

# Ben Ledi View

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# Ben Ledi View

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## Hello Readers

Well, who would be a weather-forecaster in Callander? After a cold and grey spring, with the visit of the 'Beast from the East' and its attendant snow and high winds, we have just been enjoying unaccustomed wall-to-wall sunshine and baking heat for the last three weeks or so. It will be interesting to see how St Swithun's Day (July 15th) dawns and whether we can look forward to more of the same for the next 40 days! If we do get some significant rain, the hanging baskets and gardens will breathe a sigh of relief and the Community Hydro Scheme will be able to go back to generating the power and income that has been gratefully received by many different groups within the town. A break in the weather, especially during the daytime, will not have been so welcome to the organisers of Callander's fifth *Summerfest*, as so many of its colourful craft and musical activities take place out in the Square, not to mention the wide range of planned outdoor rambles on foot, bike or wheelchair. By the time you read this, however, it will all be 'done and dusted' and, with any luck, St Kessog's will be free of scaffolding and looking all the better for its restoration after that disastrous flood back at the beginning of March.

Regarding Summerfest, we do hope that lots of you took the chance to admire the magnificent felted banners depicting Callander's Four Seasons

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which were on display in the Ben Ledi Coffee Co. during the festival. Designed by local felter Mairi Campbell, the panels are 6 foot by 2 foot and feature well known Callander landscapes, heritage and seasonal activities. They were created by the beginners' group Felting Friends, expertly trained by Mairi, and we hope they will find a permanent home in Callander – maybe in the McLaren Leisure Centre? – where they can be admired for years to come.

Let's hope the weather in August and September is kind to us, as there are lots of exciting community events to look forward to, including a couple of charity golf tournaments, the Horticultural Society annual show, the Poetry Festival and the Jazz and Blues Festival. Not to mention the two day programme on 10th and 11th September when Callander will be visited by international members of the Social Enterprise World Forum (including, it is rumoured, actor and social activist Martin Sheen!) during its 2018 conference in Edinburgh. Why not watch the passing scene with a cool drink in one of the proliferating sit-ooterries along Main Street? Callander is becoming quite continental, isn't it?

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## Callander People

Coming over the Cock Hill from Aberfoyle to Callander in January 1994, poor visibility – due to a blizzard of snow – made our house-move a potential nightmare. Our jeep, following the removal van, almost left the road more than once. Arriving on Main Street, we discovered that our 3-piece suite wouldn't go through the front door, so, in the snow, we had to take the front door off!! By now we were frozen, fed up and not a little grumpy when from nowhere appeared a little lady - saying 'I own Munchies Café across the road, would you like some hot tea or coffee?' - and promptly supplied our removal van men, my late husband, myself and a friend who had come to help. She left us with instructions to drink up and get warm, and to come across the road if there was anything we needed or she could be of help with. And so began the last 24 years of Callander kindness.

The coming morning, I was stopped in the street by an elderly lady, who had seen us moving in. She lived in Pearl Street, she welcomed us to Callander and told me I could forecast the weather just by opening my front door and looking at the Ben. Depending on the mood of Ben Ledi – ie sunshine or clouds – it would determine the day. Over the next couple of years, she and I chatted and I discovered we had been brought up within 2 miles of each other, in Cambuslang.

I joined a self-defence class in Callander and was partnered with an older woman (I won't say 'elderly', as I am now older than she was then!), who looked like a little bird and weighed about 7 stone soaking wet... She proceeded to throw me from one end of the hall to the other! I remember her introducing me to her next-door neighbour, saying 'This is Myrtle. She is an endangered species – she was born and brought up in Callander', meaning the rest of us

were incomers.

Our next-door neighbours, sadly now dead, were there to help, take in parcels, keep spare keys, look after our house whenever we were on holiday, and I'm glad to say my now neighbour does the same. My then neighbour would appear at the end of every summer, knock the door, and with a flourish, produce his hand from behind his back, to present to me his last garden rose of summer, tinfoil wrapped – a beautiful, yellow, scented loveliness.

Not long after we moved in, their little black and white cat, Misty, adopted us. I let it in one very cold night, because it was crying at our back door, and for the next 12 years, she just never went home again. When we went on holiday Mrs Corrieri would come and look after Misty. I would leave a fortnight's food for the cat and it would all still be there we got back! Mrs Corrieri would cook and feed her chicken, mince or fresh fish when the fish man came. She would read to her from that day's newspaper and watch television with her, in case she got lonely. Also, if the weather was nice, Mrs Corrieri would bring her lunch and sit out in the garden with Misty, enjoying the sunshine. One year, unexpectedly, a Canadian cousin and a Dunfermline cousin turned up, and finding us gone and Mrs Corrieri and Misty there they all had afternoon tea in the garden and Marion wanted to take Mrs Corrieri home to Canada!

Callander has been a lovely place to live. I have made many friends and been very happy here. It is now time to move on, and my house has been sold.

The kindnesses of the people that I have met are too numerous to mention – from practical and emotional support when both my mother and my husband died to invitations to cinema, events, classes and groups (swimming, exercise and walking), offers of lifts (as I no longer drive), coffees, lunches and more – all make

Callander a warm and loving place to call home.

*Kate McFarlane*



Nominations for the 2019 Scottish Rural Awards are now open, with businesses across Scotland's countryside encouraged to get involved.

A set of 13 categories are open for nominations, including the coveted Rural Hero award, which recognises those whose contributions to their rural communities have gone above and beyond the call of duty.

Last year's awards drew over 250 nominees from across the country, with previous award winners including Glenwyvis Distillery, Wild Hearth Bakery and Xanthella.

Businesses have until Monday 22nd October to put their nomination forward. Businesses can either self-nominate, or be nominated by a friend, family member, customer or member of the public.

The full list of awards categories and criteria, along with nomination forms, are available from the Scottish Rural Awards website - [www.scottishruralawards.org](http://www.scottishruralawards.org). There is no cost associated with making a nomination.

Finalists will be announced at the beginning of December 2018, with winners revealed at the Scottish Rural Awards ceremony and gala dinner, which will take place in March 2019.

For more information please contact Leona Clark on 0131 551 7936 or email [info@scottishruralawards.org](mailto:info@scottishruralawards.org)



## Dreadnought Hotel

**W**e've all seen that the Dreadnought has been sitting empty. It is up for sale and proposals for a development with an additional 21 flats have been drawn up. At this time we have no definite news, but will update in future issues once we know more. An artist's impression of the proposed development is shown below.



## Callander Disabled Toilet

**T**he disabled toilets located in the Station Road Car park have for weeks been rendered inaccessible, due to Stirling Council changing the lock.

Until recently, the toilets had been fitted with a RADAR key operated lock. This UK wide scheme provides people with a range of medical problems and disabilities with the ability to access toilets when they need them. Locations of RADAR key operated toilets are advertised through the scheme, so people would expect to find one in Callander

In February the RADAR lock was replaced by a normal mortice lock, thus making it inaccessible to anyone with a RADAR key. The toilets were then opened/closed at the same times as the public toilet facilities. This rendered the accessible toilet available to all during opening times and thus liable to even more vandalism and misuse, which has already happened, leaving the toilets unusable until

they were cleaned up.

Accessible Callander contacted local Cllr Martin Earl regarding this. The reasons provided by Council Officers were that vandalism had taken place. To avoid further instances the type of lock had been changed, due to the cost of replacing the RADAR key.

Cllr Earl, Accessible Callander and Trossachs Mobility all demanded the lock be changed back to ensure all those with a RADAR key can once again access the toilets whenever they need to. It has finally been agreed that the lock will be changed back and this has now been done.

## Loch Katrine Eco Camp

**A** new eco camp opens on the shores of Loch Katrine where some of the first early travellers to Scotland stayed in wicker and bracken huts in the late 1700s and early 1800s.

At the turn of the 18th century, when literary giants such as Sir Walter Scott, the Wordsworths and




Coleridge ventured on some of their epic journeys to discover 'the raw beauty of Scotland's scenery', they sheltered in what were described as 'rudimentary huts with bracken roofs at the eastern end of Loch Katrine' and their writings subsequently led to Scotland's first tourism boom.

A couple of huts were provided by Lady Drummond of Perth, the local landowner, who was concerned to ensure there were shelters for these early travellers drawn by the sheer

beauty of Loch Katrine, which Sir Walter Scott described as "the scenery of a fairy dream" in his blockbuster poem Lady of the Lake, published in 1810.

Next to the spot where these huts stood, an imaginative venture by the Trust charged with sustaining the 119 year old Steamship Sir Walter Scott has led to the development of a cluster of more luxurious eco timber lodges and a small camp ground in the shadow of Ben Venue on the lochside, which is part of the Great Trossachs Forest National Nature Reserve and a designated Site of Special Scientific Interest in the heart of the Loch Lomond and The Trossachs National Park.

Billy Petrie OBE, Chair of the Steamship Sir Walter Scott Trust explained: ' This is an unusual, but essential, investment by the Trust as we strive to diversify our income streams to support the continued operation of the historic Sir Walter Scott Steamship which is expensive to maintain and brings so much pleasure to tens of thousands of



**Do you need an affordable home ?**

Rural Stirling Housing Association aims to support local communities by providing quality homes at affordable rents for families, couples and single people in housing need.

We currently have over 560 rented houses and flats. Around 40 of these become available for rent each year. We are in the process of building a further 23 flats in Callander and currently have properties in the following communities:

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Buchlyvie	Drymen	Kinlochard	Strathgryne
Callander	Gargunnoch	Kippen	Stronachlachar
			Tyndrum

We may be able to build in other communities in the future – please let us know 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:

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visitors each year'.

He added: 'I am confident the £300,000 eco camp development will be popular with city dwellers and others as they seek to re-connect with nature in such a stunning setting and, importantly, the income generated from their stays will help to keep the steamship running for many years to come.'

The new eco camp, which consists of 8 eco lodges, 8 camping pitches, a shower and toilet block and some campervan stances with electricity, water and wifi hook ups, has been designed in a very careful way with strong eco credentials, given its location in an environmentally sensitive site so close to what is a major reservoir supplying, as it does, over 150 million gallons of water daily to households in Glasgow and Central Scotland.

Dr Michael Cantlay, Chair of Scottish Natural Heritage, and Bruce Crawford, MSP for Stirling officially opened the new Loch Katrine Eco Camp on Monday 18th June.

Dr Cantlay, said: 'This is a really bold investment by the Trust and one which I wholeheartedly endorse, as it has led to the creation of much needed high quality glamping facilities in a stunning environmental setting where Scottish tourism began a couple of centuries ago. This development demonstrates that contemporary tourist facilities can be developed on an environmentally sensitive site in a sympathetic way, while providing great opportunities for people to enjoy Scotland's outdoors and rich natural heritage'.

Bruce Crawford, MSP, said: 'The Steamship Sir Walter Scott is an important part of Scotland's diverse and rich cultural heritage and I am delighted the Trust members have had the foresight to invest wisely in diversifying the visitor offering at Loch Katrine and in a way that builds on the great tradition of welcoming visitors to this very special part of

Scotland'.

Gordon Watson, Chief Executive of Loch Lomond and The Trossachs National Park, said: 'Camping is a fantastic way to enjoy the National Park and we are delighted to welcome the addition of the new camping and motorhome pitches as well as the eco lodges at Loch Katrine, alongside the historic Sir Walter Scott steamship, which is one of the area's most popular tourist attractions. This is a great example of diversification to meet changing demand and enhance the overall visitor experience'.

The new eco camp was funded by the Trust from trading reserves and a £50,000 grant from Forth Valley & Lomond LEADER programme and has the triple aims of capitalising on the growth in demand for glamping, contributing to the National Park Authority's current camping initiative as well as generating an important new income stream to support the historic steamship

## Dog Fouling in Callander

**A**fter the letter about the dog fouling in Ancaster Road in the last edition of the Ben Ledi View, it seemed a good idea to consult Colin Clark, our Citizen of the Year about the dog fouling situation from his perspective. We walked three routes that he felt were particularly bad: the cycle track between North Church Street and the Bracklinn Road bridge, Ancaster Road and the footpath linking it with North Church Street. 35 deposits of dog faeces were photographed during our walk, along with several tossed dog waste bags.

Colin said that over the past 2 years the situation has deteriorated and is now 'shocking'. His role in dealing with dog waste in Callander is as follows: he empties the bins of dog waste every Monday, Wednesday and Friday in the Summer, the busy season, and on Monday and Friday in the Winter. Although he does his dog



waste collection on the allocated days, he responds when the public tells him of a problem, sometimes a daily occurrence. He is certain the problems associated with dog fouling are caused by local dog owners.

After the dog fouling walk, gathering photographic evidence, and discussion with Colin Clark, it was worthwhile considering what can be done next. It is planned to contact Mr Dunn, dog warden from Safer Communities at Stirling Council, with proposals for additional bins at the hotspots and at the cycle track between Glen Gardens and Lagrannoch. Hopefully, our evidence and planned meeting with the dog warden will persuade him to authorise these additional bins and to raise the issue with his manager for additional support.

Where there are known dog fouling hotspots 2 approaches have been found to work:

**Line marking paint** – highlighting the dog waste with paint not only shocks people into seeing what is actually there but stimulates them to start clearing the dog waste, and also masks the smell that encourages other dogs to foul the area.

**Child pester power** – an adult tells children about the problems of dog fouling and encourages them to paint warning pictures, which can then be laminated and attached to lamp posts in problem areas. Children can then help educate the adults.

### Information for dog owners

The person in charge of the dog is responsible for clearing up after it. If the Police, or a person authorised by

the local authority, believe someone has committed an offence they can issue a fixed penalty notice and a £40 fine is imposed. If the culprit refuses to give their name and address to the authorised person, they will be liable to £500 fine if the matter goes to the Procurator Fiscal.

Stirling Council need the following information to take action on dog fouling: location, time of fouling, owner's name and address (if known), breed/description, your own contact details, any other relevant information e.g. frequency. A picture would also help. Stirling Council also raise awareness with local dog owners in known problem areas e.g. parks, provide dog waste bags (in the library) and erect "No Fouling" signs and dog bins.

The Falkirk approach: Green Dog Walkers



**G**reen Dog Walkers (GDW) is a non-confrontational, friendly way to change attitudes about dog fouling ... Volunteers wear a GDW armband (or their dogs wear the green GDW collar) to show they have "taken the pledge" to always:

- Clean up after their dog
- Carry extra dog waste bags
- Be happy to be approached to 'lend' a dog waste bag to those without
- Be a friendly reminder to other dog walkers to clean up after their dogs

Could this be adopted in Callander?



Colin and Friends  
Citizen of the year 2018



## Anti-Social Behaviour

22nd June - 2 people received a recorded police warning for being in possession of a quantity of controlled drugs at Loch Venachar.

18th June - a person attended at Callander Police Office after having been assaulted on Main Street, Callander. The person responsible was traced and a report has been submitted to the Procurator Fiscal.

22nd June - a person was found to be in possession of controlled drugs on Leny Road, Callander. They were issued with a recorded police warning.

24th June - 3 people were found to be in possession of controlled drugs at Bracklinn Falls. They have been reported to the Procurator Fiscal.

30th June damage was caused to a property at Buchanan Place, Callander. The person responsible received a recorded police warning.

## Road Safety

26th June there was a road collision at Kilmahog involving 3 cars and 1 motorbike.

4th July - there was a 1 vehicle road accident at Kilmahog. .

Speed checks have been carried out in the Callander area over the reported period.

## Theft

9th June- a theft by shoplifting occurred at Tesco Express, Callander. A description of the vehicle was passed to local police officers. The vehicle had been stolen from the Glasgow area earlier that day. Officers, whilst carrying out a search of the area, traced the vehicle driving on the A821 near to Little Druim Wood. The vehicle then took off from police at speed. The vehicle

eventually came to a stop on the A84. The occupants were arrested, and a report has been sent to the Procurator Fiscal.

18th June - a theft by shoplifting occurred at Co-op, Main Street, Callander. Two people were reported to the Procurator Fiscal in relation to this.

26th June - a theft of fuel occurred at Dreadnought Service Station. Enquiries are ongoing in relation to this.

## Community Engagement And Reassurance

Scam phone calls are on the increase again. Companies will contact a household and make arrangements to attend and assess the property to ascertain if any work/repairs are required. They will thereafter attend and provide a quote at an escalated amount and where the work is not actually required. We remind everyone to remain vigilant and look out for elderly neighbours who may fall victim to this.

If anyone has any concerns they wish to raise or information regarding the criminal activity in the area, please contact PC Deans or PC McKerracher at Callander Police Office on 101 or [TrossachsTeithCPT@scotland.pnn.police.uk](mailto:TrossachsTeithCPT@scotland.pnn.police.uk)

## National Park Board Elections

Martin Earl was elected for Ward 3 (Callander), with 340 votes. He was previously the local authority nominated member from 2012-2017.

The election is held every 4 years. Voting was open to National Park residents over the age of 16. Turnout across the Park was 33%



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# McLaren High School

## McLaren High School 125th Anniversary

A busy summer term for McLaren High School

### The Senior Prom 2018

This was held at Dunblane Hydro on Wednesday 13th June. A great time was had by everyone - it was a fitting end for a great S6 and we wish them all the best for their futures



Thanks to Miss McCormick and the Events Committee for organising the evening. Photos by Russell Boyd Photography, Dunblane.

### The School Show Sister Act

This year's school show, Sister Act, took place on the 20th, 21st and 22nd June. Each night the audience were treated to the hilarious story of Deloris Van Cartier a disco diva who, when she witnesses a murder, is forced into protective custody in the one place she'll never be found – a Convent! When she is asked to participate in the convent's choir she reveals her true self. Sister Act is a tribute to the power of friendship, sisterhood and music.



The performances each night sparkled with brilliant singing and dancing and the audience were truly entertained. Well done to everyone involved both on stage and off – brilliant!



The School Community has been celebrating our 125th Anniversary during the 2017/18 school session. The final event to celebrate this milestone was the burial of a time capsule on Friday 29th June 2018 in glorious sunshine.



We were delighted that current and former pupils could participate in this event, along with Bob Johnson and Aileen Green, who retired following many years' service to the school.



We started with a minute's silence to remember former staff and pupils who are no longer with us. The new flag was then raised by former pupils Robert Vanhegan and Jean Fergusson. The outgoing Pupil Leadership Team placed the Time Capsule in the ground, then former and current staff and pupils took turns filling in the earth.







### Sports Day

**S**ports Day took place on the last Monday of term in glorious sunshine and a great time was had by everyone. At the end of the day Leny were crowned winners of Sports 2018 with the trophy being collected by new House Captain Niamh King and her Vice Captain Lindsay Gallagher. Trophies were also presented to the winners of the Individual Athletics which took place the previous week— winners of each section were as follows: S2 Girls 1st - Rosalind Turnbull 2nd - Emily Campbell 3rd - Eilidh Fleming; S2 Boys 1st - Scott Hopper 2nd - Matthew Morrison 3rd - David Rawson; S3 Girls 1st - Katherine Fowler 2nd - Harriet Holden 3rd - Kayleigh McAlpine; S3 Boys 1st - Jamie McNaught 2nd - Euan Wilbert 3rd - Ben Isgrove;



S4 Girls 1st - Lucy More 2nd - Ellen banks 3rd - Ellie Ridgewell and Kirsty Graham; S4 Boys 1st - Ollie Holden 2nd - Steven Buchanan 3rd - Harris Milne; S5/6 Girls 1st - Holly McNaught 2nd - Eilidh Little; S5/6 Boys 1st - James Isgrove 2nd - Ben Roebuck 3rd - Duncan Brown

### Doone on the Farm Visit



In May, S2 pupils went on a Science trip to Meldrum Farm in Doune to learn about dairy cow husbandry and milk production. The farmer, Mr Hamilton, and Mrs Brisbane from the Royal Highland Education Trust RHET led incredibly interesting and fun tours of the farm. Some thought that the highlight was meeting the adorable new born calves. Our other favourites included finding out facts about how the cows are kept and how much they eat, watching the cows getting milked and seeing the machines in action – especially the rotary dairy

A huge thank you to Mr Hamilton and RHET who planned the trip, as well as sponsoring 50% of the transport cost. We would love to be back next year.

### Prefect Leadership Team 2018/2019

Following applications being submitted and interviews being carried out, the new Prefect Leadership Team were announced as follows:



Head Boy, Angus Parsons; Head Girl, Natalie Klaes; Depute Head Boy, Cameron McLay; Depute Head Girl, Megan Milligan. Well done all of you!



### The Children's Society Writing Competition

**A**re you 16 or 17 or do you have memories of life at this often challenging age? If so, you may be interested in entering a creative writing competition being run by The Children's Society as part of our charity's Seriously Awkward campaign.

For the competition - run in partnership with Viking, an imprint of Penguin Random House - we are looking for fictional stories by unpublished writers of up to 2,000 words about this awkward age, with categories for both young people aged 16-25 and adults aged 26 and over.

Whether you are an aspiring writer or have never written before, why not think about what life can be like for 16 and 17-year-olds and craft your own story?

The prospect of adulthood and greater independence can be both exciting and terrifying. For the most vulnerable young people this emotional rollercoaster can come with significant risks including child sexual exploitation, domestic abuse, substance misuse and mental health problems.

Writing experts including international best-selling author Emma Healey, who has just published her second novel, *Whistle in the Dark*, will judge the competition, and the winners will be offered expert advice and feedback by top literary agencies Darley Anderson and David Higham Associates.

Your story can highlight the ups and downs of this age, be in any fiction genre and be written from any perspective. Could it be about a 16-year-old making daunting decisions about their future, or falling in love and making new friends at 17? A parent terrified about their child leaving home? Or a social worker trying to protect a young person from harm?

So if you're feeling inspired, please visit [www.childrenssociety.org.uk/writing](http://www.childrenssociety.org.uk/writing) to find out more and enter by 31 August 2018. Good luck!

*Matthew Reed Chief Executive  
The Children's Society*

## SWT: Local Wildlife Snippets July 2018

At the time of writing this, we have had 3 weeks of dry, sunny weather. Whilst there are differing views on whether to feed garden birds all year, they do need water for drinking and bathing, so please top up and clean bird baths regularly.

Red squirrels are doing well locally with many gardens near woodlands seeing them. If you are feeding them, you should aim to provide more variety than peanuts because the high levels of phosphorus scavenges calcium and weakens bones. Calcium-rich foods like cuttle-fish bones and deer antlers

may be nailed alongside the box and, apparently, chopped-up carrots and apples go down well. Possibly associated with the reduced number of greys, there are more reported sightings of pine martens (apparently not to everyone's liking).

Hedgehogs, cute but less cuddly, with a taste for slugs, are welcomed by gardeners. As nocturnal animals they are not often seen but do appear on wildlife cameras. Earlier in the year some were seen regularly when they should have been in hibernation. Providing shelter and food can help them through to

spring but again they need a varied diet and water. Never give bread & milk and not too many peanuts, mealworms or sunflower seeds that are all phosphorus rich. Wet cat food and cat biscuits can be included or specialist hedgehog foods like 'Spike', although it may attract cats.

Barn owls had a good year in 2017, continuing their recovery from the crash in the winter weather of 2011. Central Scotland's owl boxes showed an increase from a low of 24 breeding pairs to 82, with a minimum of 276 chicks fledged. This summer the number of occupied boxes suggests even greater success, providing field vole numbers remain high.

In late June there was a good distribution of common spotted and greater butterfly orchids along much of the circular route via the Falls and along the FCS track to Braeleny Road. In the same area in mid-May, a birding walk up to the reservoir recorded 31 species. Highlights were the house martens in Braeleny farm, barn sand martens in gravelly banks by the road, plus red kites, ospreys and buzzards riding the thermals off the ridges of Stuc a' Chroin. We are so lucky to have all of this on our doorsteps.




Our next SWT event will be the annual fund-raising stalls in Ancaster Square on 25th August, all proceeds from which are donated to wildlife-related projects and education. We will have the usual plant sales, bottle stall, SWT information, Saving Scotland's Red Squirrels project and, new for this year, a visit from Sandy the Red Squirrel. Come and say Hello!

Finally, a preview of next season's programme of talks to be held in Callander Kirk Hall at 7.30pm on the second Tuesday of the month from September to April: Scottish Wildcats, SWT's 50 for the Future, Curlew Conservation, Managing Drumardoch Estate, Water voles, Red Kites, River Management and Wildlife Gardening. There must be something there for you!

*Lesley Hawkins*

# TEAM UP to CLEAN UP

We live in a beautiful area but despite the best efforts of Stirling Council and the National Park our beauty spots often end up looking like a tip due to irresponsible litter louts who do not take their litter home with them as well as irresponsible dog owners who let their pets foul public areas or leave bags of dog poo lying around. In recent months The Meadows, the Cycle Track, Bracklinn Road, Bracklinn Falls, The Creep and the Craggs Car park have all suffered from litter.

<p><b>CLEANER CALLANDER</b></p> <p>A new volunteer community group 'Cleaner Callander' is being established to help keep the countryside around Callander tidy but we desperately need locals to volunteer to help make a difference in our beautiful Callander countryside. Why not join this group to help make a difference in our town.</p>		<p><b>WHAT WOULD BE INVOLVED?</b></p> <p>You would be part of a team of volunteers who would work in a rota system on a day/time that suits you to spend around a hour or two blitzing litter hotspots. We would anticipate a 1-2 hour session for each volunteer each month between Easter and October. Litter pickers, bags and gloves would be provided.</p>
	<p><b>CAN YOU HELP?</b></p> <p>If this sounds like something you would like to get involved in then please contact</p> <p>Keith Wilson kw02uk@gmail.com or Lesley Hawkins mhawkins@fiscall.co.uk</p> <p>or fill in the form below and hand it in to Callander Library</p>	

Yes, I want to help make a difference in Callander. Please sign me up as a 'Cleaner Callander' volunteer.

Name .....

Contact number/e-mail .....

Please hand this form into Callander Library





## The upside-down queen and a shower of stars

**C**assiopeia was a queen in ancient Greek mythology. According to legend, she boasted that she was more beautiful than the sea nymphs, angering Poseidon who sent a monster to ravage the kingdom. Cassiopeia's vanity caused her to be bound to a chair and placed in the heavens so that as she revolves around the north star she sometimes is in an upside-down position.

Cassiopeia is a distinctive constellation - it looks like the letter W overhead. This was the constellation that the supernova (exploding star) known as Tycho's Star appeared in 1572. It was as bright as Venus and remained visible

for well over a year. The great Danish astronomer Tycho Brahe carefully observed the supernova, although today all that remains are a few wisps of gas visible only in large telescopes.

Have you seen a shooting star? August is a good month to see a meteor shower which looks like stars shooting across the sky. On the night of 12th/13th August the Perseid meteor shower is at its maximum and it should be possible to see at least 50 meteors every hour. The later in the evening you look, the more meteors you will see. The Earth ploughs into several dusty trails from comets and asteroids at regular intervals as it orbits the Sun



Cassiopeia the upside-down-queen  
Photo: Stellarium

and it is this that creates the shower of meteors. Meteors are dust-sized particles which we see burning up in our atmosphere. Sometimes, larger particles enter our atmosphere creating a fireball which is a larger than usual meteor. Large particles can sometimes make it all the way to the earth's surface where they are known as meteorites. Only four meteorites have been found in Scotland, the most recent being in 1917.

*Keith Wilson*

## Volunteering at Glen Finglas



Photo: Gwen Raes

**V**olunteering at the visitor gateway at Glen Finglas has been a great way for me to learn about and get involved in my local area. Having recently moved to Scotland, I was keen to explore the outdoors on my doorstep - getting involved at Glen Finglas has been the perfect opportunity to do this and to contribute to the work of the Woodland Trust in caring for this special place.

Volunteering has provided me with the opportunity to explore the network of paths and share what I know and have learnt about the

Glen with other visitors. For example the best place to see red squirrels, rare native wildflowers, birds of prey, unique ancient trees, only found in this Glen, tucked away on the burnside high up on the hill. Learning about the history of the glen is fascinating, as the human history here is unique and very different to that of the surrounding glens. Remnants of human endeavour over the centuries are visible as you walk through the Glen, it's like taking a walk back in time.

This glen is popular with a host of people who enjoy exploring the outdoors; there are nature walks for families with sculptures and activities for the kids to do along the way. Mountain bikers love the Meall circuit, runners and walkers make use of the network of paths, tourists can park up their campervans and walk out to the viewpoints for spectacular views over the Trossachs lochs and wildlife watchers can spend hours on the quiet slopes of the Glen with so

many native species present here.

Socially, volunteering here has given me the chance to meet a really nice bunch of people and make new friends. Over the summer months there are many events on offer; in August there will be a Boomerang Bush craft day. Later in the summer the Woodland Trust ranger will be teaming up with the Drovers' Tryst Walking festival, giving a guided walk from Balquhidder to Brig O' Turk. And as summer draws to an end, the annual Lantern event will take place, a family friendly evening; kids can make their own lanterns and go on a guided night-time woodland walk, topped off with toasting marshmallows on an open fire. For more information and to book onto these, go to the Woodland Trust events page on the website or the Glen Finglas facebook page.

*Rachael Ashdown (Woodland Trust Woodland Engagement volunteer)*

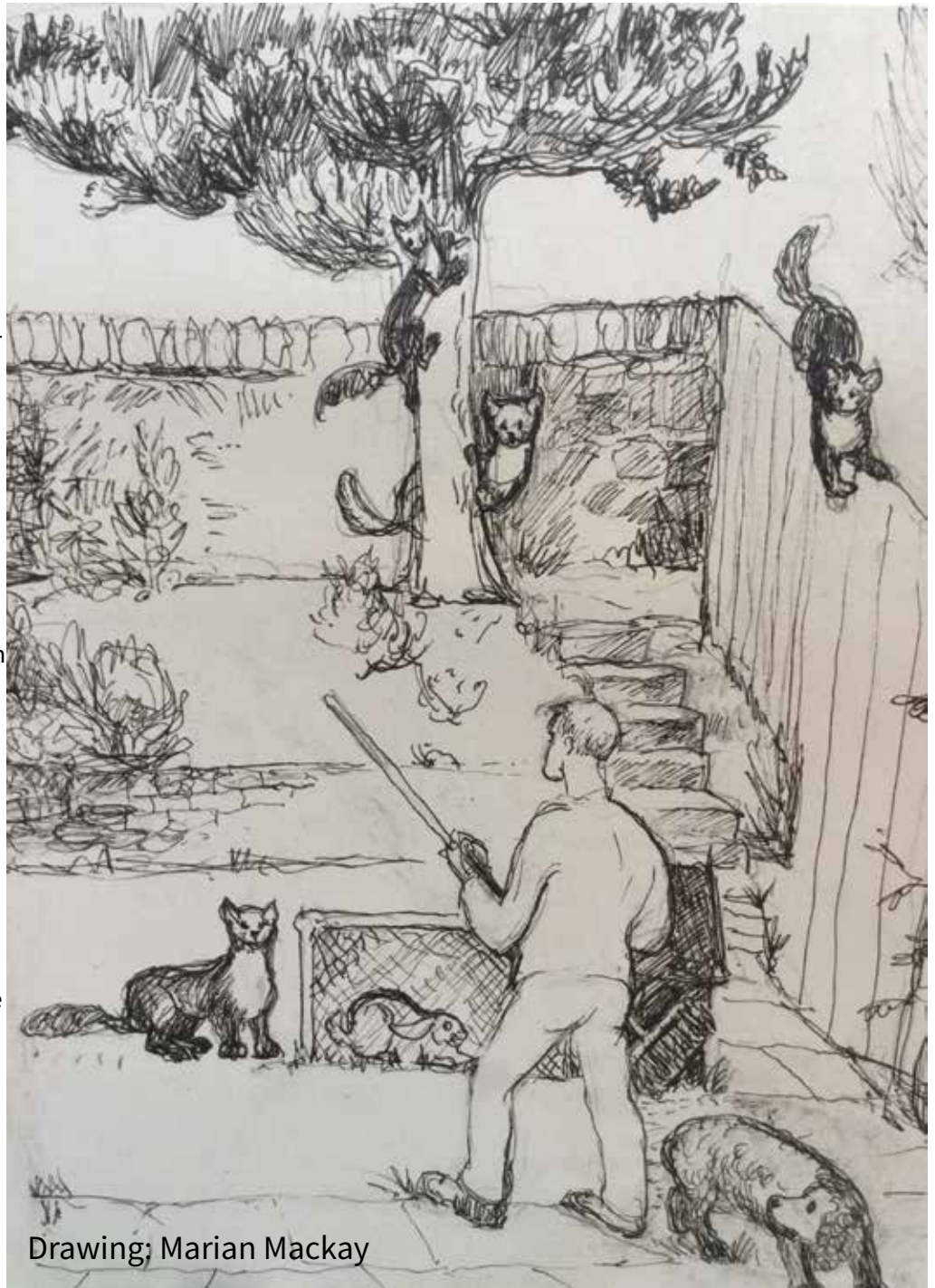


## Wildlife Terror in Callander Suburbs

Last year, in a quiet house at the end of a cul-de-sac, scrabbling and scratching was heard coming from the attic. The owners had previously accommodated squirrels there and did not take any notice until a liquid smelling like cat's pee began to drip from the ceiling. Their cat, a respectable middle-aged tabby, was clearly not responsible, so the householder ascended his ladder to investigate. There, in the dim light, he saw two eyes surrounded by white rings staring at him! It was a pine marten with three kittens. He did not argue with his lodgers, he simply provided them with a suitably furnished cat litter tray and it worked; they used it, he cleaned it out daily, the nuisance stopped.

All went well enough until one night there was a pitiful loud mewling noise from the ground outside his house. He went out in the dark to find that the mother pine marten was just under the eaves of the house where she could enter the attic and was calling her babies to join her. Two of them managed this and she took them to the attic but the last one was still on the ground, crying pitifully. The householder fetched his ladder and was going to put on gloves before handling the pine marten kitten but it just snuggled into his jacket and he climbed the ladder to where its mother waited.

He was relieved when shortly after they appeared to have left, because they were no longer using the litter tray. All was now quiet at number 7



Drawing; Marian Mackay

but the scene now moves to number 3. There an elderly rabbit lived peacefully enough in his hutch and run, along with the family's cat and dog. At 1 o'clock in the morning the owner heard the wire netting of the run being furiously hammered. He called the dog and went out to see the four pine martens surrounding the rabbit's run. He grabbed a broom stick and went in to defend his daughter's pet. The dog went

back to bed and he stood alone against the four defiant invaders. As he whacked at one the others ran behind a tree and returned to the attack; they ran along the top of my fence and attacked from there. Finally he was victorious, the pine martens retreated and that was the last we saw of them. The rabbit died a fortnight later, peacefully.

*Marion Mackay*

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**Callander Medical Centre****Drs Strang & Scott and****Drs Mathewson & Gibson**

**B**oth Leny and Bracklinn Practices would like to highlight help with the following health issues:

**Hayfever-** the first port of call for any seasonal hayfever symptoms should be the pharmacy. They have a range of products available and are on hand to give advice regarding these and other allergy advice.

**Sunburn Advice** – as summer is now upon us please remember that protecting your skin by using sunscreen is better than treating it. Always try to use a sunscreen with a high UVA & UVB protection. This should be clearly stated on the label. Should you suffer from sunburn the advice is to cool the skin with a cold flannel or by bathing. Drinking fluids is essential but avoid alcohol as this will dehydrate you further. Aftersun cream and calamine lotion can relieve any itching or soreness. Paracetamol can be used to help any pain and control fever and Ibuprofen can reduce inflammation and lower a high temperature.

**Holiday medication-** please ensure that you order your repeat medication the week before your holiday. We still receive requests marked for the following day for reasons such as "urgent due to going on holiday" and this puts increased pressure on the staff, the doctors and the pharmacies to turn around the request in such a short time scale. Please be aware that we may not be able to accommodate this request.

**Facebook** – we continue to update and monitor our Facebook page and would encourage you all to go

online and have a look. You can view our site on [www.facebook.com/lenypractice](https://www.facebook.com/lenypractice) and feel free to leave comments on health related topics you would like information on.

**Patient Access**– just a reminder that we offer a 'Patient Access' system which allows you to book appointments and order repeat medications on-line. The system is available 24hrs a day, 7 days a week and saves you having to wait until we are open and our phone line is free. We would like to encourage as many as possible to register for this service which is easy to use and we are on hand to support any queries you may have when using this system. If required, the practice staff are happy to go over the registration with you in the Practice and show you how to use the system.

**Carer's Week 2018**

**E**very day another 6,000 people take on a caring responsibility and by 2037 it is anticipated that the number of carers in the UK will increase to nine million. To coincide with Carers Week 2018, Independent Age, the older people's charity, has launched a new, free advice guide to help people identify as carers, and access the practical, financial and emotional support available to them.

Lucy Harmer, the director of services from the charity, suggests using the guide, called '*Caring for Someone: How to get the support you need*'. This is suitable for anyone who might be a carer and it explains carers' rights, benefits, services and support available to help look after someone else. It also looks at what happens when a caring role ends. Caring can be a positive experience but can also be emotionally and physically challenging.

Many older carers have long-term health problems or a disability themselves. '*Caring for Someone*' contains information and advice for everyone, regardless of how much care they provide, including how to apply for a carer's assessment, which can assess the impact of a caring role on your wellbeing.

'*Caring for someone*' is free to order and download from [www.independentage.org/caring-for-someone](http://www.independentage.org/caring-for-someone), or can be ordered for free by calling 0800 319 6789. To make a donation or find out more about how you can support the work of Independent Age and help older people stay independent, please visit [www.independentage.org](http://www.independentage.org).

*Lucy Harmer*

**Exercise for the bones!**

**I**n a recent news article on the BBC website I was interested to read that although the importance of 30 minutes cardiovascular exercise five times a week was understood by the general public, the need to do strengthening exercises was not.

Apparently we should be doing strengthening exercises at least twice a week. This does not mean, however, that we have to lift weights. Other options include ball games, racket sports, dancing and resistance training using bands or own body weight. Cycling and yoga are also considered to be somewhat beneficial to bones.

These strengthening exercises can improve our health for events such as pregnancy, menopause and after a spell in hospital.

After the age of 30, we all start to lose muscle and bone mass, so for the majority of our readers this is an important issue. However, with all new health pursuits, especially for those who are frail, please seek advice from your GP.

*Susmita Skelsey*



## Walk in the Park



At the end of May the Walk in the Park group enjoyed a walk and a delicious picnic at Doune Ponds in glorious sunny weather. After our picnic, one of our walk leaders, Kath Millar, was awarded a certificate for achieving 300 walks with the project. Walkers are awarded badges for achieving a target number of walks: bronze for 50 walks, silver for 100 walks and gold for 200 walks. Kath being the first walker to reach 300 walks with Walk in the Park was presented with a certificate and lots of congratulations on reaching this awesome milestone.

Kath's story: 'When I retired seven years ago I decided I had to do something to get me out of the house. I had read about the Health Walk and decided to give it a try. I went along and found a very welcoming group of people. Everyone chatted to everyone and there was always someone to walk along at my pace. After a couple of years I was persuaded to become a Walk Leader. The training was straightforward and now I help out on the walks, keeping an eye on the walkers and making sure no one is left out. I look forward to the weekly walks. Everyone is so friendly and, of course, the visit to Deli Ecosse after the walk is very welcome

When Strength and Balance exercises were added to the programme, I took the training course and now demonstrate the exercises during the session. These exercises improve and maintain walking ability and can help avoid falls. We have a great group of people who come along every week and, as well as the exercises, enjoy a good chat and a laugh. I am so glad I went along to that first walk. I have made new friends and have gained some new skills.

**Callander Walk in the Park walks** and session times are: Tuesday Morning Walk, 10.20am, see What's On' pages for meeting point.

### Strength and Balance sessions,

Tuesday afternoon from 2-3pm in the Fire Station followed by a short 10min walk for those who want it. Wednesday Summer Evening Town Walk, 7pm meeting at Ancaster Square. If you have any questions about joining in any of our walks or exercise sessions please contact the Walk in the Park Coordinator - [07852 334272](tel:07852334272) or email to: [cathy.scott@lochlomond-trossachs.org](mailto:cathy.scott@lochlomond-trossachs.org).



Cathy Scott & Kath Millar

## Sleep & LEDs

It is suggested that the recent move from traditional incandescent light bulbs to more energy efficient solid-state light-emitting diodes (LEDs) disrupts our sleep.

LEDs are commonly used in TVs, computer screens and handheld electronic devices such as tablets. These LEDs are typically rich in shortwave length (blue and blue-green) light, which the cells in our retina are more sensitive to. The theory is that time in front of these blue light-rich screens at night will be more disruptive to our sleep than incandescent lighting. Interestingly, one of the final discussion points in the article is about our ability to control the wavelengths emitted by LEDs. Perhaps any adverse effect of exposure to these lights at night could be mitigated by replacing blue heavy light with red or orange heavy light in the evenings.

## COOK'S CORNER

by Audrey Corrieri

### PUMPKIN, SUNFLOWER and FENNEL CRACKERS

#### Ingredients:

50g pumpkin seeds  
50g sunflower seeds  
50g sesame seeds  
1 tbsp fennel seeds  
25g linseed  
25g poppy seeds  
150g rolled oats  
1 tsp salt  
2 tbsp honey  
2 tbsp coconut oil, melted  
175ml water

#### Method:

Set the oven to 180 °C, gas mark 4 and line a baking tray with grease-proof paper. Add all the seeds and oats in a bowl and stir. In a separate bowl, mix the honey, oil and water, then add the liquid to the seeds and mix until the mixture is thick and sticky.

Tip the mixture onto the lined baking tray and place another sheet of greaseproof paper on top and work with a rolling pin until you have a thin rectangle of mixture.

Remove the top layer of paper and, with a sharp knife, score into rectangles (approx. 8 x 4cm each).

Bake in the preheated oven for 20 minutes or until golden brown. Allow to cool before breaking into individual crackers along the scored lines.

The crackers will keep in an airtight container in the fridge for up to a week.

## Callander and West Perthshire U3A

The end of our U3A year was marked with a splendid evening at Gartmore Village Hall when 90 members enjoyed a BBQ and dance. Stomachs and feet being catered for, our brains were also at work attempting a picture quiz



which was won by Peter and Lynne Rickard. Many thanks are due to the organising sub-committee who worked so hard beforehand. Members as far afield as Killin were able to come, thanks to the bus which collected people from many villages en route and returned them at the end of the evening.

The new session begins with our AGM and Enrolment Day on Thursday 23rd August at 2.00pm in Callander Kirk Hall. A short AGM will be followed by refreshments and the chance to talk to group leaders and sign up for their groups. We look forward to welcoming everyone.

*Marguerite Kobs*

## German Speaking Group in Callander.

Das nächste Treffen der Gruppe wird am FREITAG 7. SEPTEMBER 2018 um 19.00 in "Ardess", 24 Bridgend, Callander stattfinden.

Das Thema für unsere Diskussion ist folgendes: In Gross Britannien soll das Wahlrecht durch eine Wahlpflicht ersetzt werden? Und was für Altersgrenzen sollen dafür gelten? Wir freuen uns darauf, Eure Meinungen zu erfahren.

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) an. Email: [jenshearer@gmail.com](mailto:jenshearer@gmail.com). Wir freuen uns darauf, Euch alle am 7. September wieder bei uns begrüßen zu dürfen. NB Alle Teilnehmer sind gebeten, sich im Voraus bis Dienstag 4. September bei Jen anzumelden, damit es genügend Kuchen gibt!

NB Das übernächste Treffen findet am Freitag 5. Oktober statt. Das Thema für jenen Abend wird im Voraus allen Mitgliedern in einer Email mitgeteilt werden.

*Jen Shearer*

## Callander and District Arthritis Club

Our annual fundraising event is on Saturday 18th August from 2.00 – 4.00pm in the Kirk Hall. There will be afternoon tea with home baking, craft and book stalls and a tombola. Contributions from members for all the stalls would be much appreciated.

On 18th September at 7.30pm in the Kirk Hall, Elaine MacIsaac will give a flower arrangement demonstration, and there will be a raffle and refreshments. Members and visitors will be made very welcome.

*Fiona Snow, Secretary*



## Craigard Club

If you are a senior citizen living in Callander you are welcome to join the Craigard Club, one of the longest running clubs in Callander, now in its 47th year.

Members get together for coffee and lunch and keep their minds active with board games such as scrabble and handcrafts including knitting and painting. There are raffles, sometimes music, and always lots of chat.

Return transport from your home can be arranged by the Club. We meet at 10.30am on Tuesday and Friday mornings in Callander Kirk Hall and the new season starts on Tuesday 21st August. If you'd like to know more about the club, please phone 01877 330996, leave your name and number, and your call will be returned very soon afterwards.

We look forward to welcoming old and new members on 21st August.

## Lodge Ben Ledi

We are people who live in and care about Callander. Our Hall is in the centre of the town and we are happy to rent it out to organisations. However, we know that there are many people in the town who are involved in charities and wish to raise money to support them.

To offer our own support to these individuals and groups, we offer the use of our hall without charge to help make such events more successful.

The Lodge also raises money for many local and other charities. You may be aware we raised money for the swimming pool hoist and more recently we have supported the local Food Bank. Internationally we have helped DEBRA (a charity that supports people with skin that blisters when touched).

Please contact us if you are planning to have a fund raising event for charity and we may be able to help you.



## Callander & District Horticultural Society

At the recent coffee morning held in Callander Kirk Hall our retiring Chairman, Robert Vanhegan, was surprised to be put centre stage when he was presented with his personal 'Best in Show' award. This award is usually awarded at our Annual Show to someone whose entries throughout the various categories have been outstanding. As a great advocate for our Society for so many years, Robert's award was well deserved.

Robert has made sure that the Annual Show continues to run in Callander, helped, as he is always quick to point out, by a small group of hard working committee members and friends. When he announced it was time for him to stand down there was great concern that, without his leadership, the Show might not happen.

However, his committee stepped up to the challenge and the Show continues, helped by the generous support for our Coffee Morning where over £503 was raised to cover the Show's costs.

This year the Show will be held on Saturday 25th August in the Kirk Hall. The ethos has always been the taking part rather than entering the largest potatoes or the tastiest scones and there are many categories for children and adults to enter. You can pick up a schedule from various shops in town and the Library. If you would like more information about the schedule entries or helping on the committee, please contact Lucy Fraser-Gunn on 07711 404848.

*Lucy Fraser-Gunn, Chairperson*



*Photo by courtesy of Gordon T. Scott*

## Callander Chimes

We are a small, enthusiastic group of handbell ringers who get together to play music and enjoy a cup of tea and a cake.

Handbells have a long history. The first tuned sets were developed in the late 17th Century to allow tower bell ringers to practise without deafening their neighbours! Used for processions in church, they can also play music from jazz to classical.

We have a wide choice of bells: from tiny ones through to some recently acquired bigger ones which some call 'buckets', to give you an idea of their size! Our more experienced players can handle up to four little bells, and the rest of us generally play two.

Why not come along to one of our Monday sessions? We start on 3rd September from 11.00am to 1.00pm, in St Andrew's Church Hall, Leny Road. To enjoy playing you need to be able to read music but only to the extent that you should be able to see when 'your' notes are coming up.

Please come and see what it's all about.

*Alma Cadzow*

## Cancer Research



Callander Cancer Research would like to thank everyone who supports us through donations, purchases, volunteering etc, including those who Gift Aid their donation. The Gift Aid scheme allows us to claim 25p in the pound tax relief and for the last financial year this raised more than £9,000 extra in our shop. Since April this year we have accrued an extra £1,500 already through Gift Aid.

We are especially busy during the Summer and need more people to volunteer with us. There are many jobs to be done, e.g. if you like reading, why not volunteer to help our book department look great? If you are a DVD/music enthusiast, you could help to sort through all of the fantastic donations we get into the correct genre and display them. Maybe you have an eye for fashion and could help dress our models? Everyone is good at something and we would love to have you on board. Please call in at the shop for a chat or taster session.

## Royal Voluntary Service

Thanks to support from players of People's Postcode Lottery, Royal Voluntary Service has joined forces with award-winning dementia charity, Dementia Adventure, to develop an extensive training programme that will enhance its support for older people at home, in hospital and in the community. The training includes a series of short films featuring first-hand experiences from people living with dementia.

Staff and volunteers in Scotland will complete this comprehensive training programme which explores what dementia is, what it is like to live with dementia, and how to communicate effectively with those living with dementia to improve their wellbeing.

With its 20,000 volunteers, the charity provides support in the community, at home and in hospital.

So if you need help, would like to volunteer or find out more information, please call us on 0845 608 0122 or visit [www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)



**Callander Guides****Photo by Lucy Cameron**

**C**allander Guides are a group of 10-14 year old girls who love to have fun with adventurous activities, crafts and games. Last term we sewed suffragette rosettes, cooked on a campfire, walked, bell boated and climbed, among other things. We start back on 20th August and switch to Monday evenings from 7.00pm -8.30pm in St Andrew's Church Hall. We would love to welcome some new faces, as some of our older girls have had to move on. For more information contact Sarah on [scmiller@doctors.org.uk](mailto:scmiller@doctors.org.uk) or 07805064008

The girls are also keen though to tackle some of the more serious topics and have issued a challenge to local businesses to help end period poverty.

*Did you know that more than one in 10 girls in the UK struggle to afford pads or tampons? That is a shocking statistic, and means that girls and women are missing out on education, sports and other activities every month. When we talked about this at Guides, we can see that it is not just those who cannot afford these products who may miss out – what about being caught out when you least expected your period to start, or having heavier flow than normal? Or a change in your plans meaning you don't go home when you expected to? We don't think that periods should stop girls accessing education and fun opportunities.*

*After discussing this, the girls of 1st Callander Guides are joining the Girlguiding Scotland campaign to end period poverty, and would like to challenge businesses in Callander to support us. We have provided a box of free products in our meeting place, and would like to see all businesses with toilets available to the public supporting this cause by providing a small quantity of products in their ladies' loos, as some places already do.*

**Rotary Club of Callander & West Perthshire**

**O**n Tuesday 26th June retiring President Jen Shearer, handed over the chain of office to incoming President Peter Ireland, and wished him well for his year in the 'hot seat'. Peter, in turn, welcomed new Senior Vice President, Mike Kay, as his 'second-in-command' (and eventual successor).

Peter's first duty as President was to induct new member, Heather Swaine, to Associate Membership of the Club. Heather was warmly welcomed by the Club members.

The Club's next event will be during Callander's *Summerfest* activities. In partnership with the Callander Ladies' Circle, we will be running Fun & Games in the Square offering some 'fairground-style' activities in Ancaster Square from 11.00am – 4.00pm on Saturday 21st July. Games will include Splat the Rat and Hook a Duck, amongst other entertaining activities!

There will be no charge for taking part, this is simply a bit of fun for children of all ages. Young children who participate may be lucky enough to win stickers and sweeties.

On Friday 17th August we hold our Annual Charity Golf Day at Callander Golf Club. Teams of four will tee off at noon, in a 'shotgun' start. This event always gives rise to a bit of friendly competition, with good prizes to be won. The cost of tickets includes coffee and bacon rolls on arrival and a two-course tea after play. This is a great day out. Principal beneficiaries this year are the Callander branches of Start-Up Stirling and the Citizens' Advice Bureau, both very worthy causes which bring significant benefit to members of the local community. To obtain an entry form or to offer sponsorship and/ or raffle prizes contact Richard Cooper by email ([Richard.a.cooper@btinternet.com](mailto:Richard.a.cooper@btinternet.com)) or phone Jen Shearer on 01877 330446.



*Jen Shearer*

**Thursday Club**

**T**his friendly club for senior citizens will resume its fortnightly activities on 13th September, meeting as before in the Church Library from 2.00 - 4.00pm when we will welcome former and hopefully new members to join us in our table games, discussions and entertainment. Membership will be £5 as previously, then £2 each meeting thereafter. We are pleased to announce that our petition to be included as an organisation of Callander Kirk has been passed by the Session. For more information or for transport to the Club please phone 01877 330846.



Hello!



One sunny day last summer I was jogging along the cycle path that runs from Callander to Kilmahog. I was on the right hand side of the path, only a metre away from the grass verge, giving any oncoming traffic, or overtaking traffic plenty of room. A cyclist came up to me from the other direction and shouted aggressively “get on the left side of the track.” He went past me quite quickly and within only about half a metre from hitting me.

Who was at fault here? Me for being on the wrong side of the path, or him for thinking I was running where I shouldn’t be?

Before I give you my position on this question, let me tell you a little about my background. I have been a keen cyclist ever since I learnt to ride a bike about 50 years ago. Throughout my adult life I have tried to use a bike wherever possible and leave the car at home. This has been both for pleasure, environmental reasons, and, in the cities that I’ve lived in, it has often been quicker to

get from A to B by cycling rather than using motorised transport. In addition to my primary occupation, I worked as cycle trainer in schools “down south” for ten years, teaching children to ride safely on the roads. And one reason why I moved with

my family to Callander a year ago was to take advantage of the superb cycle opportunities that the Trossachs offer.

With my background you might suspect that I have some sympathy for the attitude of the cyclist who I met on the day in question.

### **Absolutely not!**

The cycle path that I was running on is part of the National Cycle Network. This is a 14,000 mile, UK wide, network of safe, traffic-free paths and quiet on-road cycling and walking routes. Most of the network has been established by the cycling charity Sustrans in conjunction with local authorities and other

landowners, e.g. Network Rail. The Sustrans website specifically states that these paths are for everyone to enjoy – there are no paths which are only for pedestrians, cyclists or horses. We all share the space which means we

all need to behave responsibly so that everyone can enjoy these facilities. This view is enshrined in legislation in Scotland as the Land

Reform (Scotland) Act 2003 gives all non-motorised users (including mobility scooters) statutory access rights to most land and inland water.

People riding bikes tend to be the fastest movers on these paths and particularly need to consider their speed so as not to startle other people, particularly those who are frail or who have reduced sight, hearing or mobility. Cyclists should be aware that they are sharing these paths with young children, older people and people with disabilities and will often have to give way to them. Cyclists need to appreciate that the strict rules of the road do not apply to these shared multi use paths and adjust their expectations accordingly.

So, my message to fellow cyclists is enjoy our local cycle path but be aware that you are sharing it with various other user groups. Be aware of other users at all times and be prepared to slow down or stop at short notice. Use your bell to alert people that you are approaching and give them a cheery wave and “thank-you” as you pass.

Next time, I’ll give you my opinion of cyclists who ride on pavements. It’s not pretty!!!



Goodbye!

*Steven McGowan*

# What's on in August and September

## REGULAR MEETINGS

### Mondays:

- Yoga (adults) 9.30-11.00am Callander Golf Club
- Chair Yoga 11.15am -12.15pm Callander Golf Club
- Gentle Yoga 3.00-4.00pm Callander Golf Club
- Scrabble 2.00pm Waverley Hotel (1st and 3rd Mon)
- Highland Dancing 4.00pm Kirk Hall (restarts 27th August)
- Cubs 6.15pm Primary School
- Guides 7.00pm St Andrew's Church Hall (restarts 20th August)
- Zumba fitness class 7.00pm Kirk Hall
- Callander Pipe Band practice/teaching 7.00pm Masonic Hall
- Yoga 7.00-8.30pm Callander Golf Club
- CAOS rehearsals 7.30pm Callander Golf Club (from 3rd Sept)

### Tuesdays:

- Craigard Club 10.30am to 1.00pm Kirk Hall (restarts 21st August)
- Walk in the Park 10.20 am (see schedule by date below)
- Kwik Cricket 5.00-6.00pm McLaren Rugby pitch
- Army Cadet Force training 7.00pm Kirk Hall
- Badminton Club 7.30pm McLaren Leisure Centre

### Wednesdays:

- Callander Kids 9.30am Kirk Hall
- Citizens Advice Bureau 10.00am-12.30pm Callander Library
- Teapot Café 10.30am Kirk Hall Library
- Yoga 11.00-12.30pm Callander Golf Club

- ESOL classes (beginners) 3.00pm Burgh Chambers
- YES beginners 6.00pm intermediate/advanced 7.30pm McLaren Leisure Centre
- Bridge Club 6.50pm Old Bank
- Evening Town Walk 7.00pm Ancaster Square (August only)
- Song Squad 7.15-9.15pm Fire Station

### Thursdays:

- Scottish Country Dancing 7.00pm Masonic Hall
- Texas Hold 'Em Poker 7.30pm Waverley Hotel
- Kwik Cricket and Hardball 5.30-7.00pm McLaren Rugby pitch
- Callander Brass practice Training band 6.30pm, main band 7.30pm Primary School
- Family Yoga for age 8+ 4.30-5.30pm Callander Golf Club (term time only)
- Family Yoga for age 5+ 5.30-6.30pm Callander Golf Club
- Yoga (adults) 8.00-9.30pm Callander Golf Club

### Fridays:

- Craigard Club 10.30am to 1.00pm Kirk Hall

### Saturdays :

- Trossachs Tigers Training 9.15 - 10.00am McLaren Leisure Centre

### Sundays :

- Sundays @ Six Stirling Baptists in Callander 6.00pm St Andrew's Church Hall

## AUGUST

### Friday 3rd

- [Ben Ledi View published](#)

### Saturday 4th

- Concert by West Winds Music Ensemble with Callander Chorale 7.30pm Callander Kirk
- Ramblers Hill: Ben Chonzie (931m) 8.30am Contact 01877 331067

### Tuesday 7th

- Walk in the Park Loch Venachar (car share) meet 10.20am Ancaster Square

### Wednesday 8th

- Ramblers Stroll: Arivurichardich (4 miles) 9.30am Contact 01877 3339323
- Walk in the Park Summer Evening Town Walk 7.00pm Ancaster Square

### Saturday 11th

- Ramblers Stroll: Wrightpark and Dasher Bridge (4.5 miles) 8.30am Contact 01786 825682

### Monday 13th

- Community Council meet 7.30pm Callander Hostel

### Tuesday 14th

- Walk in the Park Doune Ponds with picnic (car share) meet 10.20am Ancaster Square
- Art in the Kirk Preview evening 7.30-9.00pm Kirk Hall

### Wednesday 15th

- Art in the Kirk 11.00am to 7.00pm Kirk Hall
- Walk in the Park Summer Evening Town Walk 7.00pm Ancaster Square

### Thursday 16th

- Art in the Kirk 11.00am-7.00pm Kirk Hall

### Friday 17th

- Rotary Club Charity Am-Am golf tournament tee off at 12 noon Callander Golf Club
- Art in the Kirk 11.00am- 7.00pm Kirk Hall

### Saturday 18th

- Ramblers Ramble: The Drumardoch Hills (6 miles) 8.30am Contact 01877 339938

What's on is sponsored by  
your VisitScotland Information Centre,  
52-54 Main Street, Callander, FK17 8BF

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Information Centres  
visitscotland.com/wheretofindus





# What's on in August and September (contd.)

- Woodland Trust Boomerang Bushcraft Day 10.00am Glen Finglas Booking essential via website.
- Arthritis Club Afternoon Tea 2.00-4.00pm Kirk Hall

## Tuesday 21st

- Walk in the Park Black Park Forest walk (car share) meet 10.20am Ancaster Square

## Wednesday 22nd

- Ramblers Cycle: Callander to Stank or Balquhiddie return (9 or 28 miles) 9.30am Contact 07950 046913
- Walk in the Park Summer Evening Town Walk 7.00pm Ancaster Square

## Thursday 23rd

- Callander & W. Perthshire U3A AGM and Enrolment 2.00pm Kirk Hall

## Saturday 25th

- Ramblers LDP: TLW4 –Tarbet to Inveruglas (6 miles) Contact 01877 330032
- SWT Bottle Stall and plant Sale 10.00am Ancaster Square
- Horticultural Show doors open 1.30pm Kirk Hall

## Sunday 26th

- Liz Campbell's Highland Dancers perform in aid of Strathcarron Hospice 3.00-4.00pm Ancaster Square

## Tuesday 28th

- Walk in the Park Keltie Bridge meet 10.20am Medical Centre

## Wednesday 29th

- Walk in the Park Summer Evening Town Walk 7.00pm Ancaster Square

## Thursday 30th

- Thornhill Players open evening 7.30pm Thornhill Community Hall

## SEPTEMBER

### Saturday 1st

- Ramblers Hill: Ben Our (733m) 8.30am Contact 01877 382924
- Trossachs Coffee Morning from 10.00 am to 12 noon Brig O'Turk Village Hall

### Sunday 2nd

- Trossachs Pilgrimage and Picnic

## Tuesday 4th

- Walk in the Park NCR7 towards Kilmahog meet 10.20am Ancaster Square

## Friday 7th

- German-speaking group meets 7.00pm 'Ardess', 24 Bridgend

## Saturday 8th

- Callander Poetry Weekend starts, all day from 10.00am Kirk Hall
- STEM Festival 10.00am-4.00pm McLaren High School

## Sunday 9th

- **Ben Ledi View copy deadline**

## Monday 10th

- Community Council meet 7.30pm Callander Hostel

## Tuesday 11th

- SEWF breakfast networking session McLaren Leisure
- Walk in the Park Loch Ruskie (car share) meet 10.20am Ancaster Square
- SWT Talk by David Barclay 'Scottish Wildcat Conservation' 7.30pm Kirk Hall

## Wednesday 12th

- Walk in the Park and Ramblers walk at Drymen (car share) Please book with Cathy on 01877 330055
- Heritage Society AGM + Kenny Brophy 'Cup and Ring Marks of Menteith' 7.00pm for 7.30pm Masonic Hall

## Thursday 13th

- Thursday Club meets 2.00pm Kirk Hall Library

## Friday 14th

- McLaren Leisure Annual Golf Day shotgun tee off 10.00am Callander Golf Club

## Tuesday 18th

- Walk in the Park Strathyre (car share) meet 10.20am Ancaster Square
- Arthritis Club talk Elaine MacIsaac 'Flower Arranging' 7.30pm Kirk Hall

## Wednesday 19th

- Ramblers Stroll: Strathyre Forest (5 miles) 9.30am Contact 01877 384227
- Walk in the Park Bat walk around Callander with Bev (45 mins) 7.00pm Ancaster Square

## Saturday 22nd

- Ramblers Ramble: Cochno, Slacks & Loch Humphrey (8.5 miles) 8.30am Contact 01786 841240

## Monday 24th

- Trossachs Beer Festival all week Lade Inn

## Tuesday 25th

- Walk in the Park Moss Wood (car share) meet 10.20am Ancaster Square

## Thursday 27th

- Thursday Club meets 2.00pm Kirk Hall Library

## Friday 28th

- Callander Jazz and Blues Festival begins

## Sunday 30th

- Jazz Church Parade

## OCTOBER

### Wednesday 3rd

- Ramblers Stroll: Historic Stirling (5 miles) 9.30 am Contact 01877 330444

### Thursday 4th

- Kirk Guild meets 2.00pm Kirk Hall Library

### Friday 5th

- German-speaking group meets 7.00pm 'Ardess', 24 Bridgend

- **Ben Ledi View published**

## The 2018 Callander Jazz and Blues Festival 28th – 30th September

A weekend full of Musical Entertainment.

The festival will take place at venues throughout Callander commencing Friday 28th September from 7pm finishing Sunday 30th September at 11pm

This year offers the most adventurous and inspiring festival cast and programme in our 13 year history. Several hundred musicians from all over the UK, Europe, USA and beyond will be flooding in to ensure the best of entertainment.

Friday, Saturday, Sunday and Weekend Rover tickets are all now available on line, via Tourist information offices in Callander and Stirling, or by contacting Poppies Hotel Callander 01877-330329. Tickets can also be obtained at the venues. There will be an event, ticket and information centre sited in Ancaster Square. Over the weekend there will be live music from our outside stage.

Our willing and able event team will be ever present to assist visitors in any way.

If you would like to join the festival team and help out with the visitors and bands please contact Graham Oliphant on 01877 339399 or email: [graham@callanderjazz.com](mailto:graham@callanderjazz.com)

For full details visit [www.callanderjazz.com](http://www.callanderjazz.com)

Graham Oliphant

## Thornhill Players

Open Evening—  
Thurs. 30th. Aug.  
7.30p.m.



If you are interested in joining our lively, friendly drama group, come along to our open meeting in Thornhill Community Hall, where we will be reading, rehearsing and, above all, welcoming new players. If you are experienced we can use you; if you are inexperienced we can coach you! People of all ages (18 upwards) from anywhere in the Trossachs are welcome.

Performances, consisting of anything from full-length plays to quirky revues and one-act comedies, usually take place three times a year. We are particularly keen to encourage young players who will have the chance to work alongside experienced actors. So, come and find out about Thornhill Players. Refreshments and information will be plentiful. For further information contact David Moore at [davidkmoore@gmail.com](mailto:davidkmoore@gmail.com) -- tel. 01877 330511

Jean Thewlis

## Book Club Review

*The Only Story* by Julian Barnes  
(Penguin, 2018)

I've been familiar with Barnes, as a prolific author and prize-winning writer, however, I'd never actually picked up one of his books so was quite looking forward to this.

*The Only Story* is essentially a love story and is the account of our narrator, Paul, who argues early in the book that we all have only one love story in our life worth re-telling. This one love story could be a positive or devastating experience, but it shapes who we are, what we are and all subsequent experiences and relationships throughout our life. In this sense, it is the only story.

Paul is now approaching 70 years old and is recounting the one love story of his life. This began 50 years ago at a local tennis club during his

university vacation. Here, Paul, a brazen, over-confident 19-year old student is paired in a doubles tournament with Susan, a 48-year old mother of two. This fateful coupling marks the start of an affair that spans over 10 years.

*The Only Story* is a lot about memory and how we decide to frame our pasts. What do we choose to forget? What do we choose to remember? Are these events and recollections true, or simply a version of what we'd like them to be? Part Three of the book tackles this to a greater degree, as Paul is now an old man reflecting back on his life and how his relationship with Susan impacted on all its subsequent events.

Some aspects of *The Only Story* were compelling. The premise of the relationship between Paul and Susan was certainly a page-turner, although our narrator's insistence that the relationship was more than the cliché it suggests never, in my view, really develops. There seemed the suggestion of something bigger, something extraordinary and beautiful that is never fully told. Instead I was left with a sense of sadness as Susan's demise became the main focus, whilst the path of her life and the 48 years before she met Paul are left largely unexplored. Worth a read, but a good lesson in how partial memory can be.

The next BLV book club review will be *Our Souls at Night* by Kent Haruf (Knopf: 2015).

Maggie Magor

## CALLANDER LIBRARY

### Opening Hours

Monday	10am – 1pm	2–5pm
Tuesday	10am – 1pm	2–7pm
Wednesday	Closed	
Thursday	10am – 1pm	2–7pm
Friday	10am – 1pm	2–5pm
Saturday	10am – 12 noon	

Telephone/Fax 331544

# TAXIS!!

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*Steve Murphy*

## CAOS and Callander Kirk Junior Choir

Cast members are still getting favourable comments about Oliver! but already we are preparing for our 2019 show, Annie. Once again we are collaborating with Callander Kirk Junior Choir and as well as great opportunities for youngsters there are a number of roles for the adults. This is a great time to join and be part of a fun and exciting venture. We had a successful fund raising bottle stall in June and the company is in a good position to be able to deliver yet another fantastic show next March.

Once again we would like to express our thanks to all our supporters and to the Airicity and Hydro Funds which have been of great assistance in seeing us through the past few years.

Inspired? Why not join us for Annie? Adult cast rehearsals will be on Monday evenings at Callander Golf Club beginning at 7.30pm. The first rehearsal is on 3rd September and it would be great to see new members coming along to join the old hands. As well as getting ready for auditions (probably in November) we will also be starting rehearsals for our early winter concert which will be at the end of November. See our web site for details: [www.callander-amateur-operatic-society.webs.com](http://www.callander-amateur-operatic-society.webs.com)

*Steve Murphy*

## Killin Music Festival 2018

The Perthshire village of Killin came alive with music during the festival, attracting a record number of over 1,500 people. This year's line-up boasted phenomenal artists including Blazin' Fiddles and Niteworks on the Friday, Peatbog Faeries, Meclir and Hò-Rò on the Saturday and a seated concert with Phil Cunningham & Aly Bain on Sunday.



Not only was there music to enjoy by all ages, but also an array of fringe events on offer. On Saturday there was a Highland Hustle Workout, Ukelele workshop and a Craft Fair with craft activities



all day. The Sunday featured the McLaren High School Pipe Band parading down the Main Street, a community coffee morning with the local Community Choir and Killin Primary School Choir. Festival-goers could also enjoy our Open Stage competition featuring several emerging artists from the local area and beyond. Katie Allan and Abigail Pryde were crowned as the winners, securing a spot on the 2019 line-up. Portnellan kindly sponsored the Session Tent this year, which was free entry for all throughout the weekend to enjoy The Camans, The Mocking Dogs and the Coaltown Daisies.

Award winning band Elephant Sessions were announced as 2019 headliners, Earlybird tickets are on sale now from

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



## Looking for Funding?

Are you looking for funding? –if you work with a community, or voluntary organisation, social enterprise or charity and you are looking for funding to deliver projects within your community then save the date – TUESDAY 2nd OCTOBER 2018 Stirling Council and Stirlingshire Voluntary Enterprise (SVE) will be holding a funding fair in Bridge of Allan Parish Church Halls on Tuesday 2nd October. You can drop in and meet a variety of funders between 3 pm and 6.30 pm. Funders include the Big Lottery, Foundation Scotland, Robertson Trust, Corra Foundation, Climate Challenge Fund and many more. For more details contact Jean Cowie on [cowiej@stirling.gov.uk](mailto:cowiej@stirling.gov.uk)



## Callander Heritage Society

**M**ay: Dr Murray Cook stepped in at short notice to give us a very interesting talk about Recent Archaeological Investigations at Cambuskenneth Abbey.

The Abbey was founded in the 14th Century by King David I and was one of the most important in Scotland. James III is buried there. Today only the Tower of the Abbey remains standing. After the Reformation the Abbey was destroyed and the stone used to build many of the houses in Stirling. The Abbey was a centre for trade and had its own harbour. Recent excavations have found a Robert II coin, a 17th Century harbour warehouse, a water gate and steps to access the harbour. The Forth must have been at least 1 metre higher then. Metal detectorists have found musket balls around the Tower from the time of the Civil War. Signs of the remains of the turf houses belonging to the Abbey servants have also been found. The Tower is open to visitors for one day



in September. If you would like to visit check the web site for details.

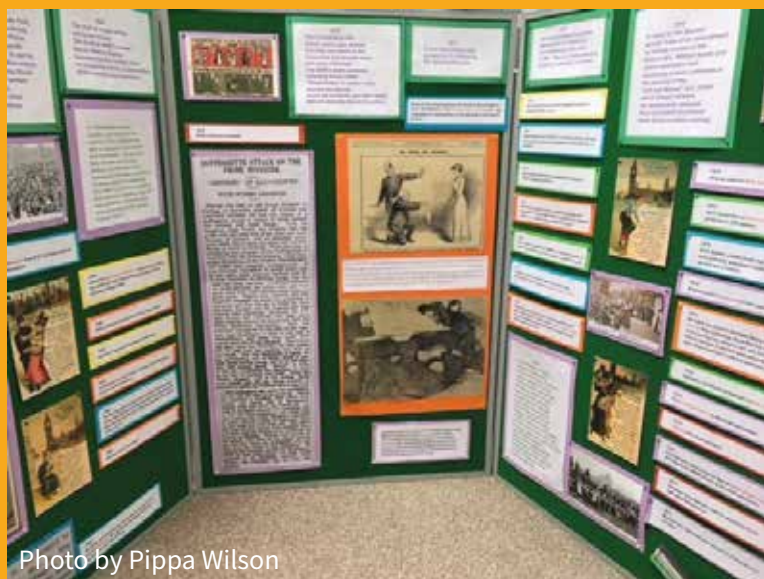
**J**une: Mhairi Mackay gave us a most interesting talk about Gaelic in Callander, Place names and The Oral Tradition. Mhairi is Callander born and raised. Her interest in Gaelic was sparked in First Year at McLaren High School by her teacher Alison White. Mhairi teaches at Doune Primary School, and has studied Gaelic and Gaelic music. In her researches Mhairi discovered

## Centenary of Votes for women

**A**s part of *Summerfest*, Pippa Wilson of Callander Heritage Society produced a display to mark the 100th anniversary of some women acquiring the right to vote.

Ethel Moorhead is one of the suffragettes featured in the display. Reading about her exploits, now so far in the past, she did everything she could to draw attention to the cause. Not only did she throw an egg at Winston Churchill but she spent time in prison for arson, the result of setting fire to empty houses in St Fillans, Comie and Lochearnhead. Being force fed whilst in prison raised much sympathy amongst the public.

British women should be grateful to women like Ethel and her supporters. This was the first step on the road to equality.



that in 1845 Gaelic was taught at Callander Parochial School. Because Gaelic traditions and history were passed down in stories, music and song, when people came to write it down there is a great variation in the spelling of words. The Gaelic alphabet has no J,K,Q,V,W,X,Y or Z so combinations of the other letters are used to make these sounds eg mh=v. The bagpipes were banned after the '45, being classed as weapons of war, and Gaels use *puirt-a beal* (mouth music) for dancing and devised a humming tune, a *channtair*, to resemble the pipes. Mhairi ably demonstrated examples of mouth music, sang Gaelic songs and recited poems by the Gaelic bard, Patrick Buchanan, who was born in Callander in the 17th Century.

Kath Miller

## The Lost Golden Jubilee Cairn of Ben Ledi



**D**oes anyone have any information on what happened to the cairn or the whereabouts of the dedication plaque? We can find no information about this.

We do know it was constructed in honour of Queen Victoria's 50 year reign as monarch on the summit of Ben Ledi on the 14th June 1887.



The completed height of the cairn was just over 4 metres and it was topped in white quartz.

The cairn was one of several built by Malcolm Ferguson of Killin for which he received, by telegram, a message of thanks from the Queen, who was staying at Balmoral at the time.

## The Diamond Jubilee Cairn, Callander Crag 1897



The Diamond Jubilee Cairn on Callander Crag was erected in 1897 to commemorate the Diamond Jubilee of Queen Victoria.

The cairn, which stands over four metres high, is topped with white quartz and can be seen today on top of the Crag.

Built by Malcolm Ferguson, who is standing in front of the cairn with Provost Robertson on the left. The others shown were all part of the construction team

## SCOTLAND'S ROCK ART

Scotland's Rock Art Project is working with communities across Scotland to record, research, and raise awareness of Scotland's prehistoric carvings.

Rock Art Recording Training  
Callander, Stirlingshire  
21st September, 9.30am - 5.00pm

This Rock Art Recording training will provide you with a thorough background in the skills and knowledge required to survey and

record prehistoric rock carvings. The session will be partly indoors and partly outside at a suitable local Rock Art site. Our training is open and free to anyone with a genuine interest in recording Rock Art as part of their project. Please note that spaces are limited, and we need to give priority to people who are keen to be involved with the project.

Please contact us if you are interested in the training and would like more information.

Callander Heritage  
[callanderheritage@gmail.com](mailto:callanderheritage@gmail.com)



## Magical Hag Stones

-The Portal into another world?

Do we have any Portals in and around Callander?

Actually, a hag stone is a stone that has a naturally occurring hole all the way through it, created when water and other elements pass over the weakest point of the stone's surface - this is often why they are



found in streams and rivers, or even on the beach.

According to legend, a hag stone got its name because a variety of ailments, all curable with the use of the stone, were attributed to a hag causing illness or misfortune such as sickness, nightmares, blindness or snake bites.

Also believed to have magical powers such as protection against the evils of witch craft; there was strong belief at one point and genuine fear amongst folk that a local witch might cast a spell on one's livestock, with no milk or eggs produced in the morning.

Basically there was a whole list of 'nasties' that a witch could inflict on farm animals and humans, should her wrath be incurred.

Hence the reason today you can still see remnants of this tradition in some of the old farm buildings; you may notice a small stone with a hole in it sat on a window ledge or hanging from the rafters to ward off evil hexes.

As if all the above wasn't enough it was often thought these hag stones were portals between two worlds or used to look through into other realms or to transport one into the past or present and were highly prized by the Druids of old.

In some areas of Scotland they are sometime referred to as Holy stones, Hex stones or Adder stones.

According to legend a true stone will float in water.

These stones possibly predate any historic traditions and probably stretch back into our prehistoric times.

Numerous superstitions and traditions have grown up around these magical stones and their curative powers.

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





## Dental disease in dog and cats

Dental disease is very common in cats and dogs. Surveys show that, after the age of three years, about seven out of ten pets have some kind of tooth disorder. What starts as deposits on the teeth that cause discolouration, smell and inflamed gums, if left unattended may result in bleeding, pain, then irreversible damage to the teeth, gums, jaw bones and damage/disease elsewhere in the body when the bacteria from the mouth get into the blood stream.

What can we see? Plaque is a yellowish white deposit made up of bacteria and debris which forms around the surface of the teeth. In time it hardens to become yellowish brown tartar (sometimes called calculus) at the base of the tooth which gradually spreads until it may cover the whole of its surface.

What are the other indications of dental disease? Foul breath is very common and the pain resulting from advanced dental disease may cause difficulties in eating. If your pet dribbles excessively, or sometimes the saliva is flecked with blood or shows signs of pain or discomfort such as head shaking and pawing at its mouth, reluctance to eat biscuits to chew things, then it may have problems with its teeth.



**Riverside  
Veterinary  
Clinic**

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- Call us to make an appointment for our nurse clinics, or to consult a vet.
- Get your pet food and pet accessories from our in house pet shop.
- Professional grooming and bathing facilities for large and small dogs.

**Tel: 01877 381213**

enquiries@riversidevetsstirling.co.uk  
www.riversidevetsstirling.co.uk

**Riverside Veterinary Clinic**

1 Lagrannoch Industrial Estate  
Geisher Road Callander FK17 8LX

**Callander K9** 

Professional Dog Walking and Pet Care

- Group and Individual Dog Walks
- Cat and Puppy Feeding and Play Times
- Fully Insured, DBS Checked and Qualified

**Leah Rendall**  
07913656650  
www.callanderk9.com  
callanderk9@hotmail.com



**J Walking Doggies**

Friendly, reliable dog walker  
Fully Insured



From £8 per hour  
07967 743 017



Dental hygiene is an important part of keeping our dogs and cats happy and healthy. Thanks to the advances in pet health care, our 4-legged friends are living longer. Research has implicated mouth bacteria in disease in the rest of the body so good dental hygiene is even more important nowadays to keep teeth, gums and the body lasting them their whole life. Dental disease can be prevented by stopping the build-up of plaque. There are many ways of helping reduce the build-up of plaque: moving to dry food, adding in dental chews, dental chew toys and, yes, even brushing with specially designed pet tooth paste (it is not as hard as it sounds and if mastered can have fantastic results just like us humans).

**Carol's Dog Services**




- \* Dog sitting in owner's home \*
- \* Individual dog walking \*
- \* Dog / Cat feeding \*
- \* One to One Training \*

Fully insured and Disclosure

For all enquiries call: 330787 / 07943333145




Here at Riverside Veterinary Clinic we are passionate about keeping our 4-legged friends happy and healthy and are keen to share our knowledge. Just ask!

Here's to happy healthy 4-legged friends!

Marslaidh Smith BVM&S MRCVS,  
Riverside Veterinary Clinic, Callander



## The Adventure Continues

The last couple of months have seen big changes in Porthos, our guide dog puppy, not least in size – it seems he gets out of bed every morning bigger than the day before! He has an extremely long tail, huge paws and a personality to match. In fact we are wondering how long it will be before he is ‘top dog’ in our family, because he always manages to get his way. Ian has assumed the role of most gentle and tolerant older brother and Porthos will happily pluck a bone from between Ian’s paws and then lie on top of him to get the best position to gnaw it! However, they are best of friends and it is fascinating to watch the way the puppy copies and learns from the older dog. Fortunately for us, Ian has been trained in guide dog ways, so Porthos is picking up good habits

Life experiences for the lad are adding up. He has discovered that shopping is boring (he’s a boy of course!) and has learnt that the best way to survive meetings, concerts and plays are to just lie down and sleep.

His lovely little tick of joining in with applause has happily departed. Hopefully, he has managed to discover that this is the best plan too, when Mum and Dad endlessly chat in the street, usually about him! More interesting are buses, trains, the library and B&Q, and best of the lot are cafes, where crumbs are available under the table. This last thing is a steep learning curve for any puppy, but essential that he doesn’t become a food thief for his oblivious blind owner.

We have found him to be a quick and responsive learner and not upset by noises, traffic, other animals or unusual obstacles in the



street. He spent a day with us recently at the Royal Highland Show and took everything in his stride.. including a walk through the cowshed. Even I find some of those beasts quite intimidating! So this is all good news for his journey as a guide dog puppy.

As with all guide dog puppies, it is important that they learn to settle in to different environments and he has already spent three nights with a guide dog boarder and is about to spend a week away again soon. Unfortunately, he has

also spent a night in hospital, as he became quite unwell after eating something he shouldn’t have done (we think!)

At five months, then, we have a puppy with a lovely shiny coat, bright eyes and a waggy tail. He can be stubborn at times, but very loving and loyal. He is turning into a dog with good manners and most importantly with a desire to please and obey. What more could we ask?

*Steve and Marilyn Willett.*

## Mad Honey Disease

If you come across someone lying looking extremely drunk they may not be. It might be Mad Honey Disease; the symptoms are similar to those of being out of mind drunk.

King Mithridates used this special honey as the first chemical weapon against Pompey’s army in Roman times. He left honey combs from bees that had been feeding in the Rhododendron forest at the road sides. The soldiers could not believe their luck and ate them. When they collapsed, intoxicated he attacked and of course won the battle.

Are you likely to suffer from Mad Honey Disease? Probably not. If you look at Rhododendron flowers, which produce the poison, you will see Bumblebees feeding on the nectar not honey bees. Bumblebees along with honey bees from places, where Rhododendron ponticum grows wild, such as Turkey and Nepal are not affected by grayanotoxin the poison in the purple rhododendrons. According to research done at Kew, when honey bees are fed nectar from the Rhododendron the poison affects their nervous system as it affects ours and they die.

If you really want to sample Mad Honey it is for sale on the internet. It is almost never fatal.





**Leisure Facilities**

- Swimming Pool
- Climbing Wall
- Fitness Suite
- Indoor Courts
- Full size 3G Pitch
- Café
- Soft Play Zone
- Fitness Classes
- Kids Holiday Camps
- Meeting Facilities
- Laser Tag



01877 330000      [www.mclarenleisure.co.uk](http://www.mclarenleisure.co.uk)

### Spike Island

Don't miss out on the fun with our dual lane aqua run! It's perfect for racing with friends. Every Friday suitable for 8-15years (users must be able to swim 20M unaided)

19:30-20:30 Primary Age (8+)  
20:30-21:30 High school (up to 15)

### Annual General Meeting

We held our AGM on Wednesday 27th June, where the board of directors gave an update on our strategy going forward.

Our mission statement is:

McLaren Leisure will continue to provide the highest quality, inclusive sport and leisure facilities and services for our local community and visitors to the area.

We will do this by working towards a series of objectives to ensure the sustainability of McLaren Leisure in the future. These objectives are:

- To be the destination of choice for

sport, leisure and outdoor gateways for our local community and visitors

- To maintain and increase business sustainability by improving self sufficiency
- To provide inclusive facilities and services for sport and leisure activities
- To promote and harmonize relationships with primary and secondary school users
- To maximize opportunities for tourism and work in partnership with local organisations
- To act as a hub for community, sport and leisure activities, indoor and outdoor events.

We are looking for more people from diverse backgrounds to join our board to help shape this strategy so, if you would like to get involved, please contact Trish Thompson for an informal chat and to find out more (01877 330000; [trish@mclarenleisure.co.uk](mailto:trish@mclarenleisure.co.uk))

### SEWF 2018

McLaren Leisure is a social enterprise, run by a team of dedicated staff and volunteer directors. In September, the Social Enterprise World Forum (SEWF) is returning to Edinburgh to celebrate its 10th year. Delegates will be attending from social enterprises all around the world. A 2 day study visit will be taking place on 10/11th September with a delegation coming to Callander to see what is achieved locally. This will include a breakfast networking event hosted at McLaren Leisure on 11th September.

### Golf Day

This year McLaren Leisure is planning to host its annual Golf Day, at Callander Golf Club. The event will be on Friday, 14th September with a Shotgun tee off at 10am. We are looking for teams of 4 people to play and would greatly appreciate you taking part. Entry fee includes breakfast, a round of golf and a 2 course dinner, followed by a prize giving ceremony. Every team who enters this year will automatically be entered into our prize draw to win a four ball at Turnberry golf course!

Contact [david@mclarenleisure.co.uk](mailto:david@mclarenleisure.co.uk) for more information.



**MAKE YOUR CHILD'S DEVELOPMENT MORE FUN!**  
**TRY RUGBYTOTS**

We are holding free taster sessions for 2-3.5 yrs at 9.30am, 3.5-5 yrs at 10.05am and 5-7 yrs at 10.55am on 12 August 2018 at McLaren Leisure Centre.

**0345 313 0424**  
[james.c@rugbytots.co.uk](mailto:james.c@rugbytots.co.uk)



[rugbytots.co.uk](http://rugbytots.co.uk)  
The world's favourite rugby play programme



On the 28th July 1998, McLaren Leisure opened its doors to the public for the first time. Thank you to all those who helped us celebrate our 20th birthday at the Trossachs Summer Festival. Visit our website and follow us on social media to see photos of the event as well as latest updates.



## Climbing Wall Update

We are still working towards a refurbishment of our climbing wall, subject to obtaining sufficient funding. More details on the project as it progresses will be available on our website and social media.

## Wanted

### Political Correspondent

Would you like to write for the BLV on important Local Matters?

We would like someone to attend the Callander Community Council's meetings (1st Monday of each month) and write a report on the meetings for the following issue of the magazine.

In addition we would like this person to keep an eye on what is happening on matters concerning the Community Council and Stirling District Council and write articles on these on an as and when basis.

This could be a position for one or more people if split.

Are you one of these people?  
If so, then please contact us on  
[blveditor@gmail.com](mailto:blveditor@gmail.com)

## Sport Club

Children attending Callander Primary? Looking for additional child care? We have you covered with our before & afterschool sessions with walking bus. Drop off as early as 07.30 with breakfast and wake up activity included and Pickup as late as 18:30 with afternoon snack and sports. Flexible bookings, dinner options available if required, 10% discount on full week bookings.

Don't forget to book a space for your children for when the schools go back.

## Accessible Toilet

We are working towards raising sufficient funding for a Changing Places Accessible Toilet at McLaren Leisure. More details will be available on our website as the project progresses.

Jane McGeary  
Marketing & Funding Lead  
[jane@mclarenleisure.co.uk](mailto:jane@mclarenleisure.co.uk)  
[www.mclarenleisure.co.uk](http://www.mclarenleisure.co.uk)  
Tel: 01877 330000

## Advertorial

# The Duke Triathlon

The Duke Triathlon is coming for the first time to Callander on 16th September! A full day dedicated to triathlon, family, Scottish food & drinks on the lovely estate of Tigh Mor. It is the perfect triathlon for the novice, a fast fun and filthy finisher to your season if you are a grizzled triathlete already, and presents the perfect chance to combine a family holiday with a "surprise!" opportunity race. Distances are 400m Swim in Loch Achray, 18.5 km cycling on the Dukes Pass and the Three Lochs forest drive, 2.5 km running on Tigh Mor estate! We designed the Duke to be a beautiful, accessible race where "normal" rather than "hardcore" athletes can find pleasure! It's not an easy course by any means, but we wanted to provide a season closer where people enjoyed themselves with their families and friends, in a spectacular setting. If you've not heard of Tigh Mor then have a wee google before you sign up – you are going to be hard pushed to find a more beautiful and scenic backdrop to a triathlon anywhere in the world. We will also organise a free kids race of 1.2km after the main event finishes. Think how amazing your finishing photo will look! Last but not least, we will have few local stalls to showcase Scottish food & drinks.

Want to be involved? There are still a few spaces available for competitors and we will be looking for marshalls/volunteers to help us deliver this fantastic event. More information here: <https://duketriathlon.co.uk>

---Richard Servranckx & Leszek Stelmachowski  
DUKE TRIATHLON - <https://duketriathlon.co.uk>  
00447511685045



**A**t a special event held in Stirling at the end of May, Stirling and Clackmannanshire Council leaders revealed a £90.2 million joint funding package from the UK & Scottish Governments under the Stirling & Clackmannanshire City Region Deal and a further £5 million pledge from the Scottish Government for projects in Kildean and Callander.

The City Region Deal has been a two-year journey which initially encompassed a broad package of proposed works and developments, designed to achieve a sustainable economic future for Stirling and its people, and will be delivered over a 10 year period. Significantly, Stirling Council leader, Scott Farmer, stated that 'the funding revealed today will be matched by around £124million from our partners in the private and public sectors, pushing the initial total value to well over £214million. That will then unlock additional private investment of up to £600m, bringing in 5,000 jobs to the area.'

What does this mean for Callander? Although there is no specific investment in Callander identified in the UK Government's £40.1 million contribution, the £50.1 million Scottish Government portion does identify several opportunities. Amid vague comments from Stirling Council alluding to 'investment in a resort opportunity in Callander', more specifically £2 million of the Scottish Government's contribution has been allocated for a Regional Digital Hub Programme (which Callander will benefit from together with Eastern Stirling and Alloa) and a further £2.5 million has been allocated for infrastructural

developments in Callander. For the latter point our local councillors are generally reading 'new bridge'.

MSP Bruce Crawford commented that 'This is great news for the Callander community, who have been calling for infrastructural investment for projects such as a new bridge' and he was backed up by Councillor Evelyn Tweed who considered that the 'infrastructural investment money will be a real shot in the arm for the community in terms of projects like the new bridge being taken forward'. However, local councillor Martin Earl tempered his

*'Any investment into the Callander area must be with the agreement of the community and if a project is not thought to be in the best interests of the town then it needs to be changed until it is'*

**Martin Earl - County Councillor**

comments with a hint of caution 'I welcome the signing of the deal but it is only the start and must be used as a platform to encourage other investment into broader projects outwith the city itself. Any investment into the Callander area must be with the agreement of the community and if a project is not thought to be in the best interests of the town then it needs to be changed until it is. Introducing new infrastructure, including any new bridge, must be carefully planned and provide maximum local benefits while preserving the character of the area. New infrastructure has the potential to transform the town and unlock the still untapped potential as a high quality destination and outdoor capital. Improving the transport network in the area will also benefit the many local businesses and improve footfall in the main street. I truly hope we can work together to ensure this opportunity is not lost or squandered. I suspect this will be a long haul but it is imperative that we keep up the pressure and make sure any investment will be for the right project, in the right place delivering

real benefits'.

A further sense of realism is conveyed in the comments of Councillor Jeremy McDonald who said 'It was vitally important that the Callander Bridge [Ed - *in which Callander*] which [*sic*] was the 'Region' in the City Region Deal was included. Unfortunately the money allocated will only cover initial investigation but at least it has been recognised as important enough to be allocated some money. Now we must all work together to ensure the momentum is maintained'.

Richard Johnson representing Callander Community Council provides a more comprehensive interpretation of how these funding programmes could benefit Callander. Richard states 'The significance for Callander is that we are specifically mentioned in the HoT (Heads of Terms) of the agreement) so there is a commitment to link the economic growth in Stirling City with growth in Callander.

Although a number of projects were included in the HoT, they are still not guaranteed and detailed business plans now need to prove they are viable and will make a significant contribution to the overall economic development in the region.

The infrastructure developments in Callander are also to be discussed but will include the roads, car-parks, bridges, footpaths, cycleways and open spaces. Developments will build on work carried out in the past years since the 2011 Callander Charrette. Infrastructure is needed to enable the community and local businesses to function well and develop in future decades. It is also needed for visitors and for through traffic to ensure the facilities are of good quality and suitable for the next 50 years. Roads and bridges need to ensure the flow of traffic and footpaths and cycle tracks to link facilities in the town with the woodlands, lochs, rivers and hills which surround Callander'.

Richard continues, 'A new bridge



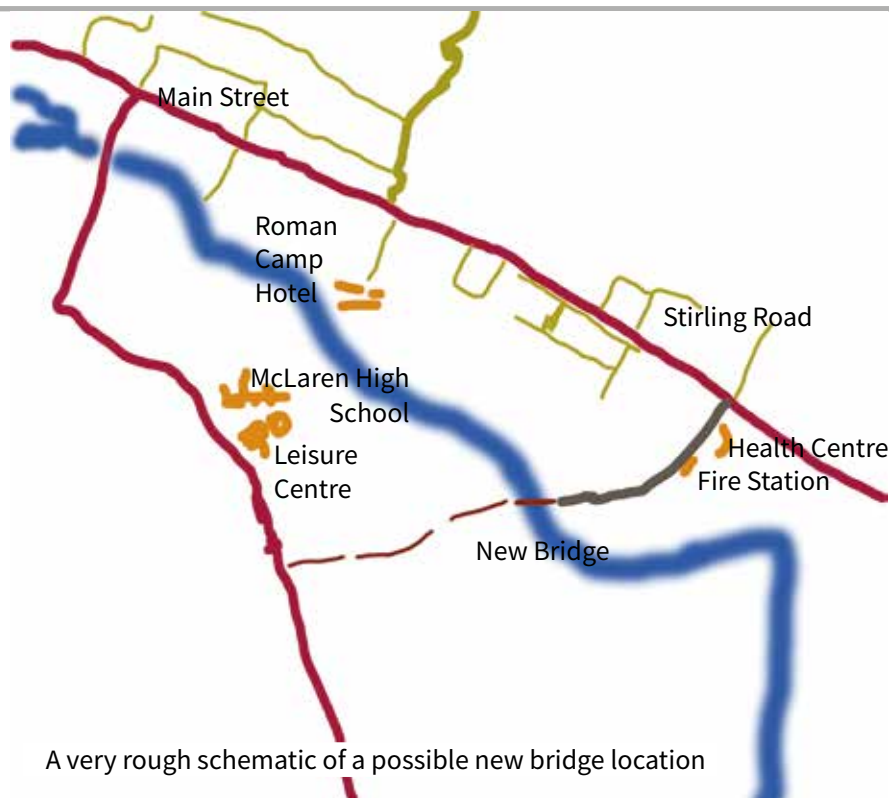
over the river has been suggested for decades but details of the potential benefits were first discussed during the 2011 Charrette. The existing bridges are adequate for the current town but the fact that there is only one road bridge and one footbridge make the town vulnerable if one or both are closed and limit the

*'while the City Region Deal for Callander aims to develop all infrastructure, the new bridge over the river is the structure that will unlock other developments'*

**Richard Johnson - Callander Community Council**

potential growth, in particular of the area to the south of the river. A new road, pedestrian and cycle bridge located at the eastern end of the town would link the existing developments to the north of the river with the existing and planned developments to the south. The road bridge and associated road network will potentially take a significant amount of traffic away from Bridgend and Main Street. The bridge with footpaths and cycleways will create a more direct but safe route to school, as well as linking other footpath and cycle track networks around the town and surrounding area and this will encourage other development to the south of the river including additional recreational facilities, a community outdoor events area and a new hotel. Therefore, while the City Region Deal for Callander aims to develop all infrastructure, the new bridge over the river is the structure which will unlock other developments'.

Richard concludes by saying that 'A significant amount of work will be undertaken over the next 6 to 9 months to develop the City Region Deal Projects. For Callander, Stirling Council, the National Park, Transport Scotland and Callander Community Council will be collating existing information and gathering new data on infrastructure needs. We will be reporting on a regular



A very rough schematic of a possible new bridge location

basis to the Callander Partnership, which includes other community groups, and we intend having a public meeting in the autumn to present ideas and consult with the wider community. The investment in Callander will make a huge difference to the economic development of the town; this is particularly significant in times of cut backs and austerity. It is a credit to the community of Callander for its positive attitude over recent years'.

'The Bridge' is clearly a topic that should and will grab the attention of Callander residents, businesses and stakeholders and the BLV welcomes comments from readers on the topic. However, what of the other project specifically mentioned in the funding programme, the Callander Digital Hub? It is not immediately clear how the Digital Hub will manifest itself; indeed Martin Earl MP states that he wants 'to see that justified and explained fully as it must actually do something useful rather than be a vague concept'. This is clearly where the community and businesses of Callander must involve themselves in defining and scoping what is required, so that Callander does not end up with a solution looking for a problem to

solve. Callander Community Council do have a vision as expressed by Richard Johnson: 'Details of the Callander Digital Hub are still to be discussed but it is likely to be located in the centre of the town where businesses, social ventures and educational organisations can work together to develop a centre of excellence. Links between local businesses and organisations will enable creative ideas to be turned into business plans and IT facilities will provide the necessary tools, data and software to enable plans to be turned into products. The links between existing businesses and local schools and colleges will provide continuity for resourcing the businesses and careers for young people. With a centre in Callander linked to other Hubs in the region and wider afield, there can be positive two-way communications which will benefit the town of Callander as a whole'.

These are exciting times with the prospect of significant kick-start investments in Callander in the coming decade. The BLV will be following these developments and reporting them to our readership as further details evolve.

# Local Information

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

**Local Council Office & Registrar:**  
**01877 330044**  
**Social Work: 01786 471177**  
**Post Office: 01877 330267**  
**Stirling Council: 01786 404040**

## Doctors' Surgeries

- Drs Scott & Strang: 01877 331001
- Drs Mathewson & Gibson: 01877 331000
- Health Clinic: 01877 330150
- NHS 24 111 or [www.nhs24.com](http://www.nhs24.com)

## Vets

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

## Schools

- McLaren High: 01877 330156
- Callander Primary: 01877 331576

## Travel

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



## Callander Kirk

*The Church of Scotland,  
South Church Street,  
Callander*

## Sunday services

10.00am Early Service in Kirk Hall  
11.15am Morning Service in Kirk  
8.00pm Songs of Praise (August)  
8.00pm Time for Silence (September)

## Third Sunday in Month

11.15 Informal Communion follows  
Morning Service

## Last Sunday of month

11.15am All-age Morning Service

## First Sunday in month

Trossachs monthly service

Details at [www.callanderkirk.org.uk](http://www.callanderkirk.org.uk)

## St Joseph's

*Catholic Church*

*Glen Artney Road, Callander*

## Weekly Masses

Monday, Thursday, Saturday

Mass, 10.00am Callander

Tuesday, Friday Mass, 10.00am

Doune

Wednesday Eucharist Service

10.00am Callander

Sunday 11.30am Callander

**Father Jim McCruden** tel 330702

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

## Bin Collections

### AUGUST

**Grey/Blue bins** Sat 11th, 25th  
**Brown bin/Blue box** Sat. 18th  
**Brown/Green bins** Sat. 4th

### SEPTEMBER

**Grey/Blue bins** Sat. 8th, 22nd  
**Brown bin/Blue box** Sat. 15th  
**Brown/Green bins** Sat. 1st, 29th

### OCTOBER

**Grey/Blue bins** Sat. 6th, 20th  
**Brown bin/Blue box** Sat. 13th  
**Brown/Green bins** Sat. 27th

[www.stirling.gov.uk/waste](http://www.stirling.gov.uk/waste)

## Lagrannoch WRC Opening times

- Monday - Friday 5.00pm to 8.00pm
- Saturday 10.00am-2.00pm
- Sunday closed
- Lagrannoch depot 01877 330492  
Also for sandbags and grit
- 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.)



## Saint Andrew's

*Scottish Episcopal Church,  
Lenny Road, Callander*

**Sunday:** 10.00am Holy Communion

**Wednesday:** 10.00am Holy Communion

For any information please contact:

**Rev Richard Grosse** tel 382887

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



## Weekly Services:

**Sundays@Six** 6.00pm in St Andrew's  
Church hall

**Prayer Time** Monday 8.00pm

**Callander Home Group** Wednesday  
7.30pm

**Doune Home Group** Tuesday 8.00pm

Everyone is welcome to these services

For venue details for our weekday services  
please contact

**Pastor Brian Gooding** tel 331845

[brian.gooding@stirlingbaptist.co.uk](mailto:brian.gooding@stirlingbaptist.co.uk)

[www.stirlingbaptist.org/callander](http://www.stirlingbaptist.org/callander)

**Facebook:**

[#stirlingbaptistatcallander](https://www.facebook.com/stirlingbaptistatcallander)

## Recreation

- Leisure Centre: 01877 330000
- Library: 01877 331544
- Visit Scotland Information Centre:  
01877 330342

## Floods & Environment

- SEPA emergency: 0800 807060
- SEPA website:  
[www.sepa.org.uk/flooding/index.htm](http://www.sepa.org.uk/flooding/index.htm)
- Floodline: 0845 9881188 Select  
option 1 followed by: 06213 121 (the  
Teith at Callander) orm)
- Scottish Water emergency  
information re flooding from mains  
or sewers: 0800 0778778
- Callander Community Flood Action  
Group helpline: 07580 601142

## Location of defibrillators

- Dreadnought Garage
- Callander Golf Club
- McLaren Leisure Centre
- The Post Office
- Ancaster Square
- Mobile unit based in Callander with  
Scottish Ambulance Service

## BLV Deadlines

The next issue of the *Ben Ledi View* will  
be published on **Friday 5th October  
2018.**

## Advertisements copy & artwork

Please send all advertisement copy for  
the October/November issue to our  
Advertising Co-ordinator Isla Rout-  
ledge at [advertising@benlediview.co.uk](mailto:advertising@benlediview.co.uk)  
by Sunday **9th September  
2018.**

Full details of sizes for advertisement  
and artwork specifications are at  
[www.benlediview.co.uk](http://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  
October/November issue should be  
emailed to [editor@benlediview.co.uk](mailto:editor@benlediview.co.uk)  
or handed in to the Callander Li-  
brary by **Sunday 9th September 2018.**

Items received after the deadline may  
be held over to the December 2017/  
January 2018. edition



## Janet Picken

Gwynne, David and John wish to thank all relatives and friends for remembering Janet at her funeral service in the Falkirk Crematorium on Friday, 22nd June.

Our special thanks to the staff in Ashlea Care Home, Callander, for their wonderful care of Janet over the last few years, and to the doctors of the Leny Practice, Callander Medical Centre.

Many thanks, too, to the Rev. Jeff McCormick for his comforting service and tribute to Janet, and to Ross Anderson of Andrew Anderson and Sons Limited for his support and attention to detail.

Donations to the Erskine Hospital amounted to £140.05.

John Semple

## Letters

Dear Sir,

I want to raise a matter that may be of interest to the residents of Callander who live in blocks of flats. This is linked to the recent growth of AirBNB businesses where the flat is rented solely for very short-term occupancy, eg one night.

Obviously this significantly changes the nature of other homes in the building. The block suddenly becomes public, with strangers having the keys or code for the building, the carpark no longer only being used by cars they know, and the need for residents to clean the communal areas of dirt produced by

the users of these businesses.

But, the main reason for concern may be insurance. Often there is a general policy covering the whole building and residents pay their share. Will the fact that the block no longer consists of private residences invalidate the insurance, or will premiums for everyone rise significantly? Will their own private contents insurance be affected now the building is less secure?

This is being written in the hope that someone will read this letter and be able to offer advice.

*Residents of a block of flats*  
Name supplied but withheld at writer's request

Dear Editor,

How many people have come across visitors who used to live in



Callander and have come back to look at the haunts of their youth, both in the town and the countryside around? One such place is the Scout Pool.

It is very sad when the visitors reflect sadly on how it used to be so beautiful when they played in it but because of the litter it is more like a tip.

For that reason, sadly, I went up, collected and removed 3 bags of litter a few days ago.

Sue McKay

Dear Editor,

I have received a number of queries and concerns regarding the increased number of Motorhomes and Campervans using various locations across the area, notably in and around Callander. There has been a significant rise in their use. That brings benefits for our local economies but it also presents many challenges. Our area needs many more appropriately located, dedicated and fully serviced locations. Although most visitors behave responsibly, it is sad to relate that there are quite a few reports of waste being left and other poor behaviour. I would be very interested to hear from anyone with experiences relating to this issue.

Photo taken at Callander Meadows this week. 4 motorhomes that morning, reports of up to ten recently. Also the Bracklinn Falls car park is another location reported to me.

I have contacted the Community Council, who are setting up a meeting with National Park & Council officers to raise this issue.

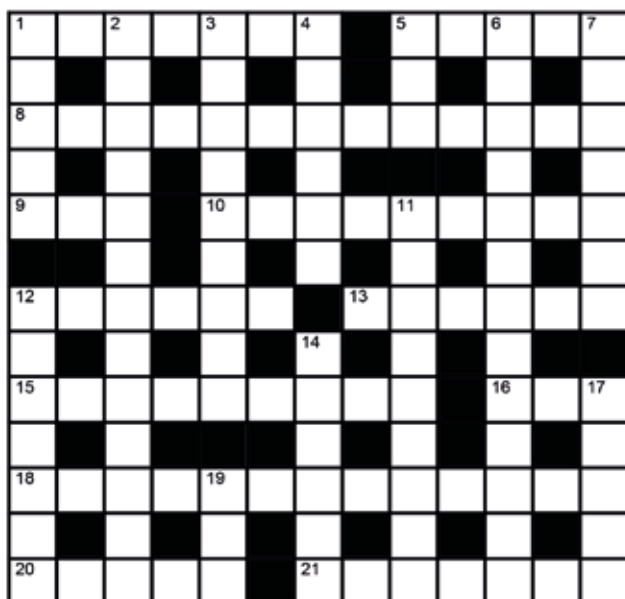
Sincerely

Martin Earl



*Editor: Other residents have expressed concern over this matter. We look forward to hearing from you.*



**BLV CROSSWORD No.138**

Please return completed entries to The Library, South Church Street, Callander by no later than **SUNDAY 9th September 2018** The first correct entry opened will win £5. Don't forget to supply your name and address below.

NAME:.....

ADDRESS: .....  
.....

**Across**

- 1 Ring America about nothing? That's nasty! (7)
- 5 Paintings returned after former partner gets more than expected (5)
- 8 Polo was one unable to see through this? (8,5)
- 9 Line when spoken that signals what comes next (3)
- 10 A new posh recipe mixture's so hedonistic! (9)
- 12 Determined newspaper boss goes after party grandees' governance initially (6)
- 13 Discover in leading entymologist's tests cause of sleeping problem (6)
- 15 Keep safe space for detainees (9)
- 16 Stumble losing head completely (3)
- 18 Revolutionary girl's revolutionary device (8,5)
- 20 Quote heard makes sense (5)
- 21 Rustled up pastry (7)

**Down**

- 1 Concerns citizens whichever way you look at it (5)
- 2 Row over marks made to produce type of illustration (4,9)
- 3 Going ahead those people stop getting better (2,3,4)
- 4 With this sort of interference tact is to be applied in a new way (6)
- 5 Waterfall? (3)
- 6 Entitled to air excitedly - 'Out of nappies!' (6-7)
- 7 Let Dean cook pasta so! (2,5)
- 11 Army officer supports regular guardsman seeing stars! (4,5)
- 12 Understands excavation is supported by animated Tess (7)
- 14 Tips drinks over leading official (6)
- 17 Princess is one changing sides initially to become trustworthy (5)
- 19 Catch when the beat ends (3)

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She is keen to extend her services in her new local area and would welcome any one looking to have an informal chat about their mortgage arrangements or property purchase to get in touch.

Carolyn and Steve have moved with their one year old daughter along with their two yellow Labradors Spey & Ailsa. The family are enjoying living in the area and are looking forward to becoming part of the community.

To have a chat with Carolyn about mortgages please contact her on 07957252223 or [carolyn@mckendrydunion.co.uk](mailto:carolyn@mckendrydunion.co.uk)

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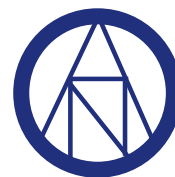
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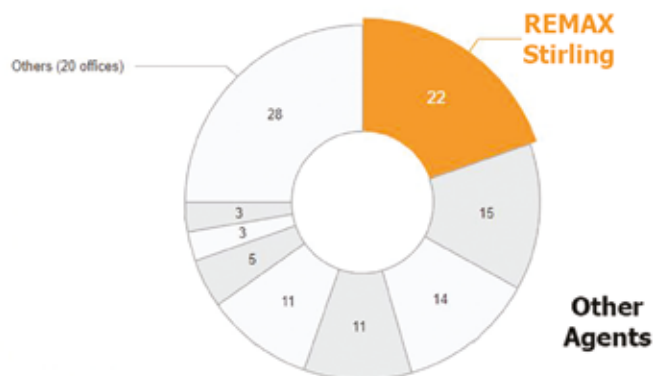
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