Mills (EWM) outlets have gone with a fourth closing in February. The

Whisky shop has closed, Shanti has gone and The Daisy Chain has shut up shop. For a town like Callander, which depends on tourism to bring in a very



I had read reports in the national and local press that EWM had stated that the reason for the closures was that they were unable to agree commercial terms to renew their lease. As a result, they had no option but to close those stores. I also read that the owner of the four outlets concerned, (Eskvale Properties) had said that no negotiations or discussions had taken place. I therefore contacted EWM and asked that in the light of Eskvale's statement could they give us the reason for the closures. I also contacted Eskvale to confirm the report of no negotiations. EWM replied with 'The leases on the three Edinburgh Woollen Mill stores on Main Street, Callander, expired and, unfortunately, we were unable to agree commercial terms to renew. As a result, we had no option but to close those stores.' They had either not read my email or didn't care whether the Callander residents had good reasons for the closures or not. Eskvale as yet have not replied.

The effect

This could be extremely damaging to Callander's economic situation, as these are some of the stores that bring the tourists into Callander. The buses from Lochs and Glens, Heritage Tours etc. are going to find Callander a less attractive place to drop off their coachloads of customers looking for souvenirs and lunches.

There is the obvious knock on effect on the other tourist shops and the numerous cafés. Then there are the B&Bs, who although not reliant on the coaches, need a vibrant town to convince visitors, who come to the

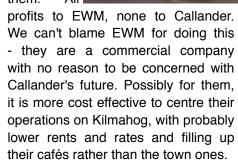
> National Park, that Callander is the place they want to use as their base.

This could mean that the shop and café owners have less income and therefore less to spend on the other

non tourist orientated tradesmen in the area. The smaller amount of income just trickles down to everyone in the town - everyone would be affected.

On top of this it has been reported that many of the coach drivers will not be stopping in Callander now as

the EWM outlets at Kilmahog are offering the mincentives to bring their coaches to them. All



The owners of the empty EWM shops have said that they intend to renovate both the interior and the exterior of the



properties starting this month, before leasing them again.

Relocation of the Co-operative

On top of this there is the open secret about the Co-op moving from its premises in Main Street to a new shop to be built on the Station Road Car. Park. I know this isn't set in stone; at the time of writing this article, as far as I can ascertain, no planning application has been submitted. However, the Co-op seem certain that this will happen therefore I can only guess that preliminary talks with the landowner and planning department are fairly advanced. I have no problem with a move like this as I can understand the problems with the existing site with parking and deliveries, it does however mean another empty store on Main street which has to be taken into consideration. It also means I have to walk a bit further for my rolls in the morning, the thought of which on a cold winters day does miff me slightly!

The way forward...

It doesn't have to end this way. We don't have to sit back and watch Callander enter a slow but relentless decline, but it won't change without us doing something about it. This

is not inevitable. We can do something about it.

Callander's Organisations

You may not all be aware of the organisations in Callander who are trying to address this problem, so I've done some research. There are four of them and in the main they are run by volunteers. Although they are working hard towards finding solutions they cannot manage on their own.

Callander Community Council

Members are voted in by us to represent the community's views to the local authority and other public bodies. They also have an important role to play in commenting on how plans and issues affect our community: for example, Stirling Council must consult them on planning and some licensing issues, Unfortunately they have no powers or funds available and can only work by advising Stirling Council on our views and are therefore very limited in what they can do. They need more powers.

There is, I believe, the outline of a thought that the car parks could be handed over to the Community Council to run. If this were to happen it would be a start and would also give some funds that

they could use in the community. Callander is the largest town in Stirling County outside the Stirling Urban Area (I include Dunblane in this area) and has completely different problems from the urban areas. It is also the largest town in the National Park, but we are stuck out in one extreme corner of the park and now we don't even have a National Park presence in the town (apart from a meeting room in the tourist office - but it's not much). Callander Community Council needs more powers.

Callander Enterprise

Callander Enterprise is a business organisation open to anyone who has a business in Callander. Its general aim is to promote Callander and the businesses within Callander. They have been looking at the closed shop problem and have already found three niche retailers who have expressed an interest in coming to Callander into the old EWM properties, but this is very much dependent on the renovation programme. They have also discussed with the owners of the EWM properties their willingness to consider pop-up shops as an interim measure and received good feedback.

Callander Community Development Trust

This is a charity set up to undertake practical projects for the benefit Callander. These projects were first identified in the Callander Action Plan 2012 - 2017. To enable them to carry out these projects the Trust has appointed a paid town co-ordinator to make the action plan work.

Callander Partnership

This organisation is co-ordinated by Callander Community Council and was

established to deliver major projects in Callander. It consists of the previously mentioned three groups plus the Callander Youth Project, Stirling Council and the National Park.

Like the Community Council that co-ordinates it, the Partnership does not appear to have any powers and is a talking shop. It is difficult to say what the Partnership's view and direction is on the empty shops problem as

when I tried to attend one of their meetings, as a member of the community, I was told it was a 'private meeting and not open to the community'

This despite Stirling Council's Finance and Economy Convenor,

Councillor Neil Benny saying 'We will be holding a meeting on 4th December at the McLaren Centre which will pull together as many from the community as possible, along with the National Park and the other public sector bodies.'

As much of the community as possible - without any of the community, unless you are the anointed few, being allowed to attend. This is unacceptable that a group run by the community council, and supported by Stirling Council and the National Park, and supposedly making important decisions for the community of Callander, is not open to the people who make up the community of Callander. Before they

do anything else, before they make one decision that affects Callander, I call on the Callander Partnership to rectify this undemocratic situation.

Can these organisations save our Main Street?

What can they do to avert this potentially disastrous situation? Quite a lot really, but they cannot do it acting alone. This has to be a combined effort of all these organisations, and others, getting together, developing a strategy, making decisions - not just talking about it, but pursuing that strategy with a single determination and voice.

Callander Partnership may argue that they are that voice, but from what I have heard no strategy has been produced as yet and it is still all talk - and can an organisation that meets in private be trusted to look after our community? I think not.

Business Rates

There are things that could help the situation - Business Rates, The Business Rates system is not fit for purpose. It is too static, the rates are set, based on rent, at a fixed

assessment and that is that for the next 7 years. Since last done we have had a depression, rents have gone down, but rates have not, and it will stay that way for another two years. However, under the

Community Empowerment (Scotland) Act 2015 local councils were given the discretion to reduce business rates for areas or groups where it felt it was necessary.

Stirling Council has to recognise that the largest part of the business for these outlets is tourism and that in the winter months it brings in very little income. Our community groups should be putting their combined weight behind persuading Stirling Council to recognise the problem and adjust the business rates accordingly.

Parking

Outside Stirling I don't know of another town or village in the area where visitors



are charged for parking, and charging parking for coaches is just another reason for them to go to Kilmahog. They should be pushing for the abolition of these charges; Aberfoyle - free parking, Kilmahog - free parking, Callander - we don't want visitors please.

Conclusion

There are many other good ideas that I know these groups have, but they need the authority and leadership

to form them into a strategy. They possibly need a town executive to drive these ideas forward. We have a part-time town co-ordinator, funded by the Development Trust, to co-ordinate their projects, and she is doing a good job. However, this work is not in her remit. Whatever we do it has do be done quickly and pushed through with vigour, not just by talking about it - as I have been doing.

We can beat this, let's do it together!

If you have any thoughts on this, or any questions you would like to ask any of these groups, then send them to us and we will forward them on to them. Please send in your thoughts on this by any of the usual methods. This could be by email to editor@benlediview.co.uk (no paper - less litter) or hand your thoughts in to the Library addressed to the Ben Ledi View.

The Main Callander Groups

COUNCIL

Objectives: to ascertain, **Objectives:** to move the community to public authori-

Meetings: **Public** held on 2nd Monday of each of each month; the venue month at Callander Burgh varies. Chambers.

Principal Contact: Richard Johnson, Chair

Voted in by the community, A as an advisory council to 4 vacancies.

CALLANDER COMMUNITY CALLANDER ENTERPRISE CALLANDER COMMUNITY

co-ordinate and reflect the aim of Callander Enterprise views of the community; to into the marketing arm for express the views of the Callander. In addition they are looking to run events to drive visitors to Callander

and **Meetings:** 1st Tuesday

Principal Contact: Gavin Cowan, Chairman

group of business owners forward our views to the promote Callander and the County Council. If you want businesses in it. If you are to influence them, and you a business owner then get should as this is too important involved with them; it's your not to, go to the meetings (as business that will suffer if above and in the What's on nothing is done. Talk to the pages of the BLV). Stand for Chairman or contact them election - currently there are through the incallander.co.uk website.

DEVELOPMENT TRUST

Objectives: the principal aim of CCDT is to help make Callander a pleasant, safe, attractive and healthy place for people to live in, work in and visit.

Meetings: Meetings are for members . Anyone who can offer support to CCDT is eligible to become a member.

Principal Contact:

Email secretary@ callandercdt.org.uk

A charity which anyone can join. If you want to support the CCDT and get involved in the projects they are involved in, and perhaps help in developing new projects, then contact the secretary about becoming a member.

THE COMMUNITY **PARTNERSHIP**

Objectives: to inspire and motivate positive community development within LL&TNP; enabling innovative grass roots partnerships and providing a representative voice on community views.

Meetings: Volunteer Board of Directors with representatives from across the National Park.

Principal Contact:

website thecommunitypartnership. org.uk

You have to be invited to be a member and they do not appear to want the community to know what they are doing. Message to them: 'Prove me wrong.'

To the rest of us, if you feel strongly about it then let them know at the email address above.

These four groups, if they act in unison, can make a difference and can turn this problem around, but they cannot do it alone they need your help. If you are a member of the community, go to the Community Council Meetings and make your voice heard, contact your local Councillors and let them know what your thoughts are. If you feel that you can offer help to improve Callander, contact the Callander Community Development Trust, join and offer your services. If you have a business in Callander, then as well as the above look at joining Callander Enterprise, as a large united business community will hold more sway with the authorities when it comes to bargaining. And finally, everyone - get in touch with Callander Community Partnership and let then know you are unhappy with them holding their meetings in private.



Rural Business Support

Business Gateway Stirling is committed to ensuring that rural Stirling businesses are kept informed, able to participate and benefit from business initiatives and support programmes that exist in the wider national support landscape. Whether you are looking to start, improve or grow your business, Business Gateway Stirling can help.

Rural Business and IT Clinics

Our monthly rural clinics offer you the opportunity to meet with our rural business advisor and IT specialist on a one to one basis. Currently we run the clinics in Balfron and Callander.

Pre-Booking essential Please call **01786 498 496** Visit www.bgateway.com/stirling

Download our free business support app:









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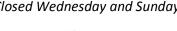
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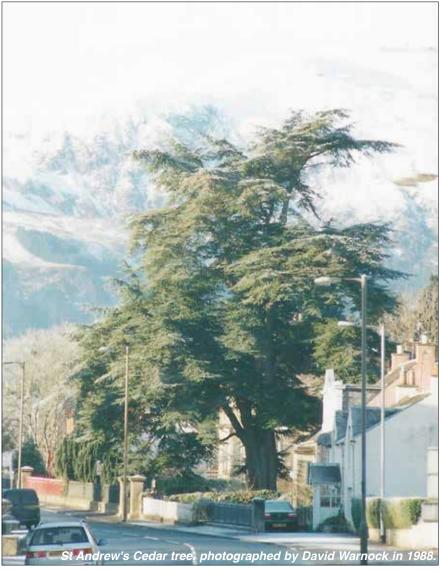
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Goodbye.....



e grieve the loss of a cherished family member or a dear friend. Likewise, we are saddened by the loss of a faithful pet. But a tree? Yes, even a tree.

I am referring to the beloved cedar that stands in the grounds of St Andrew's. If a tree could speak, it would tell us how long it has stood on that spot. Then we would know whether it witnessed the opening of St Andrew's Church in the 1850s. It might divulge the conversations heard beneath its boughs: offers of marriage, declarations of love or cross words being turned to ones of equanimity. It might describe its thousands of visitors from all parts of the world who have stood, admired and photographed its splendour. Alas though, its splendour over the past months has noticeably diminished

After much soul-searching, the bullet was bitten and an expert consulted. It confirmed our worst fears: the few signs of life on the lower boughs were but fleeting. The tree is all but dead and the verdict was confirmed by the National Park. We are now embarking on the question of felling. It is almost unbearable to consider this, but the alternative, should it fall would be even more unthinkable.

Some say that the tree has been in decline for a number of years. At some point, the trunk was buttressed with concrete to render support. A doubtless apocryphal tale exists that the then Vestry some years ago decided to plant a new cedar, just in case. The Bishop visited to plant and bless a sapling to replace

it: it promptly died. Mercifully Hilary Gunkel's parents, Celia and Adrian Smith replaced it with a Deodar cedar sapling which over the past years has thrived nearby. One day we trust it will grow to be as splendid as its illustrious predecessor although alas not during our lifetime.

So to all who have enquired about our tree and those who have monitored its last years we give heartfelt thanks. Come and visit it for the last time and if you have any memories yourself, please share them. Perhaps we might have a memorial carved from its remains for posterity: suggestions, please.

'I think that I shall never see

A poem lovely as a tree ...

Poems are made by fools like me,

But only God can make a tree.'

Joyce Kilmer (1886-1918). 'Trees and Other Poems, 1914'.

Richard Grosse

(Police report continued from page 3)

Vehicle users should also be aware that illegal parking is an issue in the Callander area. Please be mindful where you park your vehicle and please refrain from parking in restricted areas where yellow lines are on the road. We are monitoring this issue and action will be taken in respect of illegal parking.

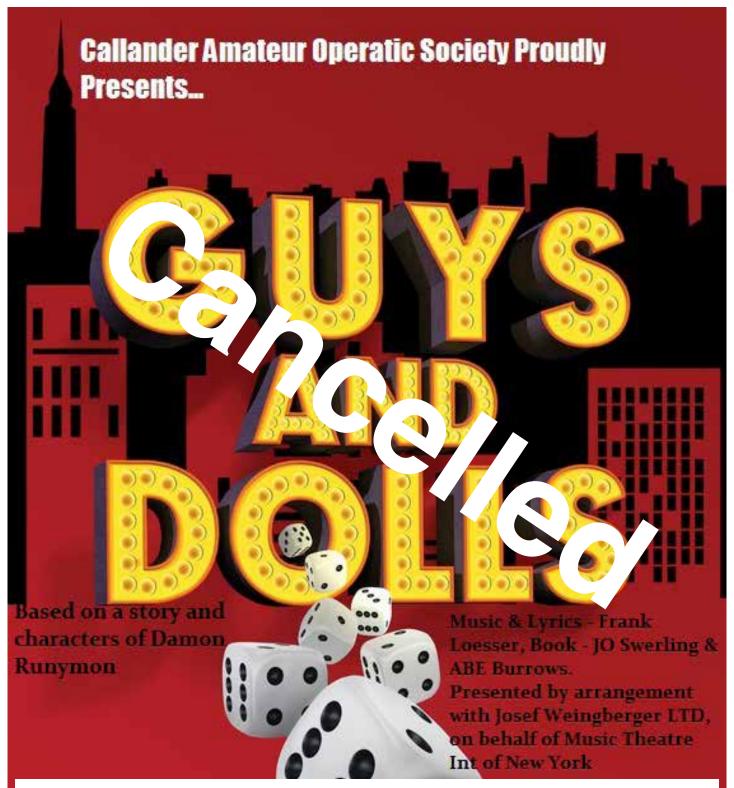
Over the Festive period, there were a number of reported Housebreakings in the Forth Valley area which occurred both during daytime and in the evenings. Police would encourage occupants to take precautions in protecting their properties, by means of, for example, leaving lights on in the evenings, using timer switches, leaving a radio on for noise effect and notifying neighbours if away from home for any period of time. If residents see anything they believe to be suspicious, please contact

101 or if considered urgent, 999. For further advice on home security please visit the following link on the Police Scotland website:

www.scotland.police.uk/keepsafe/home-and-personal-property/ secure-your-home

Finally we would like to wish all readers a Happy and Safe New Year!

PC Colin Mckerracher, PC Lorna Deans Trossachs & Teith Ward Community Officers



Unfortunately due to unforeseen circumstances the 2016 CAOS show has been cancelled.

The coffee morning planned for 6th February will not, now, go ahead.

The support we have received from the Callander community is much appreciated and we will continue to meet and rehearse a show for production in 2016/2017



The Meadows boating pond?



Sandbags in use at the west end of Main St.



Rugby pitch behind the school.

Desmond and Frank cause Callander chaos

n early December Storm Desmond arrived from The Atlantic, hitting Callander and neighbouring communities particularly badly with heavy rainfall. Over 64mm of rain fell on the Callander area on December 5th, the highest recorded daily rainfall recorded in the last five years in this area. The River Teith burst its banks in several places as it reached its second highest level for 45 years. Some properties backing onto the Meadows Carpark suffered flooding, road closures took place and The Meadows looked like a huge loch.

Next up was Storm Frank, which dumped 40mm of rain on Callander and the surrounding area in early January resulting in flooding for the second time in a month. Properties were not as badly affected as in the December storm but nevertheless Callander Meadows carpark was again available for swans and ducks only!

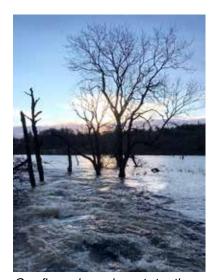
Photos by Keith Wilson unless otherwise stated.



A panorama of The Teith from the Red Bridge.



Callander mini-golf under water.



Overflow channel next to the cycle path west of Callander.



Flooded Callander from a drone courtesy of 'Aye in the Sky'.



Meadows playpark courtesy of Colin Maxwell.

Close encounters with wildlife

ohn Muir may be best known for his conservation work in the USA but he grew up in Dunbar, his family emigrating to the USA when he was ten. The John Muir Trust manages land to restore habitats, maintains footpaths, campaigns against detrimental developments and encourages public connection.

The speaker at Callander's December SWT meeting was Liz Auty, Ecologist and Estate Manager of the East Schiehallion property. Due to its isolated position and regular shape, in 1774 Astronomer Royal, Nevil Maskelyne, used it for an experiment to estimate the mass of the Earth. His assistant, mathematician Charles Hutton, also devised the system of contour lines.

The mountain summit sees 20,000 walkers per year so in 2005 a new, more resilient footpath was opened. Conservation work includes control of grazing, surveys of species such as stonechat, whinchat, mountain ringlets and the specialist plants that flourish on the limestone. Trail cameras in wooded areas show red squirrels, pine martens, foxes and badgers while a neighbouring estate recorded 53 male

black grouse on one noisy lek.

Local man Dave Anderson gave a fascinating talk on Kestrels, Ospreys and Golden Eagles at the January meeting. The behaviour and movements of these species are being recorded using leg rings, camera traps and tracking devices.

In June 2015 six kestrels in Ayrshire were fitted with trackers to help to understand their 70% decline over 20 years. These are fitted on chicks around 28 days old; incredibly, they reach full size in 35 days. More data are expected in Spring but one did go down to Wales before moving to the Poole area.

Ospreys in Central Scotland have been encouraged by FCS-built nests in quiet areas and reached 26 pairs in 2015. Two were tagged in July; a 2.1kg female brought back fish from as far away as Loch Leven, often as heavy as herself. Ruskie, a 1.5kg male, was tracked migrating via Cowal, Kintyre and Ireland before reaching just north of Portugal in 27 hours! After Xmas he flew over the Sahara to Sierra Leone and today is between Senegal and The Gambia, resting ahead of his return flight in March.

The unofficial estimate is that Scotland has 430-450 pairs of golden eagles. However, few in the west are raising young due to degraded habitat although the richer eastern sites show good numbers.



Eagle chick fitted with satellite tracker.

Nest cameras record chick development and diet; one had red and roe deer, crow, badger and four fox cubs - no lambs! Eagle chicks (fully grown by 12 weeks) are tagged on the nest but adults are caught at baited sites in a bow net, measured and weighed (4.5kg males to 7kg females).

'James' (colour ring 007!) was tagged in January 2015 near Loch Katrine and has remained in a tight area with digressions to Lochs Sloy and Venacher, regularly flying over others' territories.

Lesley Hawkins

Enjoy Spring at The Pass House

As part of Scotland's Gardens Stirlingshire, The Pass House gardens at Kilmahog will be open to the public on Sunday 24th April from 2-5pm. Admission is £4. Why not go along and see some wonderful displays of camellias, magnolias, rhododendrons, azaleas, alpines and shrubs.



You may be reading the 'Ben Ledi View' but here is the 'View from Ben Ledi'! This photo was taken in early January and shows the ice-encrusted memorial cross on the summit with Callander in the middle distance. Photo: Mike Hawkins.



Look out for The Hunter's Dogs

Can you find the two dogs of the legendary hunter Orion sitting at his heels? Just go outside on a clear starry night over the next two months and look up in our southern night sky.

The three stars of Orion's Belt point southeast to the brilliant blue-white Sirius, the brightest star in our sky. This star marks the neck of the constellation Canis Major, the Greater Dog.

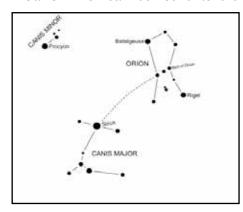
In ancient times, the Greeks noticed that Canis Major rose just before sunrise during the hot, late days of northern summer, during which they noted only a dog would venture into the heat. These "dog days" lent their name first to Sirius, which is sometimes called the Dog Star, and eventually to the entire constellation.

Sirius gets its name from the Greek meaning 'searing' or 'scorching' as it was thought that it was a source of heat here on Earth.

Canis Major, along with the much smaller constellation Canis Minor, the Lesser Dog, are often depicted accompanying the great hunter Orion. The ancient Greek poet Aratus, wrote of Canis Major as Orion's guard dog.

From the northern hemisphere, Canis Major is visible during evening hours over the southern horizon throughout the months of December through March. Just extend a line down through Orion's three belt stars and you will arrive at Sirius.

Canis Minor can be found to the



left or east of Orion but it is not a very significant constellation with just one bright star - Procyon. Good luck in your search for Orion's dogs!

Keith Wilson

2015 in The Great Trossachs Forest



Despite two hill fires early in 2015, we still managed to complete all our planned tree planting work resulting in more than 300 hectares of new woodland being created. Conifer felling on Ben A'an has also been completed with

this land returning to mostly native woodland.

We are also about to start work on a new habitat. In association with Highland Birchwoods we will be planting some montane woodland on some of the ridge between Loch Katrine and Glen Finglas. Montane plants are the shrubby layer between woodlands and the open hill and are a really important habitat for many upland animals.

We were successful, in becoming a National Nature Reserve, the newest and the largest National Nature Reserve in the UK. There are three main criteria for becoming a National Nature Reserve: to have important habitats and wildlife, to manage the area to a high standard for conservation and to provide facilities for people to enjoy nature.

Last year was the first season that our two Visitor Gateways, our play trail and The Great Trossachs Path, one of Scotland's Great Trails, were fully open. Feedback was extremely positive on all of these new facilities and so we are looking forward to a bigger and better season this year (and hopefully better weather). The Glen Finglas Visitor Gateway is looking for volunteers to help staff it over the summer, so please get in touch if you are interested.

info@thegreattrossachsforest.co.uk

Sue Morris

Project Manager TGTF

Space Age Granny

There cannot be many people who don't know who Tim Peake is. He is currently orbiting the earth every 90 minutes, 250 miles above us at a speed of 17,500mph aboard the International Space Station

But did you know that his wife's grandma, Beth Potts, aged 93, used to live in Callander, running the Woodvale B&B for twelve years with her husband. They both delivered the BLV and she has very happy memories of their time here.

She is so excited about Tim's trip (aren't we all) and says he is a very modest and lovely man and of course the whole family is very proud of him. He even phoned her on Christmas Day from space after hearing she could not join the family because they were all ill. She says 'it was as if he was sitting beside me, I was so excited I could hardly think of anything to say'.

On January 15th he fulfilled his lifetime ambition. He went on a space walk to carry out maintenance work outside the International Space Station.

We hope Tim enjoys the rest of his mission and wish him a safe return. Our thanks to Beth for speaking to us and to Bill Paterson for sending in the lead.



Tim aboard the International Space Station during his 6-month space mission.

Photo: European Space Agency.

To spot Tim and the International Space Station in Callander's night sky visit www.heavens-above.com This website gives details of dates and times he passes over the U.K. You can read more about spotting the world's largest spacecraft on page 13 of the April 2013 Ben Ledi View.

Sue King

McLaren Community Leisure Centre

Claren Community Leisure Centre would like to take this opportunity to thank Alex Mitchell for all his hard work over the last 6 years. Alex has given his support, expertise and time as an unpaid volunteer since 2009 and has been a big part in the progression of the Leisure Centre. Alex has now resigned from the Board and David Moore has succeeded him as Chair Person. We wish Alex all the best and welcome David as our new chair person.

We have been working hard on strategic plans for the long term future of the Leisure Centre and have managed to implement some of the short term improvements that were needed. However, details of the long term development require ongoing support from passionate people within the community. Should you wish to get involved at Board level, to support this vital community asset, please contact Trish Thompson on: 01877 330000 or trish@mclarenleisure.co.uk

NEW Swimming Lessons Availability

We have recently launched our new Trossachs Swim Academy at McLaren Leisure, which incorporates a fantastic range of swimming awards from the STA International Learn to Swim Programme for all age groups from babies to adult swimmers.

We have made some adjustments to the layout of the classes to meet customer demand for swimming lessons.

There are now extra baby, toddler and preschool classes, plus a class specifically for older children of a beginner level, and we have also made new spaces available for beginner swimmers of primary school age.

The new programme offers more opportunity for children to track their improvement, and each child who joins the Swim Academy is allocated a personal success tracker. We will also be organising regular swimming related activities such as galas, challenges, Junior Lifeguard sessions and Synchronised swimming.

We currently have spaces available

for preschool and junior swimmers- if you would like to join the Trossachs Swim Academy, please contact us as soon as possible.

This is a rare opportunity for customers to avoid waiting lists for lessons and we anticipate that spaces will be taken quickly.

For more information or to book, please contact our reception on 01877 330 000.

February Kids Camp

MCLC's much loved Kids Camp is back for this February holiday week. Last year the camp was extremely busy, so we advise you book in advance to avoid disappointment. There will be 5 different themed days throughout the week, for more information on the camp please check out our website or Facebook page. To book, please call us on 01877330000 or drop into our reception.

We also have a hot and cold lunch menu available, which you can select when booking.

Ladies Night

On Monday 7th of March, MCLC will be hosting our annual Ladies Night from 19:30-21:00. This evening will include a relaxing candle lit swim, a short aquasize class, and will be finished off with a glass of fizz and some delicious truffles.

This will be the perfect Mothers Day gift, so at only £6 per ticket make sure your loved one does not miss out.

March Madness

This March brings the return of our



March Madness. During the whole month of March, we will be offering customers half price on all fitness classes!

So why not try something new this spring with classes such as Insanity, Spin, Jog Scotland and more all included in this fantastic offer.

David Gordon-McWhirter

Badminton Club

McLaren Badminton Club members competed in club competitions during November and December.

Mens singles

- 1. Denis Lee
- 2. Tony Mower

Ladies singles

- 1. Fiona Tickner
- 2. Natalie Underwood

Mens doubles

- 1. Adam Thomson & Tony Mower
- 2. Denis Lee & Oliver Underwood

Ladies doubles

- 1. Jean Cowie & Fiona Tickner
- 2. Rachel Clive & Toni Johnston

Mixed doubles

- 1. Rachel Clive & Tony Mower
- 2. Natalie Underwood and Oliver Underwood



McLaren Badminton Club meets on a Tuesday at 7.30p.m. in McLaren Leisure Centre, Callander. All standards of players are made very welcome – so come along and join us!



Callander Golf Club

As spring approaches, Callander Golf Club are launching their Get (Back) Into Golf initiative to encourage people who have never played the game before, and those who haven't played for years, to try golf. You don't need to have your own clubs and you don't need to have any experience. Group coaching sessions provide you with a fun, relaxed environment to try golf as your PGA professional takes you through the basics, giving you the confidence to get out on the course and ready to play more regularly with friends and members.

At the time of print the dates are yet to be confirmed but we plan to start the 10 session course after Easter and full details can be found at www. callandergolfclub.co.uk

Louise Woodburn

Ramblers Stroll



New Year's town walk. Photo by Jim Leddy.

he Ladies Section of Callander Golf Club invites you to a Buffet Lunch on Saturday 27th February at 1.00pm. at the Clubhouse. The format will be the same as last year, with good food, good wine as well as games, quizzes and other fun activities. It will be an enjoyable afternoon for all the family.

Tickets, a bargain at £8, can be obtained from behind the bar or by calling the office on 01877 330090, Jan Reid on 01877 330770, or from Scissor Sister. Ticket price includes a free glass of wine or a soft drink.

Janet Reid

Around the world with the Ben Ledi View



Above: The sun didn't shine much in Callander at Christmas but this copy of the Ben Ledi View made it all the way to the beach in sunny Mauritius along with Olivia and Sophie. Thanks to Louise Corrieri for the photo.

Below: This is the Galli family in their compound in The Gambia in West Africa. The little girl holding a copy of the Ben Ledi View is Mariama who is sponsored for her school education. Thank you to Lesley Edmunds for sharing this photo with us.





Above: Thank you to Gael for taking the Ben Ledi View to New Zealand. Here she is in Tokoroa, a forestry town in the north island. It was also the birthplace of Sean Maitland who played for the All Blacks and Scotland.

If you are visiting around the U.K. or abroad, pack a copy of the BLV, take a photo and send it to us at editor@benlediview.co.uk If you are too shy to appear then just include the BLV with the place of interest in the background or ask one of the locals to pose with Callander's favourite news magazine. We would love to publish your photos.

What's on in February and March

REGULAR MEETINGS

Mondays

- Yoga (adults) 9.30-11.00am Kirk Hall
- Scrabble 2.00pm Waverley Hotel (1st and 3rd Mon)
- Highland Dancing 4.00pm Kirk Hall (not 8th Feb or 7th March)
- Zumba fitness class 7.00pm Kirk Hall
- Stretch out & relax yoga 7.00pm
 Waverley Hotel
- Poker 7.30pm Crags Hotel

Tuesdays

- Craigard Club 10.00am Kirk Hall (not 9th February)
- Walk in the Park 10.20 am (check meeting place in detailed listing.)
- Strength & balancing 2.00pm Fire Station
- Family Yoga 5.00-6.00pm Kirk Hall
- 6.00pm McLaren High School
- · Army Cadet Force training 7.00pm Kirk Hall
- · Badminton Club 7.30pm Leisure Centre
- · Dominoes 7.30pm Crags Hotel

Wednesdays

- · Callander Kids 9.30am Kirk Hall
- · Teapot café 10.30am Kirk Hall
- ESOL classes (beginners) 2.00pm Burgh Chambers
- · Bridge Club 6.50pm Waverley Hotel
- Guides 7.00pm St Andrew's Church Hall
- Dog training 7.00pm Bridgend Youth Hub
- Song Squad 7.15-9.15pm Fire Station
- Darts 7.30pm Crags Hotel

Thursdays:

- Scottish Country Dancing 7.00pm Masonic Hall
- Texas Hold 'Em Poker 7.30pm Waverley Hotel
- Callander Brass practice Training band 6.30pm, main band 7.30pm Primary School
- Yoga (adults) 8.00-9.30pm St Andrew's Church Hall

Fridays:

- Craigard Club 10.30am Kirk Hall (not 12th February)
- · Quiz night 7.30pm Crags Hotel

Saturdays:

- Trossachs Tigers Training 9.15-10.00am McLaren Leisure Centre
- Mini rugby training 9.30am Primary School

FEBRUARY

Friday 5th

· Ben Ledi View published

Saturday 6th

 Film Society 'Testament of Youth' 7.30pm St Kessog's

Monday 8th

 Community Council meet 7.30pm Burgh Chambers

Tuesday 9th

- Walk in the Park Loch Ruskie 10.20am Meadows car park (car share)
- SWT Talk by Andy Malcolm: 'Tree Threats and Diseases' 7.30pm Kirk Hall

Wednesday 10th

 Photo Club meet 7.30pm Waverley Hotel

Thursday 11th

- Bookbugs (songs and rhymes) 10.45am Callander Library
- · Kirk Guild 2.00pm Kirk Hall

Friday 12th

Film Society (Classic programme)
 'Footlight Parade'(1933) 7.30pm
 Waverley Hotel

Tuesday 16th

- Walk in the Park Keltie Bridge 10.20 am Medical Centre
- Arthritis Club Swishing and Games Night 7.30pm Kirk Hall

Thursday 18th

- Callander Health Centre both practices closed from 12.30pm for training
- Thursday Club 2.00pm Kirk Hall
- Ladies Circle 8.00pm Waverley Hotel

Friday 19th

- Forth Valley U3A talk by silversmith Graham Stewart 2.00pm Mayfield Centre, St Ninians
- German-speaking group meeting 7.00pm 'Ardess' 24 Bridgend

Saturday 20th

- Rotary Club Sponsored Swimathon 10.00am-2.00pm McLaren Leisure Centre
- Blow and Blast workshops 11.00am to 4.00pm St Andrew's Church Hall
- Kirk Guild Afternoon Teas 2.00-

- 4.00pm Kirk Hall
- Film Society 'Mommy' (French Canadian) 7.30pm St Kessog's

Tuesday 23rd

- Walk in the Park Loch Venachar 10.20am Meadows car park (car share)
- Library Book Group 2.00pm Callander Library

Thursday 25th

- Bookbugs (songs and rhymes)
 10.45am Callander Library
- · Kirk Guild 2.00pm Kirk Hall

Friday 26th

 RNLI Trossachs Branch Savoury Supper 7.30pm Callander Hostel, Bridgend

Saturday 27th

- Monster Storytime and crafts (under 9s) 10.45am Callander Library
- Buffet lunch with Ladies Section of Callander Golf Club 1.00pm Clubhouse

MARCH

Tuesday 1st

 Walk in the Park NCR7 towards Kilmahog 10,20am Meadows car park

Thursday 3rd

· Thursday Club 2.00pm Kirk Hall

Friday 4th

- World Day of Prayer 2.00pm Kirk Hall
- Forth Valley U3A talk on Engine Shed 2.00pm Mayfield Cente, St Ninians

Saturday 5th

 Film Society 'Far from the Madding Crowd' 7.30pm St Kessog's

Monday 7th

- Blood-donating session 4.00-7.30pm Kirk Hall
- Ladies Night 7.30pm McLaren Leisure Centre

Tuesday 8th

- Walk in the Park Strathyre Forest Cabins 10.20am Meadows car park (car share)
- SWT talk by Jo Girvan: 'Salmon movements in the Forth, Teith and Allan Water' 7.30pm Kirk Hall
- Ben Ledi View copy deadline 7.00pm







What's on in February and March (contd.)

Wednesday 9th

 Photo Club meet 7.30pm Waverley Hotel

Thursday 10th

- Bookbugs (songs and rhymes)
 10.45am Callander Library
- Kirk Guild 2.00pm Kirk Hall

Friday 11th

- German-speaking group meeting 7.00pm 'Ardess' 24 Bridgend
- Film Society (Classic programme)
 'The Hunchback of Notre Dame'
 (1942) 7.30pm Waverley Hotel

Saturday 12th

- Blow and Blast workshops 11.00am to 4.00pm St Andrew's Church Hall
- Film Society 7.30pm St. Kessog's

Monday 14th

 Community Council meet 7.30pm Burgh Chambers

Tuesday 15th

 Walk in the Park Golf Club walk 10.20am Ancaster Square

- Callander Health Centre both practices closed from 12.30pm for training
- Arthritis Club talk by Ann Scott 'A Glasgow Childhood' 7.30pm Kirk Hall

Thursday 17th

• Thursday Club 2.00pm Kirk Hall

Friday 18th

 Easter Storytime and crafts(under 9s) 10.45am Callander Library

Saturday 19th

- CCDT Annual Litterpick meet from 10.00am to 2.00pm Callander Meadows or Myrtle Inn carpark
- Film Society 'Wild Tales' (Argentina)
 7.30pm St Kessog's

Tuesday 22nd

 Walk in the Park Keltie Bridge 10.20am Medical Centre

Wednesday 23rd

 Folk Concert 8.00pm St Andrew's Church Hall

Thursday 24th

- Bookbugs (songs and rhymes)
 10.45am Callander Library
- Kirk Guild 2.00pm Kirk Hall

Friday 25th

 Callander Health Centre closed for Easter from lunchtime until 29th March

Saturday 26th

 Royal British Legion coffee morning 11.00am venue tba

Sunday 27th Easter Day

 Service on Tom na Chessaig 9.00am Callander Meadows

Tuesday 29th

- Walk in the Park NCR7 at Strathyre 10.20am Meadows car park (car share)
- Library Book Group 2.00pm Callander Library

Thursday 31st

Thursday Club 2.00pm Kirk Hall
 APRIL

Friday 1st

· Ben Ledi View published

March MADness

Prought to you by Callander Enterprise, March MADness is a 'Thank You' from local traders for your support throughout the year. The following businesses and more will be taking part with special discounts and offers from 14th to 18th March. All you have to do is bring along the Mad March Hare in this issue of the BLV!

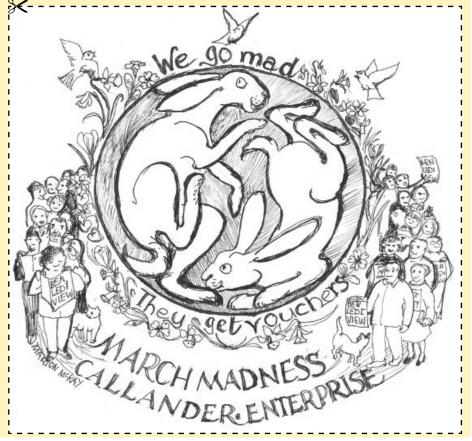
Food & Drink

Achray Farm Shop, Brambles, Bridgend Café, Burgh Coffee House, Callander Meadows, D Campbell & Son Ltd,Ciro's, The Coffee Bothy in the Atrium, The Crown Hotel, Deli Ecosse, Main Street Bakery, MHOR Fish, Riverside Inn, Spiced Delight, The Lade Inn, The Old Fudge Shop, The Waverley Hotel.

Pamper yourself, your home & your car

Andrew Baird Optometrist, James Bayne, Callander Barbers, Creative in Callander, Dreadnought Garage, East End Newsagent, Galleria Luti, Gordon the Barber, I Love Scotland, Jasmine Beauty, Kokosnoot Art & Design, McLaren Community Leisure Centre, Pretty Little Flowers, Rogerson Shoe Shop, Scissor Sister, The Shell Shop, The Washing Well, The Wee Gem.

Details of the offers will be displayed on posters in the Square and individual businesses and on www.incallander. co.uk from 1st March.



BLV Book Club review At Hawthorn Time

Melissa Harrison (Bloomsbury, 2015)

he pastoral genre of fiction is said to give an idealized view of the countryside for urban audiences. One writer describes Melissa Harrison's new book At Hawthorn Time as 'a new kind of modern pastoral: peopled, raw, messy and shining'. Certainly, Harrison's version of rural life is far from idealized. At Hawthorn Time is set in the small English village of Lodeshill. And while the typical features of village life are present the church, surrounding farms, and local pub - these now exist alongside features of modern society. There is a constant hum of motorway traffic. Rubbish now litters local woodlands with old walking routes blocked off and trespasser signs commonplace. Farms are no longer the main local employer, instead taking on casual, (and seasonal usually foreign) workers as required. And a huge distribution warehouse whilst blotting the landscape, provides essential, albeit precarious, employment for the local youth.

The book focuses on four characters that are all connected to Lodeshill in very different ways. Teenager, Jamie, has lived in the village all his life, whilst retirees Howard and Kitty recently moved to Lodeshill from London, in search of a rural idyll. Finally, Jack, a vagrant farm worker, is returning to the village seeking work, as the asparagus season begins. His only wish is to walk the land he was born on, and he arrives in Lodeshill on foot by following the old cart tracks and lost roads.

The story begins with a devastating road traffic accident on a local road. but then the narrative winds back one month recounting the events leading up to this devastation. We learn more about our characters: their lives, their secrets, their desires and regrets. The theme of belonging is central, as they all have different connections to the locale, which to different extents they choose to embrace or reject.

Despite, the complexity of its characters and the messiness of their lives, I found At Hawthorn Time to be a beautifully simple and gently written book. This is likely because of the use of nature to connect and move the narrative along. Our story takes place over one spring month, when nature is emergent and rejuvenating. Each chapter begins with notes from Jack's diaries as he travels around. These notes are barely formed sentences with observations about flowers, insects, animals, weather and birdsong. There is an accompanying small sketch, usually of a plant, a leaf, bud, nettle or dandelion.

At Hawthorn Time is a poignant read and I was still thinking about aspects of the book days later and flicking back through pages to enjoy Harrison's writing. Good books are those that make us look and see the world a bit differently. Certainly, I was walking around our own beautiful countryside and the birdsong in the hedgerows seemed so much louder. So while Harrison achieves a sombre message that humankind can be cruel and selfdestructive, ultimately the seasons and all the beauty that these bring will continue around us, and that does bring some comfort too.

The Year of the Runaways

The book to be reviewed for the next issue is The Year of the Runaways by Sunjeev Sahota. Join us in the book club read and send us your views.

Maggie Magor

Callander Library

Bookgroup

We have a bookgroup which meets in the library and in the library on the last Tuesday of the month at 2.00pm. The books we read are wide and varied; we've just read 'The Moonstone' by Wilkie Collins which is said to be the very first crime novel. If you fancy a coffee and a chat about the latest read, please come along. You can drop into the library at any time and pick up a copy of the current bookgroup book to join in.

Monster Storytime & Crafts

There'll be a monster themed story followed by the chance to make your very own monster on Saturday 27th February at 10.45am. All children aged 3-8 will be welcome.

Easter Storytime & Crafts

Come along on Saturday 19th March at 10.45am and get ready for Easter with a story and some Easter crafts. For children aged 3-8. Fiona Frize

CALLANDER LIBRARY Inonina Houra

Opening Hours					
Monday	10am – 1pm	2-5pm			
Tuesday 10am - 1pm 2-7					
Wednesday Closed					
Thursday	10am – 1pm	2-7pm			
Friday	Friday 10am – 1pm 2–5pm				
Saturday	10am – 12 noon				
Telephone/Fax 331544					

Rusty Strings raise £1,100.00 for 'Kidney Kids Scotland'

usty Strings of Callander raised the magnificent sum of £1,100.00 at this year's annual concert in November, thanks to a very generous and lively audience. Thanks also go to Ian Milligan and Callander Chorale for their interesting and delightful entertainment, and to Andrew Wilson (who has suffered from kidney problems since birth) and partner Joan, who sang beautifully. And thanks, of course, to all the members of Rusty Strings who rose brilliantly to the occasion. In addition to this amazing sum, Carol Gray, from 'Kidney Kids', raised around £200, from her stall

at the concert and sent her heartfelt thanks to Rusty Strings for their superb achievement. Jean Thewlis



Callander Brass

By the time you read this it will seem a very long time since Christmas, but at the time of writing it's not so long ago. Callander Brass had a busy festive season, including a very successful Carols and Coffee morning which raised an excellent sum for our chosen charity and for band funds. That evening we went up to Balquhidder to play at the Christmas Tree Festival in the community hall, where some of the band members were invited to judge the winners in the display of

ingeniously-designed trees. We gave a concert at Callander Primary School on the preceding Thursday of that week which was very well-attended.

The band played carols at Strathyre the following Thursday, and on Sunday 20th December took part in the Nine Lessons and Carols service at St Andrew's Church. Then came the Children's Watchnight Service in Callander Kirk Hall on Christmas Eve, and finally we joined the congregation of Callander Kirk on Sunday 27th for the Morning Service.

After a bit of a break, weekly practices began on Thursday 7th January: 6.30pm in Callander Primary School for the Training Band, and 7.30pm for the main band. We are working on the music for the 2016 Scottish Championships, which take place on March 13th as well as the repertoire for our community concert in May or June - more details in the next *BLV*.

Callander Brass welcomes new players: come along any Thursday evening and see what we're up to!

Alma Cadzow

Join us at the Movies!

allander Film Society's 2015-16 season comes to a close with another six screenings in February and March. The Saturday contemporary movies are shown at Clanranald Trust's St Kessog's in Ancaster Square and the Friday classics are at The Waverley Hotel. All are at 7.30pm and visitors are always welcome, £4 at the door.

On Saturday 6th February, we're showing *Testament of Youth*, a powerful coming-of-age story based on Vera Brittain's WW1 memoir, which was a bestseller on publication and has become the classic testimony of that war from a woman's point of view. That's followed on Friday 12th February with *Footlight Parade* (1933) in which James Cagney plays a stage director who tries to outdo himself with spectacular musical numbers.

The genius choreography of Busby Berkeley is at its peak in this fast-paced musical extravaganza.

The French Canadian *Mommy* on Saturday 20th February tells the story of a widowed single mum caring for her unpredictable 15-year-old ADHD son. As they struggle to make ends meet, Kyla, a strange neighbour, offers her help and together they strive for a new sense of balance.

The latest version of Thomas Hardy's Far From The Madding Crowd on Saturday 5th March is a beautiful recreation of Victorian England, in which the independent and headstrong Bathsheba Everdene attracts three very different suitors: Gabriel, sheep farmer; Frank, a reckless Sergeant; and William a prosperous and mature bachelor.

The Hunchback of Notre Dame (1939) is the classic on Friday 11th March, by far the best of the many film versions of Victor Hugo's famous novel. Charles Laughton's performance as the misshapen bell-ringer Quasimodo is haunting and unforgettable.

Then last in the season on Saturday 19th March is the unique *Wild Tales* from Argentina which was nominated for best foreign language film in 2015. It includes six short stories involving distressed people: inequality, injustice and the demands of the world we live in cause stress and depression for many people. Some of them, however, explode.

Full details online at www.incallander. co.uk/cfs or contact Eammon on 01877 339323. Details of our AGM in May will be in the next issue of the *BLV*.

Drama at Callander SummerFest 2016

hornhill Players are planning to promote a full length play to be presented in Callander during this year's SummerFest. The chosen play is Alan Ayckbourn's 'A Chorus of Disapproval' to be performed at the McLaren Community Leisure Centre. The play setting is an amateur group rehearsing 'The Beggar's Opera' and charts the fortunes and misalliances of a new member to the group with Ayckbourn's usual wit and insight into human relations. This is not a Musical as such but a modern play interspersed with some of John Gay's amusing 18th century songs.

As this will be a bigger production than one group can manage, we are looking for people in the area who want to participate in any way including: acting, singing, prompting, wardrobe, properties, set design and construction, lighting & sound, pianist, choreography, directing, front of house.

Dates for the production have yet to be finalised but will be on two evenings during the SummerFest between 15th and 30th July with rehearsals to begin in April. If you are interested in participating in any way please contact David Moore on 01877 330 511 or davidikmoore@hotmail.co.uk.

Folk Concert

teve Crawford is a singer, song-Writer and guitarist from Aberdeen, who has played and recorded with some of Scotland's finest musicians (including the bands Catford and Ballad of Crows). Together with the fiddler Sabrina Palm from Bonn, who has played Celtic music since childhood and studied Irish traditional music in Dublin, he is returning for a short tour including Callander on Wednesday 23rd March. The duo are giving a concert in St Andrew's Church Hall at 8.00pm and tickets (£10 each) can be pre-booked on crawfordpalm@gmx.de as there is limited capacity in the Hall.

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Baden-Powell Challenge

ongratulations to Marjorie Martin Ifrom 1st Callander Guide Unit who recently completed her Baden-Powell Challenge. This award is given to Guides who have successfully completed a series of challenges and taken part in a Baden-Powell Challenge Adventure. In completing both parts of the Challenge girls will have, among other things:

- Communicated effectively with individuals and groups of both peers and adults
- · Completed challenging tasks and so displayed excellent teamwork. organisational and communication skills
- · Tried something new, beyond their previous experiences, by taking part in the residential event which explored their readiness to do their best at all times



Well done Marjorie. Photo from Yvonne King.

Marjorie is pictured receiving her Award from the District Commissioner, Ann Hale, at a Guide meeting in December. Yvonne King

Royal British Legion Scotland Callander

The A.G.M. was held on Wednesday 16th December in the Masonic Hall. There was a fairly good attendance and 2 new members signed up. The office bearers stood down and most were re-elected with some new committee members.

It was decided that the Branch would carry on fund raising for another year as 2016 is the 90th anniversary of the formation of the Callander branch.

The annual membership fee has been raised to £12. This is decided not by the local branch, but by Headquarters who also wish membership numbers to reach them by the beginning of March. We therefore would be grateful to all those wishing to rejoin, for what may

be our final year, to telephone our membership secretary on 331084 as soon as possible.

We are hoping to arrange a Quiz night in the Masonic Hall for later in February and posters will be in East End News and the Post Office.

Our annual Easter Saturday coffee morning, (the venue for which has yet to be arranged), will be held on Saturday 26th March. Again there will be posters around the town. We hope for the usual good support as these events are our main means of raising funds for ex-service charities.

Kenny Morrison

Callander and West Perthshire U3A

2015 drew to a close with several outings for individual groups but the main event for all members was a Festive Lunch held at Venachar Lochside, with entertainment by the C&WP instrumental group 'Imperfect Pitch' together with the 'Singing for Pleasure' group, along with six young performers invited to attend whose talent was demonstrated on piano, fiddle and by solo singing and Gaelic duets.



The Current Affairs group said farewell to Janet and Mark Shimidzu, who had hosted their meetings at 'Wheels' for several years. The couple were presented with a bench seat to be placed in the garden of their new house which is currently under construction.

All our groups are now back in harness and we are hoping to start a new Yoga group soon. Details of all the groups can be found on our website. Just Google 'Callander and West Perthshire U3A' Marguerite Kobs

Deutschsprachige Gruppe in Callander

Das nächste Treffen der Gruppe wird am FREITAG 19 FEBRUAR um 19.00 Uhr in 'Ardess', 24 Bridgend, Callander stattfinden.Das vorgeschlagene Thema für unsere Diskussion an jenem Abend ist: Was ist in Deinen Augen die größte Bedrohung für die Menschheit? Sei bitte fertig, Deine Antwort zu begründen!

Wir werden uns auch wahrscheinlich, wie gewöhnlich, mit einigen Wortspielen beschäftigen. Alle Vorschläge für zukünftige Diskussionsthemen wären auch gerne empfangen.

Alle sind herzlich willkommen, die sich für die Gelegenheit interessieren, mit unserer Gruppe auf deutsch zu unterhalten. Die Teilnehmer sind sowohl Schotten (und Engländer) als auch Muttersprachler, die hier in Schottland wohnen.

Falls Ihr Fragen dazu stellen wollt, ruft bitte Jen Shearer, 01877-330446 oder 07710-232908(Handy) / oder Mehta 01786-473768 Peter oder 07950-046913 (Handy) an. Email: ienshearer@gmail.com. Wir freuen uns darauf, Euch alle am 19. Februar wieder bei uns begrüßen zu dürfen. NB Alle Teilnehmer sind gebeten, sich im Voraus bis Dienstag 16. Februar bei Jen anzumelden, damit es genügend Kuchen gibt!

PS Zu Eurer Kenntnisnahme: Das übernächste Treffen findet am Freitag 11 März 2016 statt. NB Bitte sag Jen für jenes Treffen bis Dienstag 8 März Bescheid, wenn Du mitmachen wirst. Dafür wird das Diskussionsthema im Voraus in einer Email angemeldet werden. Jen Shearer

Chas

Thanks to Callander Co-operative who allowed us pack bags just before Christmas and raise £325.

Fiona House, 330103.

Come and join us!



Callander Writers' Cooperative is a small group of aspiring writers who get together on Tuesday mornings to spend a

relaxed couple of hours, writing and discussing our work - a wide variety of short stories, articles, essays and poetry. Two of our members have also written novels already! We are a friendly bunch, who offer each other

constructive criticism (when invited to) and periodically we bring in an expert tutor, to offer new ideas, inspiration and guidance. Over the last 6 years, we have published 3 compilations of our work, and are planning a fourth in the coming year. Most of us were very new to writing when we first joined the Cooperative and all of us have found it to be a stimulating and supportive environment, which encourages us to put pen to paper (or fingers to keyboard).

We are always ready to welcome new members, so if you are already writing - or have ever contemplated giving it a go – why not come along and meet us? If you are interested in finding out more, please phone our Secretary, Jen Shearer, on 01877-330446 or 07710-232908; or simply come along to the room above the library in Callander, at 10am on a Tuesday morning. You will be assured of a friendly welcome and a cup of tea or coffee (and sometimes we even have cake!) *Jen Shearer*

The Scrabble Group

The group is now meeting in the Waverley Hotel, Main Street, near the corner of Church Street. We meet at the same time as always, 2.00pm on the first and third Monday of the month. Anyone is welcome to join us there, however inexperienced; we all had to learn sometime and more learners mean more players. The only financial obligation is to buy a cup of tea or coffee from the Hotel at half time so do not be afraid to come, you are welcome.

Marion McKay

RNLI Trossachs Branch

Supporters are cordially invited to our Savoury Supper being held at 7.30pm on Friday 26th February at Callander Youth Project, Bridgend, Callander. As ever there will be a generous buffet, speaker, raffle and Lifeboat souvenirs. Tickets at £12 may be obtained from the Hon Sec-01877 331429 or any committee member.

Dudley Robertson Hon Sec.

British Heart Foundation

We would like to offer a huge thank you to the customers of our British Heart Foundation Shop in Callander who helped the shop team raise a fantastic £499 in their annual festive raffle. The local winner was delighted with their M&S goodies.

Thank you for your continued support in 2015. Senga, Bob and the team are looking forward to serving you all again in 2016 both as customers and as donors of your unwanted things.

If you are having a clear out in 2016, why not call us to arrange a free collection or drop your bags to our Main Street shop and receive a warm and friendly Thank you in person, from our wonderful Callander team.

Dionne Jones

BHF Edinburgh to Glasgow Trek

On 30th-31st July, the BHF is bring back the 100k trek, non-stop in 30 hours. Entries are now open so for further information and to sign up please visit bhf.org.ukG2Etrek. Entry fees: £50.00 for adults and young people aged 16 or over. To register call 0845 130 8663 or email events@bhf.org.uk

Big Band Night

On 28th August, Lodge Ben Ledi organised a Big Band night in McLaren High School Hall to raise funds for the Callander Churches. An audience of 140 enjoyed dancing to the music of Glen Miller.

Many thanks to the Royal British Legion musicians who gave up their time to entertain us all and the people of Callander for their support. As a result all three churches were given donations of £1000 to support the great work they do.

Sandy Campbell

Forth Valley U3A

Have you driven past the Engine Shed in Riverside recently? Have you thought to yourself, 'What is happening to that building?' Colin Tennant of Historic Scotland will tell us of the exciting developments of The Engine Shed. Join us at the Mayfield Centre, St Ninian's, Stirling on Friday 4th March at 2.00pm. Learn some more about what Historic Scotland is doing

Graham Stewart, the Dunblane silversmith will be talking about his work on Friday 19th February at the Mayfield Centre in St Ninians at 2.00pm.

After the meetings you can discover

more about the U3A whilst enjoying a cup of tea or coffee (with delicious home baking) and chatting with some of the members. For further information please contact the Membership Secretary on 01786 822062 or the Interest Groups' Co-ordinator on 01786 814681 or www.forthvalleyu3a.org.uk

Margaret Blue

Horticultural Society

After an excellent attendance at the A.G.M. last year, the Flower Show went ahead in August and was a great success. New committee members appointed at that A.G.M. have added great strength to the organisation, as have many new helpers at the time of the Show. Strong support at the general meeting is essential to ensure the future of the Society, and we ask once again for this encouragement. The date will appear in the local press and in shop posters. We look forward to seeing you.

Robert Vanhegan, chairman

Callander Photo Club

Please join us for our next meeting of Callander Photo Club to be held Wednesday, 10 February at 7:30 pm at the Waverley Hotel on Callander Main Street. All are welcome. Members £1/Guests £3. Please bring your camera, tripod and a wide-angle lens for a workshop on photographing smoke.

The photo word for February is 'NEW'. For more information and send your photos (no more than 4) to callanderphotoclub@gmail.com

- See us on facebook at Callander Photo Club.
- · March meeting 9th March
- · March photo word 'CIRCLE'

Eammon O'Boyle

The Craigard Club

This Senior Citizens' Social Club has now resumed its activities for 2016, meeting from 10.00am until 1.00pm on Tuesdays and Fridays in Callander Kirk Hall. Morning coffee / tea is available until 11.30am and lunch is served at 12noon. Table games are available e.g. Scrabble and Rummikub, and there are carpet bowls for the more active members. We catch up with local news, chat and generally put the world to rights.

If you would like to come but need transport to get to and from the Club this can be arranged.

For further information please contact Jean (330867) or Alena (330236) - or just come along and meet us, we will be very pleased to welcome you.We do not meet during the school holidays. this term that means no meeting Tuesday 9th and Friday 12th February Alena Watt, Secretary

Thursday Club

This Senior Citizens' Club meets every second Thursday from 2.00pm to 4.00pm in the Library Room in Callander Kirk Hall. Our next meeting is on 4th February. We play table games from 2.00pm until approximately 3.00pm when we stop for afternoon tea. After tea there is usually an entertainment or a guest speaker - or even just time to catch up with each other! - until 4.00pm.

For further information please contact Jean (330867) or Alena (330236). Alternatively just come along and join us, we will be very pleased to wecome you.

Alena Watt, Secretary

Callander & District Arthritis Club

Our February meeting, on Tuesday 16th February is our Swishing and Games Night. Start looking out those things you would like to swap! In March on Tuesday 16th Ann Scott from Dunblane will be telling stories of growing up in Glasgow. That should be interesting. Both meetings will be in Callander Kirk Hall and will start at 7.30pm There will be refreshments and a raffle. Visitors are always welcome.

Fional Snow Secretary

Callander and West Perthshire Rotary Club

The members of Callander and West Perthshire Rotary Club wish all our supporters a happy and prosperous 2016 and thank them for helping us throughout 2015.

On Thursday 26th November six pupils at McLaren High School competed in the Rotary Young Chef competition. They were asked to produce a two course meal from scratch in one and a half hours. The panel of judges, led by Callander Meadows chef Nick Parkes, was hugely impressed by the standard of food produced. The winner was De Lo (S6), whose menu was: A Trio of Paper Wraps filled with Minced Pork, Rice Noodles and Seaweed, garnished with Wasabi Mayonnaise and sweet Chilli and accompanied by a Vietnamese dipping sauce followed by Coconut and Lime Cheesecake flavoured with Matcha Tea Powder. He will now progress to the Rotary District Final in February.



On Saturday 28th November, our members manned a Lucky Christmas Trees stall, in pouring rain, sleet and snow, as part of Callander's Winterfest celebrations. We extend our warm thanks to the people of Callander for turning out, despite the awful weather. The event raised £125 for our charity fund, which we distribute periodically to local and national charities.

At our Christmas party in Callander Golf Club we were pleased to present awards and certificates to the winners of this year's Primary School Christmas Card Competition.



Some of the winners of the Christmas Card competition.

The judges commended the high standard of all the entries. Choosing the winners in the Primary 6/7 category was particularly challenging, as we clearly have a lot of artistic talent in our local schools. Pictured are the prizewinners (from left to right): Keira Little, Ciara

Dillon, Tom Campbell, Isla Trainer, Roberto Mackenzie, with Club President, Mark Wallace. Not in the photo because they were away at the pantomime that night were Jack Campbell, 1st prize winner in the Primary 6/7, and Ciana Mackenzie, who won our first ever Christmas Poetry competition.

Our annual session of bag packing at Callander Co-op raised £595 for our charity funds thanks to the shoppers and the Co-op staff.

The first event of 2016 is the Sponsored Swimathon at McLaren Community Leisure Centre Saturday 20th February 2016 from 10.00am until 2.00pm. Come and join us to have a lot of fun raising money for your Club, School, or Charity. Teams of six will swim in relay, so you don't need to be strong swimmers. Swim as many lengths or widths (young children) as you can in half-an-hour. If you'd like to register a slot for your team, please send an email to swimathon@ callanderandwprotary.org

Entry Fees go directly to our Rotary Club's Charity fund:

- £2 for young children swimming widths
- £5 for Under 18s swimming lengths £10 for 18 and over swimming lengths

For more information see www. callander.rotary1010.org:or Facebook. Meetings are Tuesday evenings at the Waverley on Main Street; please contact Jen Shearer on 01877 330446.

Derek House

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Let us know what's going on. There's lots of ways to get in touch.

Email: benledionline@gmail.com Facebook:www.facebook.com/ BenLediView

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Callander Medical Centre Both Practices

Training

The surgeries and community nurses take part in various training programmes throughout the year. This is to meet the educational and training needs of all members of the practice and nursing team.

The next training afternoon will provisionally be on:

- Thursday 18th February 2016
- Tuesday 15th March 2016

Both practices and community nurse clinic will close at 12.30pm. We hope that emergency cover will be provided by NHS24 for nursing and GPs, however, this will not be confirmed to the practices until nearer the time.

In the event of an emergency, please telephone NHS24 on 111.

On that afternoon, please do not contact the surgeries for repeat prescriptions or for appointments.

Bracklinn Practice

Easter Closure

The practice will close from lunchtime on Friday 25th March and re-open at 8.30am on Tuesday 29th March. Clinics will operate as usual in the morning of the 25th March.

If you require urgent medical attention during the Easter holiday when the surgery is closed, please contact NHS24 on 111.

Telephone Appointments

The practice will be trialling a telephone appointment system during February/ March. There will be a range of 5 minute appointments during each day. When you ring the practice to speak to a doctor for results or advice you will be given an approximate time when they will contact you. We hope this trial will make it easier for you to prepare for the call, and avoid the doctors contacting you after the surgery has closed. We are aware that if the doctors are called away to an emergency or during busy times a structured appointment system may not work, however the

receptionists will endeavour to ring you and re-arrange the appointment. During this trial period we would be grateful for your feedback, and thank you for your co-operation.

Is yoga for me?

loga can mean many different things to different people. Its history and roots stretch back to Ancient India and sometimes it has an air of great mystery and of being only for the chosen few. However, at its heart it is a system for improving your physical, mental and emotional well-being and can be taught in straightforward, uncomplicated that is accessible to everybody. Yoga can be translated as 'union' and specifically the bringing together of mind, breath and body. Focussing on your breathing and what you are doing during movements and postures (asana) brings calmness to both body and mind as well as improving balance, flexibility and strength. Not every yoga class is right for every person. Classes can range from a demanding physical workout to a relaxing stretch without strain so it's a good idea to chat with the teacher to find out what the class will be like and whether it will suit your needs. In Callander the Hatha yoga classes available are suitable for the majority of people and consist of gentle warm ups, stretches, sequences of movements and asana (poses). Please contact us or see the What's On page for more details.

> Julia - 07866153328 Jean - 07765595248



The next Scotblood visit to Callander is Monday 7th March 4.00pm-7.30pm. Callander Kirk Hall. Please come along and give blood for this vital part of the NHS.

Sugar pester power

Parents are leading the way in the fight against increasing childhood tooth decay with almost half of them supporting sugar-free treats.

According to an online poll by the British Dental Health Foundation, parents are fighting back with almost half of those surveyed saying they would prefer to give their children sugar-free sweets as a healthier alternative.

This decisive action could be in response to statistics revealed earlier in the year which showed 26,000 primary school aged children were admitted to hospital due to tooth decay in the last 12 months – and it is the single biggest reason for having to have general anaesthetics.

Sugar-free sweets are a great way for us to soothe our children's sweet tooth without risking their dental health. We would also advise whole fruits, as opposed to dried fruit which can be as damaging as sweets, as a great source of natural sugar and which also provide many essential vitamins and minerals.

Tooth decay happens when sugar reacts with the bacteria in plaque. This forms the acids that attack the teeth and destroy the enamel. After this happens many times, the tooth enamel may break down, forming a hole or 'cavity'. Tooth decay almost always leads to fillings and can even lead to teeth having to be removed. Early tooth decay can have no obvious symptoms, but your dental team may be able to spot a cavity in its early stages when they examine your teeth. This is why you and your family should visit your dental team regularly, as small cavities are much easier to treat than advanced decay.

We need also to be aware of hidden sugars in our food and drink: make sure that you check the ingredients closely,

Ensuring that we brush our teeth last thing at night and at least one other time during the day with fluoride toothpaste is the first step in combating tooth decay. Visiting our dentist regularly will allow us to stay on top of any potential problems too.

Walk in the park

We Walk to Feel Fitter



Looking Back

t the end of 2015 we celebrated with a delicious Christmas meal served by the wonderful staff of the Old Bank Restaurant. We enjoyed the company of other walkers who take part in either the main walk on a Tuesday morning, the evening walks in the summer or the Strength and Balance sessions on a Tuesday afternoon. The photo taken by Cathy is of some of the walkers who attended the lunch. A big thank you to the staff at the Old Bank and to all the walkers for making this event so special.



Christmas lunch being enjoyed by the walkers. Photo by Cathy Scott.

Looking Forward

After a wee break over the festive period the walking group and the strength and balance sessions have now started up again. Weather permitting, we will continue with the schedule during February and March looking forward to the better weather in the Spring and Summer when we hope to include in our programme outings, picnics, special walks and events. Information about these will be given in the BLV, so we will keep you posted on this page.

If you would like to take part in one of our walks, come along on a Tuesday morning, meeting at 10.20am. Please see the schedule for more details. Walks lasting 10-45 minutes are on offer so if you want to build up your fitness gradually come along and join in. Our Volunteer Walk Leaders will walk with you at a pace that suits you on the day. Walk in the Park also hold a session of Strength and Balance exercises in the Fire Station from 2-3pm on a Tuesday afternoon followed by a short 10 minute walk called Step in the Right Direction.

If you have any questions about joining in any of our walks or exercise sessions please contact the Walk in the Park Coordinator - Cathy Scott 01877 330055 or 07852 334272 or send an email to: cathy.scott@lochlomondtrossachs.org

Walking helps with SAD

or those who find winter a depressing time. mγ would be to get walking. Walking has many benefits for our health but less frequently discussed is how it helps us remain positive and happy. In fact, walking has been shown to reduce the risk of developing depression by 20%.

Walking for just part of the journey to work can significantly boost our happiness levels, which is especially important during the winter months when many of us get up, travel in the

dark and can find it hard to incorporate activity into the day. It stimulates endorphins, which help to improve sleep quality and reduce feelings of stress.

Walking is free, accessible and easy to build into everyday life. Research suggests that active people are 30 per cent less likely to feel distressed and 30 per cent more likely to experience enhanced levels of wellbeing.

Tompion Platt, Head of Policy and Research at Living Streets

Cook's Corner

by Audrey Corrieri

February/March

LEMON and RASPBERRY YOGURT LOAF CAKE (Serves 8-10)

Ingredients:

250g plain flour 2 level tsp baking powder Pinch of salt 275g caster sugar 25g ground almonds 120g softened salted butter Zest of 2 unwaxed lemons 115ml Greek yogurt 2 large eggs, beaten 200g fresh raspberries or 250g frozen, defrosted on kitchen paper 3 tbsp Demerara sugar

Method:

- Preheat oven to gas no. 4, 180c, fan 160c and line a 900g loaf tin with nonstick parchment. Sift the flour, baking powder and salt into a large mixing bowl. Add the caster sugar, ground almonds and butter, rub in with your fingertips until the mixture resembles breadcrumbs. Add the lemon zest, pour in the yogurt and beaten eggs and stir to combine.
- Fold in the raspberries very gently. Spoon the mixture into the prepared tin and level out the surface. Sprinkle the Demerara sugar evenly over the top.
- Bake for 45 minutes-1 hour, until the cake is well risen and golden brown and cooked through. Remove the cake from the oven and set aside to cool for 15 minutes.
- · Remove from the tin, peel back the baking paper and allow to cool fully on a wire rack.
- · Cut once cooled and store in an airtight container. Best eaten fresh, but will keep up to five days.

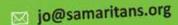
TALK TO US

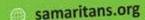
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Secret Callander - the battle of Callander

t was the mid 17th Century and civil war was raging across the country between the Royalists and Covenanters when a skirmish was fought at Callander.

In 1645 the Campbells of Argyll were harassing the McGregors and McNabs at Castle Ample for their allegiance to the Royalists. The response to this was a force of 700 Atholl men, led by Inchbrackie, attacking the Campbells. Hearing of their approach

the Campbells hastily retreated southwards but were forced to give battle here at Callander.

The Campbells made a stand to the east of Callander at a river crossing over the River Teith. Inchbrackie sent 100 men to attack the Campbells leaving the rest of his force to ford the river higher up near the present day bridge and attack the Campbells from the rear. The Campbells were taken by surprise at the two pronged attack and

had to break ranks and flee, leaving behind 80 dead men. Inchbrackie's men pursued the Campbells but because of their ten mile march in the morning were unable to take the pursuit far.

The surviving Campbells fled towards Stirling to try and find safety.

Marion Wilson

I wonder if any of our readers know the location of the ford across the Teith?

Local lads leaving for war service, marching up Station Road



In the last issue, we asked you if anyone knew the date of this photograph, supplied by Margaret MacDonald of Bracklinn Road and we received three interesting replies.

am fairly certain it was taken on the 5th August 1914 just slightly more than 24 hours after Britain had declared war on Germany. The soldiers in the photo are a contingent from Callander of the 6th Territorial Battalion the Black Watch. The Officer leading the soldiers was Lieutenant L.F.Burgis who had been Private Secretary to the 2nd Viscount Esher. The soldiers were on route to join their battalion at North Queensferry who were there to guard the Forth Rail Bridge against enemy action. The 6th Black Watch arrived on the Western Front on the 2nd of May 1915 and took part in nearly all the major actions of that war from 1915 to 1918. Sadly some of the soldiers in the photo made the supreme sacrifice and now rest in the fields of France and Flanders.

R.J.MacFarlane

argaret MacDonald's recollection V that the original caption showed September 1914 is almost certainly correct. The clue is the uniforms, especially the rather extravagant sporrans, which are clearly designed for parades in peace rather than service on the Western Front, where khaki aprons would be worn over the kilts. The lads are probably members of the Territorial Army - the equivalent of today's Army Reserve. If they had been volunteers who had responded to Kitchener's call to join up they would not have been issued with uniforms until they reached the barracks in Perth or Stirling.

According to the history of the Black Watch, the Territorials were sent to camps in September 1914 for additional training before going overseas early in 1915.

George Peden

A lex Walker has sent in a note identifing some of the 'Callander contingent of the Black Watch leaving for France in 1914.'

- Captain Burgess
- · John Sinclair
- · Dan McNiven
- · Eddie McAlpine
- A McAlpine
- · Archie McKinnon
- Duncan McArthur
- Walter McCaskill
- · ? Robertson
- Duncan Ferguson

In the background is Cram's Bakery and Tearoom.

Alex Walker



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Callander Primary School

allander Primary has a monthly ✓ Citizenship programme where pupils from all classes join a specific citizenship group and work with pupils from all the other stages. The purpose of the citizenship groups is to develop team building and collaborative skills amongst the children as well as to strengthen the social cohesion of the school by getting pupils from different stages to work together and develop new relationships. Each group is taken by a member of staff in Callander

Mrs McGee takes the China Group. The children learn about the country of China, the language and customs. This month, the group will be learning about the Chinese New Year, which takes place on Monday 8th February and this will be the Year of the Monkey.

Mrs Starkey takes the Healthy Eating Group. The children have been looking at healthy alternatives to celebration treats. So far they have looked at Hallowe'en treats and Christmas treats.

Mrs McQue takes the Around the World in 8 days Group. They look at various places around the world. They have just finished looking at Australia and the Great Barrier Reef and will be looking at Italy next, with a visit from a parent of Italian origin.

Mrs Harvey works with the Sports Leaders Group. The children are learning how to be motivational sports leaders and have been doing various team



building activities with help from Active Stirling. The children plan to organise lunchtime sports sessions for pupils.

Mrs Wallace takes the School Parliament and Fundraising Group. The school parliament is way for the children to have their views and ideas heard in the school. Each class has a school parliament sheet which they use to put down their ideas. The fundraising group is looking at the forthcoming British Heart Foundation Skipping Challenge.

Jacqui takes the Fair Trade Group, promoting the use of fair trade products in the school. They are planning for the forthcoming Fairtrade fortnight, with maybe a smoothie bar.

Ms Muir takes the Gardening Group. They are responsible for maintaining the school garden as well as planting fruit and vegetables in the outdoor planters that are harvested and used in the school kitchen.

Mr Shearer is in charge of the Playground Buddies Group. The children choose a selection of games that can be played in the playground and then they organise other children to participate in these game during lunch and playtime.

Mrs Bell runs the Callander Action Team (CAT) Group. Their focus is in reaching out to and supporting the wider community. Their most recent activity was to make table ornaments and party hats which they took up to Ashwood Residential Home for a shared Christmas Carol Concert.

Mrs Hutton takes the First Aid Group. The children have been looking at common injuries like nosebleeds as well as the recovery position, how to do a proper bandage and the right way to contact the emergency services.

Mrs Scott takes the Citizen Science Group. The group has already carried out a Tree Survey of the school grounds as well as a soil survey of the school garden. They are currently looking at the possibility of implementing a pollination programme to help with the dwindling population of bees.

Mr Craven is in charge of the Ben Ledi View Group. The children in this group are responsible for sharing information on the school and the various activities and initiatives the children participate in, both in their classes and as members of the Callander Primary school community.



hese are the exciting events that I have done in the recent past.

The most exciting thing that I have done is go to the badminton competition with the school club set up by Active Stirling. We all participated in 4 single matches and 4 double's matches with

the same partner each round in the doubles. The best achievement that the club got was Kayleigh Mcalpine and Ruby Campbell getting to the girl's double finals. In the boy's doubles I was paired up with Reuben Andrew because before the competition we got training 'tests' and the coaches said that me and Reuben were equal with power, accuracy and aim. The winners were Doune badminton club which had been training for MONTHS!

The next most exciting event that I have done is with the CYP (Callander Youth Project) when we got to go to Landmark, Inverness. It was a painful 3 and a half hour journey with the singing p6s and 7s but it was worth it because in the end we got to go into a building of confusing optical illusions,

go on an almost vertical water slide and work our way through a terrifying maze. In the maze there was a cave supposedly filled with cavemen and a water tipper that had a little sensor on it and if you were having a very bad day you might have wet clothes to walk around a 2 mile adventure park.

Matthew Morrison, age 10.

Want to win a £25 voucher?

The BLV invites anyone aged 18 and under to send in an article and if we publish it, you will receive a voucher for £25. The article can be a music review, reporting on an event, a short story - anything that our readers will enjoy. Please send it to editor@benlediview.co.uk.

McLaren High School

Carmen Outing

On Thursday 12th November the Higher and Advanced Higher Music enthusiasts took an evening trip to the Edinburgh Festival Theatre for the Scottish Opera's 'Carmen' after studying operas as part of the Higher course. Everyone was in very high spirits even though the weather appeared the opposite, with torrential downpour and upturned umbrellas. However after a filling meal in Frankie and Benny's, everyone was warm and ready to settle down and enjoy the show.

'Carmen' is a passionate love story, and one of the most popular operas with well known songs such as 'Habanera' and 'Toreador's Song'. Set in Seville, the dramatic opera tells the story of Don José, a soldier who falls for the charms of the young and flirtatious gypsy Carmen. He, however, is not the only one, as Carmen soon falls for Escamillo, a bullfighter, and when Carmen eventually chooses who she really loves, the opera comes to a shocking and tragic climax.

'Carmen' was hugely moving and shocking, and everyone thoroughly enjoyed the experience of seeing something we'd learned about brought to life.

Finn Newton S5

Bugs and Beasties – part of the S1 Challenge

Day 1: Mr Williamson and his group of S1s went to Lochend Chalets and helped to make some bug and beastie hotels. First we went foraging for sticks, moss, bamboo, acorns, pipe, bark and lots more. After we had collected all the bits we needed for our 'hotels' we put them under a shelter and headed to see where our boxes would go. Then it was time to go back to school.

Day 2: The next week it was time to make our bug hotels. We were told to pair up and some people had to go in threes. Then we were told what kind of box we were to make – pipe or normal. Two groups made pipes and the rest made normal. After we showed Mr Williamson our diagrams we were allowed to get the things we needed to make them. We assembled the boxes layer by layer until we were done. Once we were all finished we headed

outside to place them on the stand. They all slotted in perfectly together and we all smiled and said thank you to the people from Lochend for helping us and letting us go to the chalets for our S1 Challenge.

Katie Davidson S1

National 5 Geography Excursion



On Wednesday 18th November Mr Williamson, Mrs Drysdale and this year's National 5 Geography class boarded a coach bound for Glasgow. Before we got off the bus at Glasgow Green Mr Williamson organised us into two groups. At our location on Glasgow Green we undertook our first Environmental Quality Index Survey. We walked to London Road to execute a Traffic Survey, then continued walking to Trongate to undertake our first Shop Quality Index Survey. We carried out Environmental Quality Index, Traffic and Shop Quality Index Surveys for a few more locations, ensuring that each time we recorded our results carefully. We were glad to stop for lunch! We crossed the 'Worm' to continue surveys at the SECC and Hydro area. Finally we crossed the Clyde to the Science Centre where we waited for the coach to arrive to pick us up. Robbie Horrocks S4

Duke of Edinburgh Ceilidh

The McLaren D of E Group held their annual fundraising ceilidh on Friday 20 November. The event was very well attended and the dance floor was very busy as people enjoyed the music from Ian Milligan's band. Thank

you to everyone who supported the evening including local businesses who donated prizes for the raffle and silent auction. A fantastic total of over £1,100 was raised which will assist in purchasing equipment and assist in the costs of running future expeditions at Bronze, Silver and Gold level.

Zoolab Visit to S1

The first animal we saw was a millipede called Mildred – all of the animals had names! Mildred is 4 years old and has 240 legs. A millipede can grow up to a foot long. She has an exoskeleton as she is very soft and squidgy inside. We were able to touch her – she can't move very fast but can dig burrows which she hides in if she can sense danger. Mildred eats bark and leaves.



The second animal we were shown was a tarantula called Peek-a-Boo. She was named this because she covers her eyes with her legs and thinks that no one can see her. We were not able to hold her but we could touch her legs. She was a trap door tarantula and eats most insects.

As well as learning about the animals that Kayleigh brought in she also told us about environmental issues that can harm the animals. One of them is acid rain which is caused by burning chemicals to make electricity. This is extremely harmful to animals especially in the rainforest. She also told us how important recycling paper is To make paper we have to cut down trees in the rainforest which is where a third of our animal species live. I really enjoyed seeing all of these animals and learning all about them.

Katie O'Brien S1

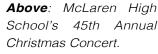




Above: Charlotte Scott, Megan Milligan and Natalie Klaes (all S3) visit Ashlea House to entertain the residents.

Right: Innes Manders. Reuben Dimmer (S2), Niamh King, Jamie Milne and Saffron Paterson (S3) and De Lo (S6) take part in the Young Rotary Chef competition.

Below: At the Bugs and Beasties Hotel- part of the S1 Challenge.



Thanks to Yvonne King for sending the article and all the photographs.

Below: Lots of fun at the S3 S4 Christmas dance.





Useful Telephone Numbers

Emergency Services: 999 Callander Police: 101 Callander Fire Brigade: 999

Local Council Office & Registrar: 01877 330044

Social Work: 01786 471177 Post Office: 01877 330267

Doctor's Surgeries

Drs Scott & Strang: 01877 331001 Drs Mathewson & Gibson: 01877 331000

Health Clinic: 01877 330150

Callander:01877 381213 Doune: 01786 841304 Dunblane: 01786 824400 Schools

McLaren High: 01877 330156 Callander Primary: 01877 331576

Rail Enquiries: 0845 7484950 Bus Station (Stirling): 01786 446474 Travel Line Scotland: 0870 6082608

Recreation

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330342

Stirling Council Main number

08452 777000 Functions as emergency number from 5.00pm to 9.00am and over weekends. Also use for non collection of wheelie bins Floods & Environment

SEPA emergency: 0800 807060 SEPA website: www.sepa.org.uk/

flooding/index.htm Floodline: 0845 9881188

Select option 1 followed by: 06213 121 (the Teith at Callander) or 06213 123 (tributaries upstream)

Scottish Water emergency information re

flooding from mains or sewers: 0845

6008855

Callander Community Flood Action Group helpline: 07580 601142

Stirling Council Main number 08452 Sandbags and grit (Lagrannoch depot): 01877 330492

34 Announcements and Letters

If you wish to put a personal message in the BLV, please note we need your name, address and phone number (we will only print your name) with your message. There is a small charge (£5) which must be paid in advance, so please leave a cheque with your message at the Library or McLaren Community Centre (cheque payable to the Ben Ledi View Community Newspaper SCIO). Thank you.

Thank you

Thank You to Angela Higginson, Ronnie Maclean and the young lady who stopped and got out of her car to help me after I had fallen in Bridgend. Good Samaritans all three. Fortunately I suffered no injury except to my dignity.

John Cummins

Christmas Party thanks

This year, the Pensioners' Christmas Party was held, for the first time, in the Callander Youth Project and was a great success, enjoyed by everyone.

I should like to thank the following:

- Campbell's Shortbread
- · Callander Round Table
- · Callander Community Council
- The Stirling Family
- · Killin N.R.T.
- Everyone at the Youth Project (It was good to see the young helping the 'old'.)
- Jimmy Douglas and all the community helpers.

Well done to you all.

Mike Luti

Dear Friends,

I wish to thank everyone: doctors, nurses, reception staff and all the family for their kindness during my illness. And thank you everyone for all the cards. It is nice to know that there are so many caring people in the Callander area.

I. Conroy



Letters

Cycle Route 7 - treasure or embarrasment?

When the Callander to Kilmahog Cycle track was first built by Sustrans many years ago I had the privilege, as a Ben Ledi correspondent, of writing an article on the completed route. When opened, the route was the equivalent of a cycle motorway, with its wide path, even surface and many features.

However, one nice sunny day at the end of August (yes there was one), while walking out to Kilmahog and recounting that article, I suddenly realised how far the route had degenerated from its 'glory days' into what is now a 'single path with passing places' and all those features gone.

It would appear that no maintenance has been carried out on the route since opening day (or grass cutting), allowing the vegetation at the once edges to start to reclaim the path and form a basin for the retention of water, resulting in muddy puddles. The ingress of vegetation in places is such that the path is down to about 2 feet, therefore I had to stop walking and 'pull into the side' to let other people past. This became a wee bit dangerous when bikes wanted to pass, as my ears aren't so good nowadays and I wasn't alerted to their approach.

I do remember a few years ago, pushing my father in his wheelchair along the route, which effectively 'blocked' the path for others to use, thus resulting in me having to push Dad into the vegetation to allow for passage.

I remember that the path was for a mixture of walkers, cyclists and a bridleway – perhaps then, but not now, too dangerous in places this time of year.

So how do we return this 'single path with passing places' back to its 'motorway' standard and return this once great treasure back to the people of Callander? – Who is responsible for maintaining it? – Mr Nobody I presume! – or is it to continue as an embarrassment until nature finally has its natural way?

John W Russell, Callander

Canopy over Ancaster Square

I was dismayed to see the artist's impression of the canopy intended for the Square (BLV Dec/Jan issue page.3). Not only is it very ugly but the style is totally out of keeping with the architecture of the surrounding buildings, and it would destroy the view of St. Kessog's.

At first I thought it was an April Fool style joke. Apart from the total lack of aesthetic sensibility shown such a canopy would also be impractical. It might well shelter a performing group in the rain (provided it was not the horizontal rain we often experience) but any audience would be left exposed. Much better to

design some sort of tasteful, unobtrusive shelter over some of the benches to increase the comfort of those who use them.

I hope the public will be given the chance to vote on any proposal: no doubt public money will be used to erect it.

Peter Ireland



The shape of things to come? An artist's impression. Photo supplied by Dick Johnson.

Having read the article in the last *BLV* about the proposal of a canopy in Ancaster Square, I wanted more information so I emailed some questions to Richard Johnson, the chairman of the Callander Community Council. Below are my questions and his answers which I hope others will find interesting.

- · Is it a permanent structure? Yes
- · How much will it cost to erect? Not answered
- What are the running and repair costs? Maintenance costs are minimal.
- What is the life-time of the canopy? Life time is long, around 20 years.
- How will construction costs be funded and how will on-going costs be funded? Funding through airtricity.
- How does it work with the Christmas tree? Tree will be in front of it.
- What happens in storm force winds? Designed to withstand high winds.
- What happens in torrential persistent rain? Rain drains off canopy to the corners.
- · Will it be vandal-proof? Yes
- What is the basis of the business case? To create shelter for performers, stalls etc
- How will consensus be reached in Callander? We have discussed this at several public meetings and now via BLV, a large majority in favour.

 Sue King

I wrote to the community council many years ago suggesting the installation of a canopy of some sort for Ancaster Square. I've been pleased to hear that the deliberations over this idea were moving forward during last year. Sadly, I have to express concern having seen the rendering of the proposed sail in the Christmas edition of the *BLV*. While it's great that something is finally being put in place to help make The Square a venue where events might be planned and advertised in advance regardless of the unpredictable

weather we experience 12 months a year, I have to say that the drawing in the paper does not amount to what I'd say was an actual, useful investment. Has any sensible consideration been given to what could actually take place in the shelter of this cover? I'd say a bottle stall might fit under it, probably the boards for Liz Campbell's dancers and possibly at a squeeze a musical group such as Callander Brass. However, where does this leave those watching, and, more importantly, how does this space actually work with even a breath of wind blowing the rain about?

It's a shame that we appear to be looking at a token gesture towards what ought to be the aim of making the square a more functional public space, one which will, in my considered opinion, only serve to delay further the planning and implementation of a real solution to the issue of drawing people out to support both businesses and local causes or organisations. For what it's worth, my view for the future of Ancaster Square features a plexiglass (or similar) canopy stretching from pavement to pavement (east/west) and kerb to steps or even St Kessogs front (south/north). This would, with minimal visual impact, provide an open space where local businesses might be encouraged to run, for example, outdoor dining, street markets, entertainment etc throughout the year, providing a true focal point for a village which is currently dying on its feet (if the number of empty store fronts on the Main Street is any indication of health). I appreciate that this is a radical plan and that there are serious cost implications (which I'm sure are not insignificant with even the current scheme) but what's the point in aiming small and throwing money into something which would appear to be quite unfit for purpose at best and a complete folly to the more realistic eye?

I hope that my sentiments are not misread as unsupportive, as they are intended to provide a carefully considered evaluation of what appears to be a well intended but seriously flawed plan. I trust that the right solution for the town, its businesses and people can be delivered and wish you well in your efforts to secure such.

Ken Milligan

Disabled parking

I am disabled, and dismayed that there is not a single parking space for the disabled in the whole of Callander's Main Street. They are tucked away in side streets often quite a distance from the centre of town.

I try to live an independent life, but I am unable to visit my bank or solicitor, the pharmacy or the optometrist. All these venues are situated in the area between Ancaster Square and Cross Street, so if able-bodied motorists were gracious enough to relinquish one (even better, two) parking spaces for disabled drivers, it would make a huge difference to my life and I should be so grateful.

I have made representations to the Community Council and my local Councillor, and Anne McGuire former MP for Stirling even took up my cause, but nothing has resulted from this.

What more can I do?

PDSA Pet Fit Club Champ

A former heavy hound from Glasgow, a once-lardy Labrador from Dundee and an ex-chubby Cocker Spaniel from Edinburgh have lost nearly 5st (32kg) thanks to a national pet slimming competition, PDSA Pet Fit Club.

Bullmastiff Kayla (7) has lost nearly a third of her body weight and beaten off competition from 14 other super slimmers to be crowned Pet Fit Club Champ 2015!

Each year PDSA recruits the UK's fattest pets to undertake a six-month diet and exercise competition. Supervised by the charity's vets and nurses, Pet Fit Club helps them back

into shape and creates awareness of the serious issue of pet obesity, which affects millions of household pets.

Kayla - PDSA Pet Fit Club Champ

Back in June, Kayla from Glasgow weighed 9st 4lb (59.4kg) leaving her dangerously at risk from serious health problems and a shorter life span. But she wowed the PDSA judges with her amazing 2st 9lb (17kg) weight loss (28.5% of her total body weight) to be named the UK-wide winner. Kayla's owner Agnes Higgins, admits to being at fault for her beloved pooch's oncebulging waistline. She used to cook

enough for two portions at every meal – one for her and one for Kayla, with the portly pooch regularly enjoying Sunday roasts, pizza and even bowls of cornflakes for breakfast.

But all that changed with Pet Fit Club, she says: 'As soon as we enrolled in the competition the extra treats and leftovers stopped. It took her a while to stop begging and expecting food whenever I ate but she has adjusted and doesn't grumble at all now.'

More information about pet obesity and how to assess your pet's body shape is also available at www. petfitclub.org.uk.

To Quincy, Netherton House, Bridgend

It has come to my notice through the Star pet page in the Benlediview View that you must be the cat who has had the effrontery to seduce my human into stroking you and publicly expressing admiration of your soft fur, subtle colouring and fine figure.

Let it be known that along with all the territory from my cat flap to our boundary on Manse Lane, that she is my property. If I find that she is straying from her strict duties to me with you or any other suspect cats I will resume my practice of escorting her up Bridgend away from temptation.

Yours Caspar McKay

Calling all dog owners

After 6th April 2016 every keeper of a dog over 8 weeks of age must have it microchipped under the Microchipping of Dogs (Scotland) Regulation 2016. Similar legislation comes into effect on the same date in England and Wales for dog over 8weeks. For Northern Ireland similar legislation will apply for dogs over 12weeks of age.

The legislation also says

- It must be a compliant microchip (ie of a certain type)
- · It must be registered on certain

compliant databases

- The details held on the database must be kept up to date
- Any dog must be microchipped and registered with that keeper before being sold or rehomed

If your dog is not microchipped you still have time. It involves an injection for your dog and we can register your details for you. Please give us call and book your dog in before 6th April at Riverside Veterinary Clinic.

Marslaidh Smith BVM&S MRCVS

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Callander Council of Churches

The Callander Council of Churches welcomes you to the services of its member Churches as we seek: 'in the fullness of time, to unite all things in Christ, things in heaven and things on Earth' (Eph 1:10)...

Callander Kirk



The Church of Scotland, South Church Street, Callander

Sunday 7th February

10.00am Early Service, Kirk Hall 11.15am Morning Service, Kirk 3.00pm Trossachs Monthly Service 8.00pm *Time for Silence, Kirk*

Sunday 14th February

10.00am Early Service, Kirk Hall 11.15am Morning Service, Kirk 8.00pm *Time for Silence, Kirk* **Sunday 21st February**

10.00am Early Service, Kirk Hall 11.15am Morning Service, Kirk followed by Informal Communion 8.00pm *Time for Silence,Kirk*

Sunday 28th February

11.15am All-Age Morning service, Kirk 8.00pm Time for Silence, Kirk Friday 4th March

2.00pm World Day of Prayer, Kirk Hall **Sunday 6th March**

10.00am Early Service, Kirk Hall 11.15am Communion Service, Kirk 3.00pm Trossachs Communion Service 8:00pm *Time for Silence*, Kirk **Sunday 13th March**

10.00am Early Service, Kirk Hall including communion
11.15am Morning Service, Kirk

8:00pm *Time for Silence*, Kirk

Sunday 20th March

10:00am Early Service, Kirk Hall (Palm Sunday)

11.15am Morning Service, Kirk followed by Informal Communion

8:00pm Time for silence, Kirk

Holy Week

Monday 21st - Wednesday 23rd 7.30pm,Kirk

Thursday 24th 7.30pm in St.

Andrew's Episcopal Church when the congregation of St Andrew's and Callander Kirk join together for a Maundy Thursday Celebration of the Lord's Supper

Friday 25th

10.00am meet in Kirk for Ecumenical Good Friday Walk and Meditation. 7.30pm, Kirk

Saint Andrew's



Scottish Episcopal Church, Leny Road, Callander

The Scottish Episcopal Church is part of the world-wide Anglican Communion and in full communion with the Church of England.

Sunday

10.00am Holy Communion

Wednesday

10.00am Holy Communion Everyone is welcome at any of these services. For any information on baptisms, weddings or funerals, please contact:

Rev Richard Grosse tel 382887

Monday Mass, 10.00am, Callander

St Joseph's

Catholic Church Glen Artney Road, Callander

Weekly Masses

Tuesday Mass, 10.00am, Doune
Wednesday Eucharist Service,
10.00am, Callander
Thursday Mass, 10.00am, Callander
Friday Mass, 10.00am, Doune
Eucharist Service, 10.00am, Callander
Saturday Mass, 10.00am, Callander

Father Jim McCruden tel 330702

Sunday 11.30am, Callander

Dunblane

Free Church, Beech Road, Dunblane Sunday Services:11.30am and 6.30pm. Sunday School: 11.45am. Prayer/Bible Study Meeting on Thursdays at 7.30pm. Rev Alasdair MacDonald MA

Sunday 27th March

9.00am Service on Callander Meadows 11.15am Easter Day All Age Service, Kirk

3.00pm Trossachs Easter Service 8:00pm *Time for Silence*, Kirk **Sunday 3rd April**

10.00am Early Service, Kirk Hall 11.15am Morning Service, Kirk 3.00pm Trossachs Service 8:00pm *Time for Silence*, Kirk

Deadlines

The next issue of the *Ben Ledi View* will be published on **Friday 1st April 2016**.

Advertisements copy & artwork

Please send all advertisement copy for the April/May issue to our Advertising Co-ordinator Sarah Clark at advertising@benlediview. co.uk by Tuesday 8th March 2016. Full details of sizes for advertisement and artwork specifications are at www. benlediview.co.uk under the Advertise tab. Please call or email for advice if in doubt.

We request full payment before we can accept advertising material for publication.

Editorial copy

All editorial contributions for the April/May issue should be emailed to editor@benlediview.co.uk or handed in to the Callander Library by Tuesday 8th March 2016.

Items received after the deadline may be held over to the June/July issue. NOTE: Advertising and editorial deadlines are now on the same date.

Callander Community Church

Every Sunday night at 6.30pm in the Community Room of the Fire Station. A Healing Service is held on the last Sunday of the month. Tel 01877 330055 email ccc777@btinternet.com. All welcome.

Callander Christian Fellowship

A Regional Expression of SBC

For details of the regular small groups for Prayer and Bible Study in Callander or for pastoral care please contact **Pastor Brian Gooding** tel 331845 brian.gooding@stirlingbaptist.co.uk

Quakers: Sundays 10.30am, The Braeport Centre, Dunblane, FK 15 0AT.

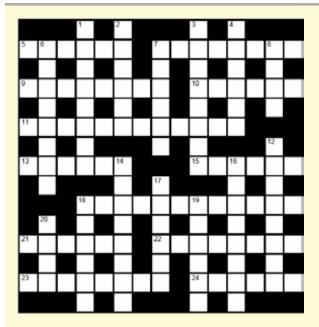
Email dunblanequakers@googlemail.com **Jews:** Shabbat Service 10.00am, Garnethill Synagogue, 127 Hill Street, Glasgow, G3. 0141-322 4151.

Buddhists: Glasgow Buddhist Centre, 329 Sauchiehall Street, Glasgow G2. 0141-333 0524.

Muslims: Central Scotland Islamic Centre, Burghmuir Road, Stirling FK7. 01786-474 324

Hindus: Hindu Mandir, 1 La Belle Place, Glasgow G3. 0141-332 0482.

Sikhs: Central Sikh Singh Sabha, Berkley Street, Glasgow G3. 0141-221 6689.



Across

- 5 Record kept about clergyman's dishonest act (6)
- 7 Only pâté served for starters following small demand for seafood (8)
- 9 Moved hesitatingly having changed after forceful start (8)
- 10 Supplies crack in English and Scottish capitals (6)
- 11 Not conscious of facts initially, one penned message irrelevant to subject matter to hand (3,2,7)
- 13 Almost new company wall decoration (6)
- 15 Strategy requires course communication to take movement to the front (6)
- 18 Arrangement of pre-trial fee not at first favoured (12)
- 21 Put an end to Ted's final rambling speech! (6)
- 22 Broadcasts about meals included in cost of tickets (8)
- 23 & 24 Solver played 5, smoked 8 (8)
- 24 See 23 (6)

Down

- 1 Issues concerning meditations without the use of mat (8)
- 2 Head foundryman in charge hides slip up concerning iron (6)
- 3 Secure position is MP's dream (4,4)
- 4 Show off apartment with posh new interior (6)
- 6 Not hanging about in reckless hairy run! (2,1,5)
- 7 Stretchers for small injured Danes (6)
- 8 Churchwarden's identified organ component (4)
- 12 Italians' crooked smile over article with strange ending (8)
- 14 Fail to notice finished appearance (8)
- 16 Everyone in third rate badly presented acts may deserve this audience reaction (8)
- 17 Say something about old book (6)
- 18 Retrospectively catch work. By Warhol perhaps? (3,3)
- 19 Somewhat crude description of smell of freshly dug soil perhaps (6)
- 20 Attractive lady is spotted in outskirts of Dornoch (4)

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Solution to Crossword 124

Winner L. Edmunds

BLV CROSSWORD No.125

Please return completed entries to The Library, South Church Street, Callander by no later than **TUESDAY 8th MARCH 2016.** The first correct entry opened will win £5. Don't forget to supply your name and address below.

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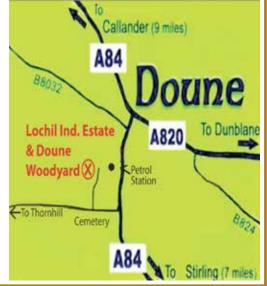
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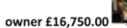
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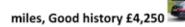
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