

Ben Ledi View

June/July 2018

Issue 300

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A collage of images related to the festival, including a man playing a guitar, a church, a woman, and a sign that says "VOTES FOR WOMEN".

Ben Ledi View

Convenor:
Gael Provan
blvconvenor@gmail.com

Editorial Team:
John Nelson, Mary Buckland
blveditor@gmail.com

Editors & Compilation:
Alan Derrick (Specialist)
Jim Simpson (Announcements & Round the World, Callander Past)
Chris Cunningham, Jean Thewlis (Arts & Entertainment)
Rosalind Sannachan (Charities & Clubs)
Steve Routledge, Ian McCourt (Community)
Ivan Condon (Information, pets, Crossword)
Carol McGowan, Lesley Hawkins (Environment)
Susmita Skelsey (Health & Wellbeing)
Hilary Gunkel (What's On and Proof Reading)
Olga Watkins (Proof Reading)
Phil Lee (Sport & Leisure)
Catherine Nelson (Young People)
Grateful thanks to everyone who has provided us with articles and pictures

Advertising:
Isla Routledge (339388)
advertising@benlediview.co.uk

Advert Preparation:
Ros Grant

Distribution:
Alan Davidson (330680)

Secretary:
Johnny Gold (330671)

Subscriptions & Media:
Milan Cech
benledionline@gmail.com

Contact:
The Ben Ledi View,
c/o McLaren Community
Leisure Centre,
Mollands Rd,
Callander FK17 8JP
www.benlediview.co.uk

The *Ben Ledi View* is a community newspaper produced and distributed bi-monthly by volunteers free of charge to approx. 2,000 households and businesses in the Callander area. Letters and articles published in the newspaper do not necessarily reflect the views, beliefs or opinions of the Editorial Committee, who also reserve the right to shorten, edit or not publish any particular letter or article. Contributions will only be published if accompanied by a contact name and address; these will be withheld at the author's request. Articles and advertisements are accepted and printed in good faith.

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Hello Readers

Can you believe we're into June already? I hope that by the time you're reading this, both the weather and your disposition will be frequently warm and sunny!

Whatever the weather, we've had lots of reasons to be thankful here at the Ben Ledi View. First of all, in mid April we bade welcome (by way of a roll and coffee morning) to our most recent volunteer recruits. Huge thanks go to Johnny and Sarah for organising yet another successful gathering. You two are Gold through and through. Thanks also to Callander Golf Club for again providing the ideal venue, great coffee and tasty food. The Golf Club have been very supportive of the Ben Ledi View through the years, so please show them your support by dropping in for a round of golf or a bite to eat in their Bracklinn Falls Restaurant. Amongst our newest recruits is Alan Davidson who has taken on Charlie's mantle of Distribution Manager. Alan's introduction to the role just happened to coincide with a wee mix-up which resulted in us receiving a magazine which was not the BLV. However, with the mishap swiftly spotted and Charlie and Alan rallying the troops, the BLV was delivered to you only a smidgeon later than anticipated. A huge thank


you to Charlie, Alan and all you wonderful volunteers for making yourselves available to help put things right.

Thanks also to Steve McGowan who recently joined our Board of Trustees. As a Trustee your key responsibility is to participate in decision-making which reflects the best interests of the BLV and its readership. Follow Steve and Alan's lead and join us!

With our subscriptions guru Milan taking on the BLV website and social media matters (thank you Milan!), the current priority is to find a volunteer Convenor (whether short or long term) to chair the bi-monthly meetings, write the Convenor's blurb and answer (or redirect) the rare query that comes this way. No experience necessary. The team will give you all the support you need.

Finally, thank you to those readers who have commented on the occasional error, omission or blip in recent issues. Our fabulous editorial newbies are still "finding their feet", so please bear with us. Better still, why not volunteer to help out?

Convenor



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Apologies

Start Up Stirling

It has been brought to our attention that the article "Start Up Stirling" published on page 5 of our April/May edition, failed to include thanks to both the Rotary Club of Callander and West Perthshire and to Callander Kirk for their contributions to the Start Up project. Whilst the BLV cannot be held responsible for the accuracy of articles submitted by third parties, we feel it is appropriate to bring this omission to your attention.

Crossword

A big apology to all our crossword fiends who discovered that, due to a brain malfunction, we published the answer to the crossword along with the actual crossword, instead of the previous month's. This may have made it slightly easier than usual but did take something out of the challenge of completing it. We will endeavour to do better from now on. There will, unfortunately not be a crossword in this issue. This is nothing to do with last issue's problem, but DEBS who does the crossword found that due to personal issues he did not have time to compile it. Hopefully we will be back to normal on the next one.

Bin Collection times.

Another apology for getting them wrong. Stirling Council (SCC) had not announced the schedule as we went to press, so after some debate we continued with the rota that had gone before. Unfortunately, SCC decided not to do so and changed things.

Callander Fire Station

Finally, apologies to the firefighters featured in the special last issue for the accidental 'decapitation' that happened in the main photograph. We would like to reassure residents that all of our firefighters have heads!

Social Entrepreneur of the Year



Last year Chris Martin of Callander Youth Project Trust was awarded 'Social Entrepreneur of the Year' by Social Enterprise Scotland. Previous winners included local lad Josh Littlejohn, of Social Bite fame, and Susan Aktemel, founder of Impact Arts as well as a serial social entrepreneur, so he was in good company. Chris was asked to represent Callander Youth Project at the Social Enterprise World Forum in Christchurch, New Zealand and received a Scottish Government bursary to attend the conference.

The Social Enterprise World Forum was established by national social enterprise support agencies, the first event being held in Edinburgh in 2008. 2018 will be the 10th year of the event, which has been hosted by countries throughout the world, and is returning to Edinburgh in early September. There could be as many as 1200 delegates attending the week of events. The forum is all about learning from others and sharing good practice amongst organisations with social and environmental aims. The programme will cover 2 days (10th - 11th September) and guests will have the opportunity to see what social enterprises in Central Scotland offer both to support their communities and the environment.

As Chris is very well known in the social enterprise world, he invited Gerry Higgins, the founder of the World Forum and Chief Executive of Community Enterprise in Scotland, to come and meet some people working in social enterprise to suggest what they could offer. This would include experiences delegates might enjoy, or

learn from, so that a varied programme could be assembled, and the people of Callander could share what they do and learn from visitors coming from many parts of the world.

Who in Callander might benefit from involvement? Feedback from the other events shows how this has helped to inspire communities. Information from the discussions in Christchurch shows just how broadly the term "Social Enterprise" can be applied. Firstly, they use market-based strategies for social and environmental purposes. Secondly, they can be all types of organisations or companies, but the community or environment aspects of what they do must be equally as important as profit. Anything from a small charity or club to organisations who offer employment to people and those who source all their materials locally, even if it decreases their profits.

A programme of events and activities for the 10-11th September has been outlined to the organisers. Options include a trip to the Community Hydro Scheme, a trip on Loch Katrine, an Outlander Tour of Doune Castle, events at McLaren Leisure Centre as well as the premiere of a Social Enterprise film. If you or your organisation would like to be involved, please contact Chris at info@cyp.org.uk.

Call to Hoteliers

We are expecting 50-100 delegates arriving in Callander and we will need bed space. If you are a local hotelier and can offer advance bookings, please contact Chris.

MSP Visits Upgraded Hall in Brig O'Turk

Stirling MSP Bruce Crawford has visited the village hall in Brig O'Turk after it was recently upgraded by the local community. Mr Crawford held a drop-in surgery in the hall for residents to speak to him about local issues.

Whilst there, he met up with Gene Maxwell and Jim Lindsay. Mr Lindsay upgraded the hall along with his wife, Marina, who is a designer. Commenting, Bruce Crawford said: 'Brig O'Turk is a beautiful small community and it was wonderful to see the newly upgraded local hall. Hats off to local community members who managed to pull this together – they have done a fantastic job. It was great to visit the village and speak to locals about a range of issues, and I am grateful to have been able to do so in such well-designed and fresh surroundings.'



Planning News and Rumours

You have probably noticed that Tom Jones has withdrawn his application, in an atmosphere it appears, of some acrimony between himself and other locals, for the pavilion in Ancaster Square. When the BLV asked Tom for his reasons for withdrawing the application after what must have been a considerable

amount of effort and money having been spent on it he said it was because the National Park Planning department had made it clear to him that it was 'politically sensitive' at this time and therefore it would not be approved. So no covering for Ancaster Square. Perhaps now is the time for Callander Community Council to ask people if

they want the Square to be covered, and if so what type of covering would they like?

Despite the rumour circulating around the town Callander Youth Project assure's us that they are not purchasing the Dreadnought Hotel. They have a 'notice of interest' on it but have gone no further than that.

MP Tours Community Hydro Scheme



Stephen Kerr MP was treated to a tour of the Callander Community Hydro Scheme by two of the volunteers that took the ambitious plan from drawing board to reality.

Callander Community Development Trust, through its subsidiary Callander Community Hydro Ltd, has developed a 425kW hydro-electric scheme on the Stank Burn, a tributary of the River Teith, situated in the Breadalbane area of the Loch Lomond & Trossachs National Park.

The hydro project developed from informal discussions within Callander Community Development Trust about the cost of electricity for local businesses, and, since Callander is never short of water, how best to take advantage of this.

Commissioned in October 2014 and now generating to the national grid, Callander Community Hydro is one of Scotland's first community-owned hydro renewable energy projects, and the first owned by a community on Forestry Commission land.

The project will enable the Trust to be independently funded and sustainable. It is expected to deliver up to £2.85m over a 20-year timeframe. This funding will support a range of community projects in the visitor destination town.

Stephen visited the scheme to see the intake, walk the route of the pipeline and visit the turbine house. Stephen is a member of the Business Energy and Industrial Strategy in the House of Commons and is keen to see as many community and commercial energy projects in the Stirling area as possible.

Stephen said: 'Taking an abundant natural resource, creating green power and generating money for the benefit of the town was a great idea, but no one should underestimate the effort and determination it took to turn it into reality. It is a wonderful success story that I hope has inspired other communities to take the initiative into their own hands. This is exactly the type of project I want everyone in the UK to hear about.'

Local Board member Elections:



Loch Lomond & The Trossachs National Park Authority has been looking for nominees to stand in elections to sit on the National Park Authority Board.

The National Park Authority Board is responsible for making strategic decisions. Elections will be taking place via postal vote later this year to recruit five Board members. In the event of a poll (where more than one candidate stands), ballot papers will be issued to all eligible voters around Thursday 14th June 2018 and must be returned by 4.00pm on Thursday 5th July 2018.

In order to be eligible to vote, voters must be registered to vote by Friday 8th June 2018. Check if you are registered by contacting your local Electoral Registration Office. (Electoral Registration Office, Hillside House, Laurelhill, Stirling, FK7 9JG Tel: 01786 892289 Fax: 01786 892255)

Votes will be counted on the evening of 5th July 2018 and those elected will take up their posts as Board members immediately. The term in office is until 6th July 2022.

The National Park Authority Board is made up of five locally elected members, six local authority appointments (from the four local authorities present in the National Park: Argyll & Bute, Stirling, West Dunbartonshire and Perth and Kinross), and six ministerial appointments. To find out more about our Board visit www.lochlomond-trossachs.org Anyone over the age of 21 years old can stand as a candidate in these elections and do not have to live in the National Park area but must have the written support of 10 people who live in the ward in which they wish to stand.

Board members act as champions for the National Park, providing direction and overseeing the development, approval and monitoring of important plans and strategies.

Convener of the National Park Authority, James Stuart, was keen to encourage nominees from a wide range of people. He said: 'This is a unique opportunity to help shape the future of the National Park and we are looking for individuals who can bring their experience and perspective to help influence priorities and make key decisions. It is important to us that our Board membership reflects not only our local communities but the country as a whole, to ensure that people of all ages, abilities and backgrounds are represented. We offer full training to all those elected to help them carry out their duties'.

For more information, please contact Laura.Dennett@lochlomond-trossachs.org 01389 722046



POLICE SCOTLAND

Antisocial Behaviour

Overnight from 25th April to 26th April within a garden to the rear of a property in Main Street, Callander damage was caused to a vehicle and a greenhouse.

Theft

Between 11.00am and 12.30pm on 18th March at the lay-by on the south-bound carriageway of the A84 at Cambusmore a car was broken into and a number of valuable items stolen from within. On 22nd March at Lady Kenmore's Antiques, Main Street, Callander a distraction theft took place. A positive line of enquiry is being followed by police with a view to apprehending the suspects. Between 1st April and 2nd April in Menteith Crescent, Callander a number plate was stolen from a vehicle.

Road Safety

Speed Enforcement duties have been carried out by Community Officers and Road Policing Officers in the Callander area; Stirling Road, Leny Road and Bridgend have been given attention. A number of drivers have been stopped and dealt with accordingly in relation to their speed.

Community Engagement and Reassurance

PC McKerracher attended Callander Primary School Parents' Night providing information and advice for parents regarding online safety in relation to their children using the Internet and Social Media. PC's McKerracher and Deans carried out evening foot patrols in Callander in an effort to prevent antisocial behaviour. These patrols will continue throughout the coming months.

If anyone has information in relation to the above - mentioned crimes please contact the Callander Community Officers. If you have information on any ongoing criminal activity in your community remember you can call Crimestoppers anonymously on **0800 555 111**. Community Officers are: Constables Colin McKerracher and Lorna Deans, based at Callander Police Office. The Community Policing Sergeant is Robert Russell based at Dunblane Police office.

They can be contacted via the email address TrossachsTeithCPT@scotland.uk or by phoning 101. We regularly publish information on the 'Forth Valley Police' Facebook page and tweet using [@StirlingPol](https://twitter.com/StirlingPol).



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Concerts from 'THE NEW WORLD'

Over the past 20 to 25 years Callander has been fortunate to host a number of musical ensembles from Canada and USA. These groups include choirs and instrumental ensembles - adults and school children - from East Coast to West Coast - from 55 strong to groups of 16. Without exception each choir or band has performed music of a high standard, with some exceptional highlights along the way. This year is no different and four groups will perform in Callander Kirk between June and August.

Thursday 14th June

The first group is Delta Concert Band from Vancouver on Canada's West Coast. Their performance will be supported by Callander Chorale, in a rousing start to this year's events.

Tuesday 26th June

The second visitors are from Washington State, USA - Spectrum Choral Academy from Seattle. A youth group of 20 singers aged 11 to 24. They will be supported by Callander Kirk Junior Choir, so a feast of music is in store.

Thursday 5th July

This is a choral group from Ontario in Canada - The Men of Note male voice choir. Support again supplied by Callander Chorale.

Saturday 4th August

This is the final in this series of concerts. The visitors this time come from Calgary, Alberta, Canada. The West Winds Music Ensemble is an instrumental combination of 35 to 40 musicians who will bring this series of concerts to a rousing conclusion. Support again supplied by Callander Chorale.

All the concerts in the series are in Callander Kirk with a 7.30pm start. It is hoped that a goodly number of local folks and visitors will come along to support some (or all) of these visiting musicians. Do come and make them feel welcome. Admission £5 at the door (accompanied children free). Proceeds go to local charities. For further information contact Ian Milligan - 01877 330396.

Ian Milligan

Fun Facts

It is sometimes said - "Pick up a Penguin" - well, you might want to rethink that with this former "giant" species of penguin, which lived on islands off the coast of present-day Antarctica nearly 40 million years ago, according to fossil records. So you don't have to worry about coming face-to-face with an unusually large member of this species. Scientists have given it a very complicated name - *Palaeudyptes klekowskii* - though to avoid confusion with such a long and complicated name, let's call it a Colossus penguin.

To get an idea of its size, it would, at the beak-to-foot length, have struggled to fit through your average door, at just over 2 metres in height - though if standing straight could easily fit

through at 1.6 metres. This makes it larger than any penguin alive today. Being such a height could have its advantages - penguins in general are known for their long underwater endurance and size, in this case, matters. The bigger the penguin, the longer it can stay underwater. The Colossus penguin could do this for as long as 40 minutes. It wasn't just this fact that is staggering about it - its ankle-foot bones were also very large compared to a modern-day penguin. It measures a length of just under 10 centimetres.

So, next time you see a penguin, just think about how much bigger this ancient species was!

Mario Crevecoeur

The Spanish Flu

This global pandemic commenced in the spring of 1918 and by the end of 1919 after 3 waves of the illness, it would claim the lives of up to 100 million people worldwide. It attacked the healthiest and strongest through a fatal chain reaction that triggered an unfathomable immune response.

I am undertaking research on its impact more locally in Stirling and Perthshire. Have you completed any family history and come across ancestors who died suddenly during this period?

If so I would be interested in hearing from you to build up a better picture of the human impact of a global tragedy.

Please contact me James Kennedy on e-mail jimmy.8ken3@gmail.com or 01877 387 201.

Callander Chorale And Rusty Strings At Summerfest

Come and enjoy a delightful evening with the combination of Songs and Strings at Callander Kirk on Wed 25th July at 8pm. This will provide a mixture of music and sounds which should contain something for everyone and is sure to be a fitting finish for those of you who have dipped into the various Summerfest events of the day.

Tickets are £3 and can be had by contacting the Summerfest website. Hope to see you there.

McLaren High School News



Scottish Schools Pipe Band Championship

On Sunday 11th March 27 members of McLaren High School's Pipe Band and Trad Band travelled to Livingston to take part in the 6th Scottish Schools Pipe Band Championships. The Pipe Band, led by this year's Pipe Major Rebecca More, were first to perform for the School and put in a brilliant performance of Pipe Major William Ross's Farewell to the Scots Guards, The Atholl and Breadalbane Gathering, Men of Argyll and Campbell's Farewell to Redcastle. Many of the drummers have been playing for less than a year, which makes their performance even more special. The band would like to thank pipe tutor Andrew Wallace, drum

tutor Sandy Bayne and tenor drum tutor Vikki Paul for all their help and support leading up to the competition. We also had a Freestyle entry in the competition, where members of the Trad Band, together with 4 pipers, were joined by Greg McLachlan on drums and Holly McNaught on bass guitar to play their version of Trail West's Close to Home. Although they had limited rehearsal time and despite this being the first time the pupils had all performed together, they sounded amazing. Well done to everyone involved who played during the day; you were a credit to the school and should be very proud of yourselves!

Callander Youth Project

Has made some new and exciting differences throughout the last few months. We, the young people, have been given some great opportunities. On Friday 23rd March 2018, myself and Aidan Cronin from the High School plus Eilidh, Kyle and Zara who work at the project, got the chance to meet with our MP Stephen Kerr. Everyone got a chance to speak to him about what they do at CYP and the different things that have been happening recently. Aidan and I spoke about how we are fund-raising just now to do up the youth space. We would like to completely renovate the room and turn it into a space where young people can go

and feel relaxed and at home. An area where they can be themselves but also where their parents know they are safe. One of our recent events was the Chocolate Factory day which was a big success. We raised £373.20. The fundraising team would like to thank everyone who helped us before and on the day. We couldn't have done it without you! We still have a lot of work to do but I'm sure in the end it will be amazing. CYP has also been given the chance to take 2 of the young people to Washington DC for a week to work with D.C. Central Kitchen (a social enterprise where we have built positive relationships). Eilidh and Zara will be

Scottish Night Ceilidh

McLaren High School Pipe Band held a fundraising Scottish Night Ceilidh on Friday 20th April. The evening took the form of a ceilidh, with music from the Ian Milligan Trio, and featured performances during the evening from the Pipe Band, the Trad Band and other pupil groups. All the pupils did themselves proud and sounded amazing! Thanks to everyone who came along and supported the evening and to everyone who donated raffle prizes for the event. A grand total of £696 was raised for Pipe Band funds – well done everyone!



going to the city in June. They will be going over there to gain experience to bring back to CYP. Good luck girls. Special thanks goes to the Callander Community Council for helping fund the trip through a grant from Airticity, as well as many local people supporting through Just Giving. Youth club continues to run every Tuesday during term time. P6/P7 5.30pm to 7pm and S1 and above from 7.30pm until 9pm. We took a break during Easter (from youth club) and instead had our seasonal programmes. This time it was the Easter programme. It was a great success with lots of children coming to our events. Look out for the summer programme coming soon. Steven Kent (aged 13) Marketing and Advertising Volunteer

Music Festival



Fiona Cantley with Gail Digney



Kim Russell



James Douglas

Our annual Music Festival took place on Tuesday 27th and Wednesday 28th March, culminating in the Music Festival Concert on the Wednesday evening. This year we welcomed Gail Digney as our adjudicator. Gail is a wonderful violinist who until recently was full time with the Royal Scottish National Orchestra. Winners of the 4 categories were as follows:

Junior Competition

- 1st Fiona Cantley
- 2nd Catriona Norman
- 3rd Alastair Cantley

Intermediate Competition

- 1st James Douglas
- 2nd Liam Rennie
- 3rd Ella Chodiniecki

Senior Competition

- 1st Kim Russell
- 2nd Ailish Duthie
- 3rd Louise Dineley

Chamber & Ensemble Competition

- 1st Dillon McFarlane and Ailish Duthie (vocal Duet)
- 2nd Catriona Norman, Eoin Brennan and Callum Bell (Folk Trio)
- 3rd Harriet Holden, Flora Duff and Kayleigh McAlpine

The 1st place winners all performed at the concert, along with 1st, 2nd and 3rd in the Senior Competition. There were also performances from the orchestra, choir, The Harmony Sisters and other bands/ensembles during the evening. It was a great evening, showcasing McLaren's musical talent. The concert was brought to a close with the orchestra playing a brilliant and moving rendition of Hans Zimmer's Man of Steel which was dedicated to William 'Chilly' Wood, our much loved janitor, who passed away very suddenly and unexpectedly on 17th March 2018.

World Maths Day

World Maths Day was on 7th March but unfortunately our Siberian winter blast blew our celebrations to another day. We rescheduled to 23rd March and had an energy filled day of problem-solving, tower challenges and competitions that got the heads spinning with all things number!

The goal in the Tower Building Contest was to create the tallest tower out of just newspaper and tape. Teams were a maximum of 5 people and the hall was a buzz of activity as they all tried to get the highest tower possible! Well done to everyone who took part.

Killin Music Festival

On Saturday 7th April the school Pipe Band and Trad Band were delighted to be invited to play at the Killin Music Festival Spring Concert. This was an evening showcasing local talent and culminating in a ceilidh. The school bands each played for around 15 minutes, the Pipe Band opening the evening and the Trad band playing later in the first half. A great time was had by all.



Photo courtesy of Ron Allner, Killin

Zoolab

We were delighted to welcome Zoolab back to the school on 21st March. S1 pupils had an educational morning hearing about and handling the animals!



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Scotland's amazing seas

Did you know that the coastline of our small island is 11,000 miles long? That Scotland has 10% of Europe's coastline, 800 islands and is home to 45% of Europe's seabirds? This set the scene for a fascinating talk to SWT in March by Tara Proud of Marine Conservation UK on the amazing cetaceans around Scotland. Of 20 possible species, 7 are commonly seen. Unfortunately, it is impossible to talk about them without mentioning plastic.

The *Basking shark* (8m) is the second largest living fish, filtering minute plankton from gallons of water scooped into its huge mouth. Commercially hunted worldwide, the population of basking sharks around the shores of Coll & Tiree may now be the most important in the world. From April to Sept/Oct their dorsal fins may be seen as they feed (bask) near the surface. *Humpback whales* (17m) are not common in the UK. In January a pod of 3 was spotted in the Forth against a backdrop of Edinburgh castle! Even these giants can become entangled in fishing nets and creel lines.



Minke whales (9.8m) are seen around the Hebrides and the Minch. Dead ones show the effect of ingesting plastics or tangling in fishing lines. *Orcas*, aka Killer whales, (9.8m) with a huge dorsal fin, have been seen in small numbers off Fair Isle, Dunnet Head and Skye. These top predators accumulate pollutants from the food chain which are stored in their blubber, then passed in milk to the

young. PCB's, though banned in the 1970's are very stable compounds and still around. They are responsible for the infertility of the whole pod. The *long-finned pilot whale* (6.5m), with its distinctive blunt head, is very sociable and prone to mass stranding, possibly due to severe weather conditions but man-made sub-marine noise pollution may be disorienting.



Bottlenose dolphins (3.9m) are very active at the surface, sometimes even playing in the bow-wave of boats. They are widely distributed, with sightings almost guaranteed at Torry battery (Aberdeen), Chanonry Point or Spey Bay reserve. *Harbour porpoises* (1.9m) are our smallest cetacean and in steep decline. Different from dolphins, they are slow swimmers and stay well away from boats.

Incredible creatures live in our coastal waters but are under threat from chemicals and plastics. In heavy rain, overflow pipes release untreated sewage into rivers and the sea. Plastic rubbish not ingested directly is broken down into microplastics which are now found throughout the marine food chain. You can help support MCUK: report cetacean sightings, help with beach cleans, join campaigns to reduce pollution plus reduce, re-use & recycle your own plastics.

See www.mcsuk.org and www.nature.scot/plants-and-animals/mammals/marine-mammals

Lesley Hawkins

Stamps needed for Albatrosses

Albatrosses are one of the largest birds in the world, with a wing span over 3m long. Over 100,000 die each year and 15 out of the 22 species of Albatross are in danger of extinction.

The Callander Youth Project are supporting the RSPB project to save Albatrosses by collecting stamps for the RSPB to sell at auction houses. There is a collection bin (in the wildlife area) where you can bring your old stamps.

You can also post them to: RSPB Stamps, PO Box 6198, Leighton Buzzard, Bedfordshire LU7 9XT and rare stamps to: Save the Albatross Stamp Appeal (Special Stamps and Albums), RSPB, The Lodge, Sandy, Beds, SG19 2DL.

The RSPB ask that you save roughly quarter of an inch of paper around each stamp.

Horsetail

Horsetail, also known as mare's tail, is a deep-rooted weed and invasive plant. It comes from rhizomes from neighbouring gardens, root fragments in composts or manures and is nearly impossible to remove, as it can grow back from millimetre sized fragments left in the ground.

Horsetail is related to a plant that grew 270 million years ago during the carboniferous period. It's been growing for millions of years and isn't going anywhere soon. Closely related to ferns, at one-time it was the dominant plant of the world. Horsetail thrives in damp, wet, clay soil, meaning Callander is a great place for it to grow. There is no fail proof way to get rid of all the rhizome. Chemicals usually can't kill the whole rhizome because they can stretch metres down from the surface. If you have a big problem, your best solution might be to lay weed control fabric.

Aidan Cronin

Orchids around Callander

A walk up Braeleny Road in June 2017 spotted 7 species of orchids in flower, equalling the number found in many Sites of Special Scientific Interest (SSSI's). Our expert guide was Roy Sexton, Stirling SWT Chair and retired botany professor. In his fascinating talk this April, he covered 15 orchid species that can be found within a 20 mile radius of Callander: impressive, considering there are only 26 throughout Scotland (51 in the UK).

The complex mechanisms by which orchids employ insects to achieve cross-pollination were deduced, by Charles Darwin and described in *The Various Contrivances by which Orchids are Fertilised by Insects* (1862) which won more prizes than his *Origin of Species*! For example, flowers with nectar at the end of a long tube will be pollinated by long-tongued insects such as butterflies or moths, while short spurred species entice beetles, flies or bees. They may emit an attractive scent, the nectar can be alcoholic and contain drugs and flower colour may be an attractant, eg white orchids that are more perfumed at night are pollinated by night-flying moths.

Most orchids produce sticky pollen grains, which clump together into *pollinia* which stick to the heads, eyes or even tongues of pollinating insects as they enter the flower. Their location is very specific to ensure they are deposited on the stigma of the next flower visited. This is very successful with 78% of flowers being pollinated. The seeds are too small to contain food and spend 3-5 years underground, while fungi provide food before leaves appear above ground.

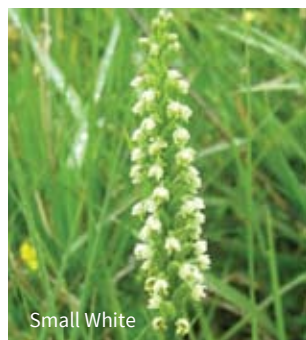
Probably the most familiar wild orchids are the purple spotted ones:



Fragrant



Greater Butterfly



Small White

common-spotted, early purple, heath-spotted, Northern Marsh and the early marsh orchid, all found at Braeleny. Stripes on their lower lips guide bees into the flowers.

White butterfly orchids have a long narrow nectary for a long-tongued pollinator and are more perfumed at night to attract moths. The tongue and eyes are the only parts of a moth that are not scaly so it is to the eyes that the Greater Butterfly Orchid *pollinia* stick, usually 1 or 2 but 11 have been seen! The Lesser Butterfly orchid is a different shape and *pollinia* stick to the tongue. Excellent photographs of moths with attached *pollinia* can be seen in Roy's paper www.hardyorchidsociety.org.uk/HOS%201012/Pollination/Sexton%202014.pdf.

The delicate fragrant orchid is pink and scented in daylight to attract day-flying moths, attaching *pollinia* to their tongue. The small, green twayblade orchid (~100 found at Braeleny) has a shallow cup from which nectar runs out, attracting beetles. *Pollinia* attach very specifically to their 'foreheads'.

The lesser twayblade is pollinated by small flies and gnats and has been found near the top of Ben Ledi: however, at 2cm high under clumps of heather you may not spot it! The rare, protected small white orchid was recently found on the descent route from Callander Crag, although its tiny green flowers are easily overlooked.

These appealing flowers, like much wildlife, need protection from land use change and development. Would you be willing to check local planning applications for environmental impact?

Lesley Hawkins



Himalayan balsam - bash or forage?

This is such a pretty plant, it seems wrong to do battle with the nettles, brambles and old tyres down by the Turn Pool to pull it out, strangle it, then hang it over trees to dry.

But it is the largest annual plant in Britain, growing up to 2.5m high from seed in a single season. Known as Policeman's Helmet, its seed pods are incredibly good at exploding, sending seeds up to 4 metres. Many seeds drop into the water and contaminate land and riverbanks downstream, but it can spread up stream by firing its seeds in all directions.

It grows beside rivers, creeping quickly so it smothers most wetland plants. It has a long flowering season and is flamboyant and very attractive to bees, so some native plants may fail to be pollinated and set seed for their survival. It dies back in Autumn and the land is bare, increasing erosion.

It is on SEPA's list of invasive plants so it is illegal to allow the spread of the plant. The teams that go out to help combat its spread must deal with it before it sets seed, so they go out several times during the season to deal with plants that grow at varying rates. The hope is that if landowners and community groups deal annually with that year's plants, it will eventually die out, as no seed is set.

Balsam bashing on a summer's day can be a satisfying occupation; but you could forage for it and eat it. Pan fried Burdock and Balsam balls on a wild salad with a Corsican pine needle dressing not only is a free meal but Burdock is rumoured to have anti-cancer properties.

Mary Buckland

The summer giant and a busy planet



Can you find the upside down giant in the night sky this summer?

The giant in question is Hercules, the 'celestial strongman' of the summer night sky. To spot the constellation of Hercules look high above the southern horizon. To the ancient Greeks this constellation was known as the kneeling man' but the pattern of the mythological figure can be difficult to visualise, especially as Hercules is upside down from our point of view.

The constellation doesn't have any really bright stars but can be found between the bright stars Vega in Lyra and Arcturus in Bootes. The most distinctive pattern in the constellation is the 'keystone', the quadrilateral, which forms the centre of Hercules. Midway between the two right hand stars of the 'keystone' is one of the most spectacular sights in the northern night sky - the M13 globular cluster - 300,000 red giant stars compressed into a small cluster.

Mars is at its closest to Earth on July 31st. During late evening and the early hours, look low down in the southeast where it will be shining brightly. It appears red because its surface is covered with reddish iron oxide (rust). Mars is the fourth planet from the Sun and is the second smallest planet, after Mercury. It has a very thin atmosphere and its surface is covered with craters, rift valleys, deserts, volcanoes and ice caps at its poles. Interestingly, if the ice at Mars's south pole melted it would be sufficient to cover the entire planet to a depth of 11m.

Keith Wilson

Leny Road Toad Crossing - 2018

Common toads are very particular about where they breed and follow the same migration route back to their ancestral ponds each year. If that route becomes blocked, the animals have to find an alternative back to their breeding ponds.

When the Callander to Oban railway line was in operation, the railway bridge under the A84 allowed toads to go through safely to ponds in Callander Meadows. Unfortunately, after the railway ceased operating in 1965 the bridge was removed and filled in. Since that time toads have had no alternative but to use the road and risk being killed by traffic.



Froglife.org is the umbrella body that sets up toad patrols all over the country. It looks after toads but also frogs and newts as well. These animals generally follow similar routes and migrate at similar times of year to toads. In Callander the toad patrol crossing is at Leny Road on the busy A84 and runs from Tesco to Leny Feus.

This toad patrol has been operational for about ten years. In that time it has been run solely by Robin and Angela Harvey but this year they asked SWT Callander for some help. John Snodin co-ordinated a rota and ensured that

members of the patrol signed risk assessments and registered with Froglife.org to ensure insurance cover.

Two members patrolled the site each evening from mid-February to the first week of April. Start time was just after sunset and up to 1 to 2 hours afterwards, depending on how many animals were found. The very cold weather this year meant the patrol

period was extended to the 3rd week of April and there were a number of days when no animals migrated, as the temperature needs to be above 6°C.

The aim was to rescue all three species of amphibian that could be killed on the road. In the

nine weeks that the patrol was running the number of live animals rescued was 142 toads, 42 frogs and 17 newts (total 201). Unfortunately, 16 animals found on the road could not be saved. In 2017 the totals were similar: 150 toads, 55 frogs and 13 newts (total 218) with 5 animals not being saved.

The patrol team are very grateful to SWT Callander for helping to organise the patrol and for purchasing two traffic warning boards, which were used by members at each end of the site every evening.

John Snodin

Woodland Trust – Glen Finglas

We kick-started with a very successful Easter event this year. It was a perfect dry, sunny afternoon of egg-citing woodland fun! Thanks to those who came along and took part. Hopefully you enjoyed it as much as we did. Our next event is a Hands-on wildflower ID guided walk (9th June), aiming at beginners keen to learn about the basics of how to use a plant key and hand lens to help with wild flower identification. Booking essential!

Gwen Raes
(Glen Finglas Estate)Ranger



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Pharmacy News

Recently, at the Pharmacy we have seen a number of cases of Chicken Pox. This is a viral infection, mainly affecting children. By the age of 10 years, most children will have been infected. Once past, long-term immunity against re-infection occurs, but in later life, it can occur as shingles.

The infection starts about 2 weeks before the weepy, itchy spots appear. The sufferer may be feverish before developing the rash. The disease can be spread by the patient from about 5 days before the rash appears till approximately 6 days after.

If necessary, treatment can be obtained from your Pharmacy. Usually, Paracetamol to reduce fever and make the patient more comfortable (don't give or take Ibuprofen as it can cause complications). An anti-histamine is useful to reduce the itch and lessen the risk of secondary infections. Calamine Lotion is no longer recommended. Tests have shown it has a very short duration of action and may contain ingredients that lead to skin irritation. Now recommended, are antiseptic-based emollients.

Although most cases do not require treatment, do not hesitate to contact your Pharmacy or Surgery if you have any concerns.

David J Hunter, Trossachs Pharmacy. Callander Medical Centre, Geisher Road, Callander FK17 8LX
Tel/Fax: 01877 330016 Email: mfarrenltdtrossachs@hotmail.co.uk

Callander Medical Centre

Drs Strang & Scott and Drs Mathewson & Gibson Community nurses

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

The next training afternoon will provisionally be on:

Tuesday 26th June 2018

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

In the event of an emergency, please telephone 111.

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

Patient Focus Group

We recently held our second meeting of the joint Patient Focus Group at the Medical Centre. Both practice managers attended along with patients from both practices. It was a very positive meeting with lively discussions. The main topic for discussion at this meeting was the new GP contract and the potential changes this could bring to the way we deliver patient care in Callander. Despite us now working under the new contract, no firm decisions have been made by the Board as to how they intend to deliver services such as phlebotomy, travel vaccinations and childhood immunisations. We intend to update

the group as more information becomes available.

We also discussed the increased problem of inappropriate and aggressive behaviour to staff within the practices. This was something we highlighted in a previous BLV but, unfortunately, the problem continues. We talked about ways we can reduce this and will work with the group to formalise ideas and strategies moving forward.

We are hoping more patients will come along and join the group as we want patient involvement, feedback and ideas to ensure that we provide the best service we can to patients of Callander Medical Centre. We will be holding our next meeting on Tuesday 19th June at 1pm.

Tea/Coffee provided.
Please feel free to come along.

Some seasonal problems:

Hay fever – as summer approaches, we see an increased demand for appointments from patients suffering with hay fever. The local pharmacies are able to deal with seasonal hay fever under the Pharmacy First Scheme. They should be the first point of contact for advice. Should they feel that you require to see a doctor, they will advise you accordingly.

Sunburn advice – as summer is now upon us, please remember that protecting your skin using sunscreen is better than treating it. Try to always 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. The pharmacy is able to give advice on treatment should you require further information.

Holiday medication - please ensure you order your repeat medication the week before your holiday. We still receive requests marked 'urgent due to going on holiday' the following day and this puts increased pressure on the staff, the doctors and the pharmacies to turn around the request in such short time scales. We may not be able to accommodate your request at short notice.

New childcare careers website launched

Childhood experiences last a lifetime and we need a skilled, confident workforce to make sure all children have the best start. With big increases planned for funded early learning and childcare (ELC) in Scotland there's never been a better time to start a career in childcare.

The Scottish Social Services Council have launched website shows how someone can build a career in day care of children, which includes ELC, out of school care, childminding and other services where children are cared for during the day.

Working with children is fun, interesting and an opportunity to make a significant difference. We hope that anyone interested in this career can use the website to help make their first steps. For those already working in childcare we hope it gives some inspirational ideas about where their career might take them next. Visit the website at <http://learn.sssc.uk.com/childcarecareers>

Walk in the Park

Callander group recently celebrated 10 years of walking together in their local community. On Tuesday, 24th of April the group were delighted to share this milestone with visitors, friends and partners. After a photo session in Ancaster Square, the group enjoyed a 45minute walk through Bridgend and around the Meadows before continuing their celebration in the Old Bank.

Starting from just a handful of walkers in 2008, it was great to see a number of people attend this special event who were present on that first walk 10 years ago. We also had representatives join us from Loch Lomond and Trossachs National Park, Central Advocacy Partners and NHS Physiotherapy ReACH teams.

Walk in the Park, led by Loch Lomond and the Trossachs Countryside Trust, facilitates improvements to health and fitness particularly for those who are not meeting government guidelines, which recommend that to be healthy, we need to be active for at least 30 minutes a day.

Gail Tripney, Physiotherapy Specialist, NHS ReACH team said: "It was great to help you celebrate your 10 year milestone and reflect on how far the project has grown and developed over the years.

From a health perspective, walking is a great activity to help maintain a healthy heart and strengthen bones and muscles. There are also great benefits to wellbeing through meeting people

and socialising in the local area.

Walk in the Park allows people of varied mobility and abilities to get out and enjoy themselves in a healthy way. It is rewarding to see our patients progressing from requiring home visits and input from ReACH, to being independent and engaged in the community. The strength and balance classes have grown and developed and are a great way of maintaining and progressing gains made through physiotherapy, preventing falls and hospital admissions."

Callander Walk in the Park walks and session times are:

Tuesday morning walk, 10.20am
Please see the BLV 'What's On' page for more information or pick up a flier from the Medical Centre or Tourist Information.

Strength and Balance sessions,
Tuesday afternoon from 2-3pm in the fire station followed by a short 10min walk for those who want it.

The Wednesday Summer Evening Town Walk 7pm meeting is 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 - Cathy Scott 07852 334272 or send an email to: cathy.scott@lochlomond-trossachs.org
For more information about the Walk in the Park programme visit www.trustinthepark.org/walk-in-the-park
Our project video: <https://youtu.be/xoezDZGfGuw>.



COOK'S CORNER

by Audrey Corrieri

Banana and Medjool Date Cake

(Serves 8-10)

Ingredients:

- 300g salted butter, softened
- 300g golden caster sugar
- 3 eggs, beaten in a cup
- 3 bananas, plus one for decoration
- 9-12 medjool dates, pitted and chopped
- 100g dark chocolate, broken into small pieces
- 350g SR flour
- 1tsp baking powder

Method:

Pre-heat the oven to 180oc, 160oc fan, gas no. 4. Line a 27cm round baking tin with greaseproof paper. Cream the butter and sugar together until pale and light. Add the beaten eggs a little at a time, and beat well until combined.

Peel and mash 3 bananas in a bowl until just smooth with a few chunks. Add to the cake mix with the dates and chocolate and fold in gently. Carefully fold in the flour and baking powder. Spoon the batter into the prepared tin and arrange the other banana, sliced, on top.

Bake for 60-70 minutes, or until a skewer inserted into the middle comes out clean.

Leave to cool before cutting.

Contact the Elderly

This charity offers a lifeline of friendship to older people and is appealing for helpers. It organises free monthly afternoon tea parties which take place on a Sunday. Guests are local older people who live alone. They are collected by volunteer drivers who accompany them at the

informal and friendly events. Hosts welcome a group of around eight people throughout the year with afternoon tea and a warm welcome.

Contact the Elderly already has two groups in Stirling. Would there be a demand for such a group in Callander? Janice Kerr, Development Officer at Contact the Elderly, said:

"Our volunteers play a vital role in

the work we do. Spending time with older people who would otherwise be sitting at home alone is a wonderful thing to do. We ask our volunteers to share a few hours once a month, or even just once a year.

To find out more about becoming a volunteer contact janice.kerr@contact-the-elderly.org.uk or 01236 898613.



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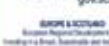
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Callander Bridge Club

On Wednesday 11th April, the club had its Annual General Meeting. The Secretary reported a very successful winter season, even with a change of venue. Due to re-development, the club had to move from the Waverley Hotel. We would like to convey our sincerest thanks to the staff and management of the hotel for looking after us so well. Our new venue is the Old Bank Restaurant in Main Street.

Thanks were also given to M O'Keefe, A Tweedie and G Reid for their contributions to the running of the club. Hearty congratulations were also given to this year's prize winners: E and W Clark, M O'Keefe, A Rattray, F Gibson and A Tweedie.

The club will always welcome new members and visitors. Contact the Secretary, David Hunter on 01877 330016 for more information.

David J Hunter, Secretary

British Heart Foundation



A big thank you to everyone who has given us donations over the last couple of months, but guess what? Just like Oliver we are asking 'please can we have some more?' Be assured that your donations really do raise funds for vital heart research and help for those with heart conditions.

We also urgently need a volunteer driver to run our pick-up on request service (expenses paid) and as much help as possible in the shop. So any time you can spare to volunteer with us will be greatly appreciated - please just pop into the shop and speak to Donna. Thank you.

Callander & West Perthshire U3A



Our U3A is going strong with a membership of over 300 enjoying more than 30 groups of varied interests. As the hoped-for summer approaches, courses will wind down but finish with lunches and teas before a grand BBQ and Barn

Dance for everyone on Midsummer's Day in June. Tickets costing £15 are available from Group Leaders and friends are welcome. The party takes place in Gartmore Village Hall, starting at 7.00pm and a free bus will run from Killin, via Lochearnhead, Kingshouse, Strathyre, Kilmahog, Callander, Thornhill and Aberfoyle to Gartmore. Times of arrival at the pick-up points will be available from Group Leaders when tickets are handed over. The evening will end at 10.30pm, when the bus will return by the same route.

All our activities are listed on our website and we offer prospective new members two taster sessions, which means that anyone can attend two groups for free before deciding whether to become a full member. Our next Annual General Meeting and Enrolment will be held in August and the full U3A year begins again in early September.

Keep in touch by looking at our website Callander and West Perthshire U3A.

Marguerite Kobs

CHAS

Thank you to all the lovely dancers from Campbell's School of Dancing who performed so beautifully on 6th May. Their efforts raised £225.76 for CHAS. Thanks also to Gail who played so well despite the heat and to all the dads who kindly moved the boards for us.

Fiona House

German Speaking Group in Callander.

Das nächste Treffen der Gruppe wird am FREITAG 22 JUNI 2011 um 18.30 Uhr - das heißt, eine halbe Stunde früher als gewöhnlich - in "Ardess", 24 Bridgend, Callander stattfinden.

Für diesen Abend haben wir vor, mit einer Grillparty den "Semesterschluss" zu feiern. Hoffentlich kann das Fest draußen im Garten stattfinden, aber wenn es dort regnet oder wenn es zu viele Stechmücken gibt, können wir stattdessen drinnen kochen und essen. Jeder ist eingeladen, entweder etwas Fleisch, Wurst oder Fisch zum Grillen, oder irgendeinen Salatteller, Käse oder Nachtisch zum teilen mitzubringen. Damit wir wissen,

wieviele Personen mitmachen werden, u.A.w.g., das heißt, bitte melden Sie sich bis Dienstag 19. Juni bei Jen.

Für diesen Abend besteht die Hausaufgabe einfach darin, dass jeder Mitglied der Gruppe an jenem Abend den Charakter eines/einer berühmten aktuellen Deutschen annehmen sollte. Durch Gespräch und Fragen sollten die Anderen die Identität der verschiedenen anwesenden Charaktere raten können. Vielleicht werden wir uns auch wie gewöhnlich mit einigen Wortspielen beschäftigen. Alle sind eingeladen, ihre eigene Ideen mitzubringen.

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 Sie Fragen dazu stellen wollen, rufen Sie bitte Jen Shearer, 01877-330446 oder 07710-232908(Handy) an. Email: jenshearer@gmail.com. Wir freuen uns darauf, Sie wieder bei uns begrüßen zu dürfen.

Jen Shearer

Callander and District Horticultural Society

If you live in Callander, or are just visiting for the day on Saturday 25th August between 1.30pm and 4.00pm, please feel welcome to join us in the Kirk Hall where Callander and District Horticultural Society Annual Show will be taking place. Entry is by donation.

There will be beautiful floral art to



Scotland's Charity Air Ambulance



commemorate the Suffragette Movement's colours, of purple for loyalty, white for dignity and green for hope, to enjoy, alongside colourful tubs and vases of garden flowers. Come, look at and admire tasty vegetables galore, some a little wonky, and did I mention cake, scones and shortbread?

A winter scene and garden pest or friend are the photography challenges for this year. For those who have an interest in crafting, there should be plenty to admire too. There is not enough space to give all the details here on how you can enter the different classes, but schedules are available to pick up at the library, East End News, Campbell's the Butcher and the Deli in the Square. Go on, make this the year that you have a go. There will be prizes to take home too.

Every year the Primary School children have inspired us with their creative interpretations. This year, they will be recycling the window boxes they used last year into amazing scenes to reflect the topics they have studied in the summer term.

MacMillan Cancer Support

WE ARE MACMILLAN. CANCER SUPPORT

Keltie Bridge Caravan Park would like to thank all the local businesses who made generous donations for our raffle in aid of MacMillan Cancer Support. The fund day was a great success and we raised a fantastic £1,044.00.

Natalie and Dave Turner



Scotland's Charity Air Ambulance (SCAA) has teamed up with a national law firm to offer a free Will service to its supporters. The charity relies 100% on donations and has been called out over 1,700 times since 2013.

Donations left in wills have helped to

fund over 50 of the life-saving missions it undertakes each year. The new Wills initiative has been launched in partnership with Watermans Legal, which helped to create the charity's mascot, Scotty, last year. The offer follows the announcement that SCAA plans to raise £6m in funds for a new helicopter to increase the capacity and resilience of its fleet and improve its ability to respond to incidents.

To take up the offer, SCAA supporters can contact the charity to be put in touch with an expert lawyer at Watermans Legal. Supporters who have already written a will can also have it updated free of charge.



Callander and West
Perthshire Rotary Club

Rotary The busy summer season for Rotary started with the Easter weekend bottle stall. The weather was good this year and the Easter Bunny and Duck were kept busy handing out eggs. We raised over £550 which will go to local causes.

We ran our Coffee, Lunch and Crafts at the Kirk Hall at the beginning of May. It was a very busy day with lots of locals and many visitors coming in to browse the stalls and enjoy the home baking and home-made soup. This year the event raised over £750 which will go to Rotary International's Foundation Charity which supports causes in the UK and around the world. Thanks to everyone who supported and participated in these two events. We are always amazed at the generosity of the people of Callander and the visitors.

Next we will be taking part in *Summerfest*. On Saturday 21st July we will be organising some family games in Ancaster Square where everyone can come along and try their skills at Splat the Rat, Hook a Duck and other games. No charge and there will be prizes. From Monday 23rd to Friday 27th July, Liz Campbell's Highland Dancers will be appearing each afternoon in the Square, whilst Rotarians will be collecting for local causes.

Finally, a reminder that the annual Rotary Charity Golf Day will be held at Callander Golf Club on Friday 17th

August with a Shotgun tee off at noon. The cost will be £140 per team and that includes coffee and a bacon roll on arrival and a two course meal after play. This year the beneficiaries will be the Citizens Advice Bureau, Callander and Start Up Callander. To enter a team, please contact Richard Cooper at richard.a.cooper@btinternet.com. Readers may have noticed that, over the winter three of the seats in South Church Street have been missing. Rotarians have now refurbished them and they have been returned to their rightful place for the summer.

If you would like to find out more about any of these events or Rotary in general, please look at our website, www.callander.rotary1010.org or on Facebook. If you would like to come along to a meeting any Tuesday evening at Callander Golf Club or find out more about membership, please contact Jen Shearer on 01877 330446.

Lodge Ben Ledi 614



Lodge Ben Ledi would like to say 'thank you' to all those who helped raise money to provide two defibrillators for Callander town centre, also to Malcolm Sutherland and Tom Jones for organising the purchase and its installation by McDonald Electrical. In particular, we give a big warm and hearty thanks for three very generous donations which allowed us to purchase the second defibrillator. Both are now in place, working and

available to be used in an emergency should the need arise. They are located outside the main Post Office and in the north side of the Square.

The purchase of the defibrillators and their central locations arose due to an incident that happened late in 2016, when local man Ken Roberts unfortunately required the use of a defibrillator whilst emergency services were on the way. At that time, the nearest one available for public use was at the Dreadnought Garage at the Stirling end of the town and it sparked some conversations as to why there was nothing centrally located. Thankfully Ken has made a great recovery and the Roberts family made a substantial contribution to the



fund-raising, which we appreciate. Ken is pictured with the Past Master of Lodge Ben Ledi, Sandy Campbell, shortly after the installation of the Defibrillator in the square in Nov 2017.



Rural Stirling
HOUSING ASSOCIATION

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 12 flats & houses in Kilmear. We currently have properties in the following communities:

Aberfoyle	Doune	Kinlochard	Stronachlachar
Bailton	Drymen	Kippen	Tyndrum
Buchlyvie	Gargunnoch	Locheamhead	
Callander	Gartmore	Strathblane	
Deanston	Killin	Strathye	

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:

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

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Soapbox

This is our soapbox, but we invite you to use it. Send your rants in to us, about 400 words would be nice, and as long as they meet our principles of “Committed to equality, the publication exists to disseminate information about community-related news, concerns and events without discrimination or bias on grounds of age, race, colour, creed, gender, disability, sexual orientation or political viewpoint,” then we will consider publishing them.

When John’s Soapbox was put out to tender, I couldn’t resist the opportunity for a rant against litter and those responsible for leaving it around our beautiful countryside. During the Callander litter-pick in April, several groups of visitors stopped to express their thanks and to debate the unanswerable questions: Why do people choose to visit a scenic area then spoil it by leaving litter? Why are those who carry full containers in cars or bags unable to take the empty packaging back home? Why do irresponsible owners put dog poo in a plastic bag, then hang it on a fence or gate post? Why not ‘Pack it In Pack it Out’?

In car parks at Callander Crags, Bracklinn Falls and along the Molland’s straight (A81) there was a depressing amount of food containers; sandwich packets, coffee cups, plastic bottles, drinks cans and wet wipes. Further along the tracks were glass bottles, often half-buried in the grass or smashed into dangerous shards. Much of this detritus takes a long time to degrade; glass bottles 1M years, plastic drinks bottles 450 years, aluminium cans 80-200 years, wet-wipes up to 100 years, polystyrene cups 50 years, plastic bags 10-20 years. Even an apple core takes 2 months and banana skins or orange peel 2-5 weeks. ‘Biodegradable’ plastic bags don’t just vanish, they actually just become micro-plastics that end up in rivers and seas. Ladies, you know that the tissues left in quieter spots by our footpaths remain an unpleasant eyesore for up

to a month - a couple of bounces and a shuggle will do the job!

At Bracklinn Falls about 30 ‘dog bags’ had been thrown into the surrounding area or even piled on the tarmac. While the majority of dog owners pick up and dispose responsibly, the minority of feckless owners leave a disgusting legacy. It is against the law to allow your dog to foul a public space due to the danger of *toxocariasis*, caused by a parasite that lives in dogs’ digestive systems. Its eggs are released in infected dogs’ faeces and can remain active in soil for many years and can be passed to humans. Symptoms can include seizures, stomach upsets, sore throats, breathing difficulties and eye problems, potentially blindness if not treated. It most commonly affects children between 1 and 4 years who may pick it up when playing in affected areas. Do you want to be responsible for harming a toddler?

In town there are litter bins every few hundred yards but none in most other parking areas. Should we campaign for their re-instatement in ‘hot spots’? Should signs be put up with reminders that littering has fixed penalties? No point if these are never imposed, but would a few well-publicised prosecutions perhaps drive home the message?

Hopefully, deposits on bottles and tins will be as effective as carrier bag charges and supermarkets are now promising to reduce single-use plastics, but what about the ubiquitous take-away food packaging? Why not

use coffee cups that really are recyclable? Do cakes and sandwiches need to have so much wrapping? Do fish and chips need to be in large polystyrene boxes that fill the bins and end up in the river - why not a simple cardboard tray? Why plastic forks instead of wood? If cardboard trays and wooden forks cost more, serve 6 fewer chips – additional health benefits! Since David Attenborough spoke out about plastics in our oceans, politicians finally see kudos in being environmentalists, but if individuals don’t take responsibility we will all end up living on top of landfill sites! If this annoys you as much as it does us, and you would be interested in joining a group to look at how we tackle this problem and/or in volunteering to do a regular litter pick, then please get in touch with Keith Wilson (kw02uk@gmail.com) or Lesley Hawkins (mlhawkins@tiscali.co.uk).

Lesley Hawkins

Where in the World Quiz
(page 39) **Answers**

1. Saudi Arabia
2. Sofia
3. Massachusetts
4. Brazil
5. Port of Shanghai
6. Rio Grande
7. Kathmandu is the capital of Nepal
8. The Great Barrier Reef is off the coast of Queensland
9. Cork
10. Mount Elbrus, Russia (18,510ft)

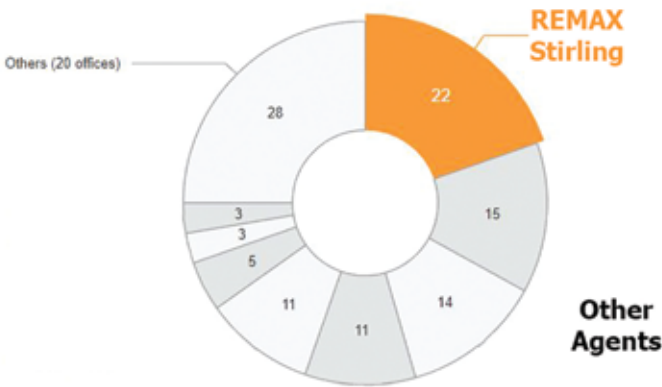
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What's On in June and July

REGULAR MEETINGS

Mondays

- Yoga (adults) 9.30-11.00am Callander Golf Club (no yoga classes in first 2 weeks of July)
- 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 on 4th, 11th and 18th June only
- Cubs 6.15pm Primary School
- Zumba fitness class 7.00pm Kirk Hall
- Callander Pipe Band practice/teaching 7.00pm Masonic Hall
- Yoga 7.00-8.30pm Callander Golf Club

Tuesdays

- Craigard Club 10.30am to 1.00pm Kirk Hall (not in school holidays)
- 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
- Guides 7.00pm St Andrew's Church Hall
- Evening Town Walk

7.00pm Ancaster Square
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 – 1.00pm Kirk Hall (not in school holidays)

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

JUNE

Friday 1st

- **Ben Ledi View published**

Saturday 2nd

- Ramblers Hill: The Cobbler (884m) 8.30am Contact 01877 382924

Tuesday 5th

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

Wednesday 6th

- Ramblers Stroll: Achray Ramble (5 miles) 9.30am Contact 01877 382617
- Walk in the Park Summer Evening Town Walk 7.00pm Ancaster Square

- Heritage Society talk 'Gaelic Place Names and song' 7pm for 7.30pm Masonic Hall

Saturday 9th

- Woodland Trust Wildflower Walk 1.00-5.00pm GlenFinglas Lendrick gateway (Booking essential on 03303335302)

Monday 11th

- Community Council meet 7.30pm Callander Hostel

Tuesday 12th

- Walk in the Park Lendrick Hill to Brig o'Turk (car share) 10.20 Ancaster Square

Wednesday 13th

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

Friday 15th

- Killin Music Festival starts

Tuesday 19th

- Walk in the Park Keltie Bridge 10.20am Medical Centre

Wednesday 20th

- Ramblers Ramble: In & Around the Blane Valley (8 miles) Contact 01877 330446
- Walk in the Park Summer Evening Town Walk 7.00pm Ancaster Square

Friday 22nd

- German-speaking group 'Grillparty' BBQ 6.30pm 'Ardess', 24 Bridgend

Saturday 23rd

- Ramblers LDP: TLW2-Helensburgh to Garelochhead (9 miles) 8.30am Contact 01877 330032

Sunday 24th

- Target Sports Club Clay Pigeon Shoot 10.00am Callander Contact Bob Farquhar 07721 744229

What's On in June and July

Tuesday 26th

- Walk in the Park NCR7 at Strathyre (car share) 10.20am Ancaster Square
- Medical Centre both practices closed from 12.30pm for staff training
- Choral concert Callander Kirk Junior Choir and US visitors 7.30pm Callander Kirk

Wednesday 27th

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

JULY

Tuesday 3rd

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

Wednesday 4th

- Ramblers Stroll: Dam Walk Circular (6 miles) 9.30am Contact 07785703124
- Walk in the Park Summer Evening Town Walk 7.00pm Ancaster Square

Thursday 5th

- Men Of Note Male Voice Choir Concert 7.30pm Callander Kirk

Saturday 7th

- Ramblers Hill: Ben Cruachan (1126m) 8.30am Contact 01877 339080

Sunday 8th

- **Ben Ledi View copy deadline**

- SWT Balsam Bash on the Teith 10.00am Medical Centre

Monday 9th

- Community Council meet 7.30pm Callander Hostel

Tuesday 10th

- Walk in the Park Flanders Moss + picnic (car share) 10.20am Ancaster Square

Wednesday 11th

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

Saturday 14th

- Summerfest starts
- Ramblers LDP: TLW3 –Gareloch to Tarbet (12 miles) 8.30am Contact 01877 330032

Tuesday 17th

- Walk in the Park Golf Club walk (Summerfest programme) meet 10.20am Ancaster Square

Wednesday 18th

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

- Pam McNicol 'The Suffragettes' Movement in Stirling 7.30pm Masonic Hall (Summerfest Programme)

Thursday 19th

- Concert by Dougie Maclean 8.00pm Callander Kirk

Friday 20th

- Thornhill Players at Summerfest 7.30pm McLaren High School

Saturday 21st

- Ramblers Ramble: Craigower and the Linn of Tummel (6 miles) 8.30am Contact 01796 472461

Tuesday 24th

- Walk in the Park Bridgend and Meadows (Summerfest programme) meet 10.20am Ancaster Square

Wednesday 25th

- Ramblers (Summerfest programme) Ramble-Around Loch Venachar 9.30am Contact 01786 825249
- Walk in the Park Summer Evening Town Walk 7.00pm Ancaster Square
- Concert Callander Chorale and Rusty Strings 8.00pm Callander Kirk

Saturday 28th

- Ramblers Ramble: Balquhiddie to Brig O'Turk (10 miles) 8.30am Contact 01877 330059
- Trossachs Summer Festival 20 years of the Leisure Centre 12 noon-3.00pm McLaren Leisure includes family Ceilidh

Sunday 29th

- Target Sports Club Clay Pigeon Shoot 10.00am Callander Contact Bob Farquhar 07721 744229

Tuesday 31st

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

AUGUST

Wednesday 1st

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

Friday 3rd

- **Ben Ledi View published**

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CAOS and Callander Kirk Junior Choir



McFarlane and Steve Murphy as Mr & Mrs Sowerberry. The orchestra had good tone and pace and a highlight was the violin solo in 'Reviewing the Situation.' All played their part in a hugely enjoyable production.'

Other comments highlighted the newcomers Olivia Pearson as Charlotte Sowerberry and Naomi Scott as Bet,

both of whom sang beautifully. CAOS will thrive if we can continue to bring in such great new talent.

Our thanks to Iain Fraser and Linda Cantlay who guided us through rehearsal and to our supporters within the production team and beyond.

Steve Murphy, CAOS



The Cast

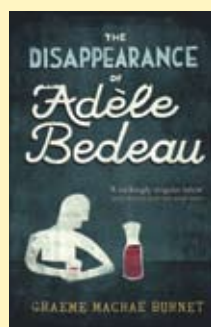
This year's show was a huge success, but overshadowed by the sad and untimely death of Chilly Wood, who tirelessly gave so much to McLaren High. Our warmest thanks go to the janitorial staff at McLaren who worked with us during show week. Our thoughts remain with Chilly's family and friends. We dedicated the first show to Chilly's memory, raising £1,000 for Help for Heroes, a charity he supported.

'Excellent...', 'very professional...', 'the best yet!' just some of the comments received following the show. After playing before packed houses, we have been overwhelmed by the favourable response. Below is a summary of the review by the National Operatic and Dramatic Association (NODA) representative:

'The opening chorus of the workhouse orphans was beautifully sung. As in the Fagin Gang numbers, the youngsters showed concentration and discipline. Angela Dickinson as Widow Corney and Dan McKirgan as Mr Bumble sang 'I Shall Scream' with style and humour and Mr Bumble hit all the right notes in 'Boy for Sale'. John McGettigan sang a confident Oliver in 'Where is Love?' and showed a different side of the character in the thieves' den scene. Aidan Cronin wonderfully captured The Artful Dodger and Brian McKay gave us a wily Fagin, in 'Pick a Pocket', 'Be Back Soon' and 'Reviewing the Situation'. As Nancy, Lorna Stevens with her clear, modulated voice, commanded the stage and sang 'As Long as He Needs Me' with emotion. The domineering Bill Sykes was well interpreted by Grant Webb, singing with menace. This was a well-produced show, with credit to Euan Murphy as Noah, and Charlotte

BLV book club review

***The Disappearance of Adèle Bedeau* by Graeme Macrae Burnet** (Saraband, 2014)



this debut novel of Graeme Macrae Burnet, which won him a Scottish Book Trust New Writers Award.

The Disappearance of Adèle Bedeau is set in the town of Saint-Louis in France. Our main character, Manfred Baumann, is a 30-something loner. By day he works at the town bank and every night he sits at the bar in the drab local bistro. Baumann is socially awkward and highly

paranoid about how others treat him and their opinion of him.

So when the young bistro waitress, Adèle Bedeau fails to turn up for work and detective, Georges Gorski, begins his police investigation, such is the extent of Baumann's paranoia that he assumes he'll be the prime suspect.

I'm not a fan of detective psychological thrillers but found this book compelling reading. Some writers have an ability to draw you in from the outset - Macrae Burnet does this with class, maintaining narrative quality with complex character portrayals. There are twists and turns, some more unusual than others. I suspect Macrae Burnet revels in challenging his growing band of fans. He has certainly gained one more this month.

The Only Story by Julian Barnes will be the next review.

Maggie Magor



The McLaren High Trad band. Photo by Ron Allner.

Killin Music Festival

As a warm up, a fantastic night of music took place on 7th April in the McLaren Hall, Killin, featuring local talent. Acts included young musicians taught by Marc Fallon, and also local piper Duncan McKinnon and the Killin Community Choir. McLaren High School was well represented with the Pipe Band opening the night. The McLaren High Trad band also entertained the audience, with performances by fiddle player Charlotte Kane, her brother Thomas with his band Capsaicin and

local band the Mocking Dogs. The finale was a ceilidh from Siobhan Anderson and Jennifer Austin. This year's festival takes place 15th - 17th June. The line-up includes Blazing Fiddles (Friday), Peatbog Faeries (Saturday) and a seated concert with Phil Cunningham & Aly Bain on Sunday. There will be a variety of activities including Kids' Crafts, Singing Workshops and a Pipe Band Parade, plus free music throughout the day and an Open Stage competition where the best emerging local artists can be heard. For line up/ tickets see killinmusicfestival.com.

Spectrum Choral Academy Youth Choir

The Spectrum Choral Academy Youth Choir makes its inaugural tour to the U.K. this June. The choir, from Seattle, will be performing in Callander Kirk, at 7.30 pm on Tuesday 26th June, with the Kirk's Junior Choir and promises to be a memorable evening. A donation of £5 is suggested, with proceeds going to Callander Kirk.

Thornhill Players

Come and enjoy an evening of good dramatic entertainment, consisting of a one-act comedy and a variety bonanza, on 20th July at 7.30pm in McLaren High School - ticket information is in the *Summerfest* Brochure. Thornhill players are keen to welcome new players, from anywhere in the Trossachs. We meet on Thursday evenings in Thornhill Community Hall. Please contact davidikmoore@gmail.com for further details.

Callander Library

Need help with your electronic gadgets?

IT&Me sessions run weekly (Tuesday 2.00 - 4.00pm) in the library on a drop-in basis. Pop in for informal help with your tablet, laptop, smart phone or digital camera. Remember to bring your device with you!

Need help searching online for a new Job, creating a CV or accessing a Universal Credit Account?

WorkIT sessions run weekly (Monday 11.00 - 12 noon) in the library on a drop-in basis. Pop in to use the library computers and get hands on help/advice.

Kids bored during the holidays?

The Tesco Bank Summer Reading Challenge begins at the end of June. This year's theme is MISCHIEF MAKERS and is a great way to keep children aged 4-12yrs reading throughout the summer. There are giveaways, collectibles and free entry to local activities to be earned. Sign up at the library during the last week of school.

Fiona Frize

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

Art in the Kirk 2018

We are delighted to announce that Art in the Kirk will be running again from 14th-17th August 2018.

It starts with a ticketed preview evening on 14th August and continues daily, 15th-17th. Thanks to Venachar Lochside for continued support with the preview evening and to the artists and volunteers who make the exhibition possible.

To exhibit, volunteer in the tearoom, or reserve tickets for the preview evening, please email: artinthekirk@gmail.com

Callander Writing Groups at Summerfest

Come and try your hand at writing something more than a shopping list. Join us for a Workshop/ Come and Try Session on 26th July in The CYP, Bridgend at 2.00pm. It will be a fun afternoon and Sally Evans (editor - Poetry Scotland) will be giving her input into a Poetry Reading that evening with some local poets in The CYP garden, where we will share some of the works created at the workshop. Please contact jeanthewlis@hotmail.com or Lucy on 07711 404848.



Callander Gasworks

Was situated at the top left hand side of Cross Street where the Ledi court flats are now.

The working gasworks was operational twenty four hours with three men each working an 8 hour shift, Stokers were exempt from war duties. During the day there were also yard men numbering two; their job was to keep the place clean. The three Stokers had 4 retorts or furnaces to look after. They had to be emptied and stoked every hour or two, there were

another 4 furnaces or retorts they were kept as spares, there was a manger available at any time on request, he had an office just inside the gates of the gasworks. On the roof of the manager's office there was a siren; any emergency in the town the man on charge had to operate the siren. Coal was delivered to the gasworks from the goods yard that was at the east end of the town, near the dentist's surgery.

The Manager's House was Westwood, Ancaster Road, situated with a good



(Left image) is very old shows gasworks probably 1800s.

(Top image) photo taken from the Ancaster Road where the bridge is, showing the small gas holder used for emergencies and was taken probably in the 1950's.

view looking down Cross Street so that the Manager could keep his eye on goings on around the Gasworks.

There were two gasholders, one in Glenartney Road which was in constant use. The other much smaller gasholder was just inside the gasworks gate. It would be used only for an emergency.

Alex Walker

If anyone has any further information about the gasworks we are sure Alex would be delighted to hear from them.

The History of the Knocking Stones

A Knocking Stone is a large boulder with its centre hollowed out to create a pot-shaped cavity.

Grain would be placed in the cavity and then pounded with a rounded stone or a long piece of hardwood such as oak, this was called a mell. The pounding would knock the husk off the grain. The finished product was known as 'knockit bere' and could be used for making broth with the addition of meat; barley grains were used for baking 'Bannocks' a type of Scottish bread. Some Knocking Stones had a stone or wooden lid, but these are rarely found.

Once owned by every household in the valleys and uplands, the Knocking Stones were usually kept in the household. They were seen as a family heirloom and passed from one generation to the next and always

taken with them wherever they went, such was their importance.

The pounding action, over a long



period of time, sometimes resulted in the base of the stone being knocked

out, rendering the stone useless and subsequently discarded. Knocking stones were generally replaced by water and wind-powered mills.

Used in ancient times and up until the end of the late 18th century, but now a forgotten reminder of an ancient way of life, they lie abandoned, when at one point they were the focal point of family gatherings in anticipation of the food that was to come.

The discovery of two Knocking Stones in gardens in Callander prompts me to ask how many more could be lurking under some grassy tussock in someone else's garden? If you think you may have one, or someone you know may have one, please let us know.

We can be contacted at callanderheritage@gmail.com or find us on facebook.

Callander Heritage Society



At our April meeting Peter McNiven spoke to us about Gaelic place names in Menteith. Peter is a Gaelic scholar who has made a study of place names in Central Scotland.

Up until the mid 1800s Gaelic was the universal language of the district, with most people only speaking Gaelic. By 1880 most people were speaking a mixture of Gaelic, Scots and English.

Names started out as descriptions of a place to help guide people around. That is why so many of them refer to geographical features or people's names. Eg. Balvalachlan means the house of Lachlan. In Menteith the place names have their roots in Gaelic or sometimes from an earlier pre-Celtic time. These place names survived because, until the Jacobite Rebellions, the glens in the area were well populated with a number of little 'ferm towns.' for example Bochastle had a population of 84 people.

Place names only started to be written down when maps of the area were made. They were written down by Scots speaking clerks who wrote down the names they heard and spelled them as they thought they should be written

and Anglicised them. King James had the first map made when Glen Finglas became a Royal Hunting Forest in 1461. Later maps were made after the 45 when estates were confiscated and then reallocated, so that new owners would know which areas of land belonged to them. Each time maps were made the map makers wrote down the names as they heard them, and over time spellings changed. Today it is a process of working back and trying to work out what the original was. This is made more difficult because Gaelic words often have more than one meaning and also because people have often decided what a name means and that has been passed down and become accepted as correct.

According to Peter's research, Ben Ledi does NOT mean the hill of God but is most likely to have come from 'leathad' which means slope and Callander probably does not come from 'calastraid' (harbour /ferry street) but from 'kalendrech' which is Pictish for a hard place.

For those people looking for more information Peter's Menteith thesis can be found on line.

Archaeology Project

As part of the Heritage Lottery Fund project, Callander Heritage Society offers volunteers training in all aspects of archaeology by working alongside professionals.

Fieldwork into exploring our past starts in June 2018. Open to volunteers beyond the society with archaeology skills passports, or for those interested in new careers, or for the development of an undergraduate student.

Anyone interested in taking part should contact us at callanderheritage@gmail.com for more information.

Are We Immersed in a Dead Language?

**The Masonic Hall, Callander
Wednesday, June 6th
Door opens 7pm for a
7.30pm start.**

Mhairi Mackay talks on 'Gaelic Place Names and Song: Are we immersed in a dead language?' Following Peter McNiven's talk on Gaelic place names, come and hear about local place names, understand the future of the Gaelic language in our town and indulge in a speculation of what traditional Gaelic songs may have been like here.

Callander Heritage Society July Meeting

**The Masonic Hall, Callander
Wednesday, July 18th
Door opens 7.30pm.**

Summer Fest -Pam McNicol talks on Suffragettes Movement in Stirling. (Membership does not apply. £6 entry.)

Lyme Disease

Clients often ask me about it in the consulting room as it does affect dogs and humans and to a lesser extent cats.

The tick *Ixodes ricinus* is the most important vector in the UK as it transmits the organism (a spirochaete, *Borrelia burgdorferi* sensu lato for those of you who like long names) that causes Lyme disease. And we have plenty of *Ixodes ricinus* round here!

Lyme disease in dogs

If a dog becomes infected, the majority infected (>95%) remain clinically normal. However, weeks or months after the tick bite, a small proportion of dogs may show fever, lethargy, loss of appetite, arthritis in multiple joints and therefore lameness, sometimes an increase in their "glands" (lymph nodes) and sometimes blood problems (reduction in platelets, red blood cells and possibly immune-mediated disease) A few develop "Lyme nephropathy" (damage to their kidneys) and do not respond well to treatment.

Lyme disease in cats

Cats can become infected by the same organism, *Borrelia burgdorferi*, and react to it but cats seem to be more resistant to developing clinical signs of the disease seen in man and dogs.

Lyme disease in humans

Lyme disease can cause a rash called an EM rash which is sometimes shaped like a bull's-eye but not always. It is thought that only two thirds of patients with Lyme disease experience a rash: therefore, a patient without a rash can still have Lyme disease.

The rash usually appears within 1 to 4 weeks after the bite but can appear as early as 3 days or as late as 3 months afterwards. Rashes do not always occur at the bite site.

You should contact your doctor if you experience flu-like symptoms or a rash after being bitten by a tick, or if the bite becomes infected. If Lyme disease is treated early, there is more of a chance of patients returning to full health. If left untreated, it can become a chronic, debilitating and disabling condition.

Mis-information about Lyme Disease so now for some facts, it is true that:

1. in the UK the particularly high-risk areas for Lyme disease are the south of England and Scottish Highlands as these areas appear to have a higher prevalence of infected ticks which cause the disease, but infection can occur in many areas.
2. There is some evidence to suggest an increasing prevalence of the tiny blood-sucking creatures in the UK. This is probably a result of climate change, and the increased movement of people and their pets between countries.
3. Although most infestations are highest in spring, early summer and then again in autumn, tick infestation is in fact possible all year round during milder weather (above 3.5 degrees centigrade).
4. There is currently no evidence for transmission of the disease directly from dogs or cats to humans but it can be said that tick prevention in cats and dogs helps prevent the spread of infected ticks and tick-borne diseases like Lyme disease, as cats and dogs can act as transport hosts for infected ticks and bring them (and therefore their Lyme disease organism) to us.

5. Products produced for cats and dogs such as spray, spot on preps, collars and tablets are all available that rapidly kill or repel but no product is 100% effective. Some flea products do not kill ticks. Some dog products are toxic and can kill cats. **So ask about the product and how to safely and effectively use it.**
6. Squashing or crushing ticks in situ



with blunt tweezers or fingers will stress the tick, leading to regurgitation and emptying of the salivary glands, potentially leading to increased disease transmission. Traditional techniques to loosen the tick such as the application of petroleum jellies, freezing or burning will also increase this likelihood and are contra-indicated. **Find out how to remove ticks properly before doing more harm.**

So, be vigilant, knowledgeable and safe through this tick season. If in doubt contact us and ask. Wishing you and your pet health and happiness.

Marslaigh Smith BVM&S MRCVS
Veterinary Clinic in Callander



Riverside Veterinary Clinic

Looking after your best friend!

- Join our Pet Health Plan and budget monthly to reduce your pet care cost.
- 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

A True Musketeer!



Welcome Porthos, our fourth guide dog puppy, who we hope will soon be making his presence felt around Callander over the next year. He arrived about a month ago, a wriggling, exuberant, confident bundle of fluff, and has tripled in size and attitude already (but we have fallen in love with him!). We started puppy walking about five years ago, inspired by a blind friend who had had several guide dogs and was just amazing in her independence and lifestyle. Over this time we have heard truly remarkable stories of how people have had their lives transformed by having a guide dog and have met other puppy walkers, guide dog owners, trainers, instructors, volunteers of all kinds, and come to realise that Guide Dogs For the Blind is a huge and effective organisation.

Our role as puppy walkers is to bring up our puppy to have good manners, to socialise him by taking him to all kinds of places and events and to do basic training, eg sit, wait, lie down, stay, recall to voice or whistle, and other essentials for a blind or partially sighted person, such as standing on command and in a prescribed area and waiting to eat until a whistle is blown. Also, we need to establish good lead-walking. Porthos is very different from our previous three as he is a

Golden Retriever/ German Shepherd cross and the others have been full Labrador or Golden Retriever / Labrador crosses, so we are on a steep learning curve as we get to know how to handle him. He is pretty smart!! Guide Dogs breed all their own dogs.

at the breeding centre in Leamington Spa and are continually improving their stock to incorporate the characteristics and temperament most suitable for a guide dog. Incidentally, the brood bitch holders choose their names.

Not all dogs make the grade and some are withdrawn for various reasons, both health and behavioural traits. Most puppy walkers can be found with an adopted puppy who they couldn't resist rehoming! We are no exception, with two-year old Ian as our adopted pet. Such fun in our household to have a big foster brother!! The hardest part of puppy walking is saying goodbye when they go off to 'big school' at the training centre in Forfar. This happens between the ages of one year and fourteen months, but the tears at parting are balanced out when you have the privilege of meeting up again with your all grown up and trained

dog, and working with someone to give them their life back.

Guide Dogs is a charity unsupported by any government funding and so you will often be aware of events and collections to raise money. We often do talks for various groups, which is a lovely way of raising awareness of the good work being done by the organisation, and incidentally raising funds. They need about £50 million pounds a year to support the thousands of Guide Dog owners and puppies in training at all their various stages and it costs over £50,000 to support a single guide dog from birth to retirement.

So, now twelve weeks old, our Porthos may well become a life changer by the time he is two. We do hope so. And thank you to Callander Cubs, who have already raised some money for Guide Dogs.

Steve and Marilyn Willett



McLaren Leisure

It's a big birthday for McLaren Leisure! This summer we are celebrating 20 years of sport and leisure. Check out what we have in store to celebrate!

Summer Holiday Activities

Kids Camp

Our ever popular Kids Camp is back for the full seven weeks this summer with brand new themed Fridays: We have lots of fun activities lined up. Each day will include swimming, sports, team games and much more.

Early Bird Drop Off

This summer we have introduced our early bird drop off session for parents who need to go off to work. Drop off session is available from 07:30 with breakfast included.

- Full Days/Full Week: £82.00
- Half Days/Full Week: £50.00
- Full Day: £20.50
- Half Day: £12.50
- Early Bird Drop Off: £3.00
- Hot Lunch: £4.00
- Cold Lunch: £3.00

Swim School

This summer we will be offering two swim school options. Our intensive swim school is a weeklong course and comprises one 30-minute class per day. It is designed to improve swimming technique and confidence. Our weekly swim school is designed to keep up the momentum and confidence that your child is getting through our current weekly lessons. Please visit our website for further details.

Motivate

Our brand new activity for children aged 4-5 years is sure to burn off some energy this summer. This 2 hour session includes activities such as sports, games, bouncy castle fun and more. For only £6 per session, or 5 sessions for the price of 4 when booked upfront, Motivate will run Tuesdays & Thursdays 10:00-12:00 from 10.07.18 for 5 weeks. Please note that for all our summer activities our spaces are limited. For more information on our summer activities, please check out our website or Facebook page. To book, call us on 01877 330000 or drop into our reception.



the price of each ticket. Tickets will go on sale at reception on Monday 04.06.18 for just £7.30. Tickets will be sold first come, first served. Spaces are limited.



Summer Membership

This summer we are offering our users aged 8-15 years this amazing 7 week membership offer. The membership will be valid from 30.06.18 to 19.08.18 and allows unlimited access to the following facilities at McLaren: Swimming Pool, Spike Island*, Sports Hall* (Football, Basketball, Badminton, Table Tennis) & the 3G Pitch*. *Subject to availability, T's & C's apply. All for just £38.50 and £30.80 for additional children.

Climbing Wall

This summer we anticipate the closure of our climbing wall for refurbishment. This will be subject to further funding deadlines.

Rachel Peebles, Marketing Interim Lead
rachel@mcclarenleisure.co.uk
www.mcclarenleisure.co.uk
 Tel: 01877 330000

New Family Fun Swimming

Throughout the Summer Holidays we will be offering a family fun session with floats and inflatable toys on Mondays & Wednesdays 14:00-15:00

Spike Island

Don't miss out on the fun with our dual lane aqua run! It's perfect for racing with friends. Every Friday 19:30-21:00. Suitable for 8-15years (users must be able to swim 20M unaided) £3.30 per session.

Trossachs Summer Festival

20 years ago, on the 28th July 1998, McLaren Leisure Centre opened its doors to the public for the first time. This year, 20 years to the day, our Summer Festival will celebrate 20 years of sport & leisure at McLaren. Join us on Saturday 28th July, 12:00-15:00 for an afternoon of fun and adventure for all the family! Visit www.mcclarenleisure.co.uk for further details on our festival!

Trossachs Summer Festival Ceilidh

Our ceilidh band are sure to keep you on the dance floor. Celebrate our 20th year in style with our family friendly birthday ceilidh on Saturday 28.07.18 Book your tickets now! Nibbles included. BYOB.

Lunch with Paw Patrol

Join Chase & Marshall on Saturday 23rd June, 11:00 - 13:00 in our Woodland Kingdom for some soft play fun with an extra helping of Paw Patrol. A two course hot or cold lunch option is included in



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.mcclarenleisure.co.uk

Callander Target Sports Club

Our Club is now very vibrant with over 50 members. Not only do we cater for our local membership, but we now lease our excellent facilities to shooting organisations from outwith our area.

Last season a junior member won a gold medal in the Scottish Junior schools' competition, closely followed by a Bronze medal in the British Junior Schools' competition. Another junior represented Scotland in a British Schools' National match. This has resulted in teams from across Britain, ranging from the north of Scotland to the south of England (including the Isle of Man), now hiring our facilities for training and competition purposes.

For example, we recently held the British Police shooting championships with teams from Scotland, England, Ireland and Wales all taking part, with over 60 entrants including 2 people in wheelchairs.

We are also pleased to be the base for the Scottish Commonwealth Games shooting team.

These events, whilst helping the club, are also bringing numerous visitors to our area, as they are normally run on a two-day weekend basis, resulting in the competitors bringing much needed income to our hotels, guest houses, rented accommodation and shops.

The Air Weapons (Pistol Section) of the club has grown from strength to strength in the last year.

Bridget Doubleday has won the top division of the Cumbria leagues. This follows on from her success in two of the lower divisions, which resulted in promotion to the top division in Cumbria, which is one of the top leagues in Great Britain that most of the GB's top shooters compete in.

This success was followed by James Martin who won division 7 and Bill Moonie who won division 12.

Junior member Seona Scott won the Scottish Junior Pistol competition and came third in the All-Britain competition.

Our Air team of Bridget, Bill and Seona also won division 3.

Prone rifle results: Unfortunately, our Perthshire County Team only managed a close second to Northants.

In Perthshire Division 1: Callander A strolled away with the championship by 8 clear points over Perth C&C A, thanks to Gordon Motion, Mike Baillie-Hamilton, Gordon Winch, Cliff Ogle and Hamish Rae.

In Division 5: Callander B won by 11 clear points over Perth C&C C, thanks to Fiona Reid, John Russell, Jonathon Richards, Tam Pate and Colin Tawse.

In the Individual Leagues: Gordon Motion won prestigious Division 1 with an impressive score of 994 out of 1000. Gordon Winch won Division 4, Hamish Rae won Division 7, Colin Tawse won Division 21 and new start Boglarka Lovas won Division 31.

Indoor 25yd Benchrest: Jocky Johnston won Division 3.

Outdoor Benchrest: Bob Farquhar won Division 6 and John Gardiner won Division 7.

Junior member Alasdair Buchanan-Winch was selected to represent Scotland in a British Schools' National match against England, Channel Islands, Northern Ireland and Wales. Unfortunately they were beaten into 2nd place by England. Alasdair also finished a creditable 3rd in the Perthshire Junior competition.

For further details, contact Bob Farquhar 07721-744229.

John W Russell, MBCS CITP
 Treasurer / Perthshire Match Secretary
 Callander Target Sports Club
 Tel: 01877-330458 Mob: 07748-416559
JohnWRussell@btinternet.com

Go Wild photo competition

A new photo competition, aimed at capturing images of wildlife on the National Cycle Network in Scotland, has been launched by Sustrans Scotland.

Photographers of all ages and experience are being invited to submit their entries to the Go Wild competition, which is supported by Scottish Canals and Scottish Wildlife Trust.

The free competition forms part of Sustrans Scotland's Greener Greenways project, which is part-funded by Scottish Natural Heritage, and aims to improve and enhance biodiversity on traffic-free sections of the Network that are home to a variety of animals and plant species.

Entrants will compete for a selection of prizes, including the opportunity to have their image displayed along the Union Canal, during the Edinburgh Festival Fringe.

Sustrans Scotland Volunteers Coordinator, Laura White said: "We hope Go Wild will help encourage more people to get out by foot or bike to explore their local National Cycle Network routes and discover some of the wildlife on their doorstep."

"The National Cycle Network plays a vital role in supporting and promoting a wide variety of wildlife in Scotland and is a fantastic place for people to experience some of the rich biodiversity that Scotland has to offer."

"We hope it will inspire more people to take part in our wildlife volunteering and recording, something that is vital to the future health of wildlife in Scotland."

Deadline for entries to the Go Wild competition is Monday 18th June with winners being announced on Monday 17th July. Visit www.sustrans.org.uk/scotphotocomp18 for more information.

For more information please contact Charlotte Otter
Charlotte.otter@sustrans.org.uk
 0131 346 1384

Greener Callander - who are they & what do they do?



War Memorial

Originally called The Greening of Callander, the name was changed to Greener Callander when it was pointed out that Callander was already green – but it can always be made better! Since we are a sub-group of Callander Community Development Trust (CCDT), the InCallander website contains an interactive map with details of the gardens and containers that we maintain https://incallander.co.uk/ccdt_greener_otherinitiatives#infobox. We also have a Facebook page but thought we might still highlight a few of our activities here.

Being a small group of volunteers, it is important to work with other local groups and public bodies. Our latest collaboration culminated in a wonderful mural of Callander sited in the wooden shelter in South Church Street. Amazingly, this is the only bench with shelter from Callander's weather and is used regularly by visitors and locals, especially pupils of McLaren High. However, as it deteriorated and suffered from minor vandalism, it



George's train

became an eyesore and detracted from an area in which Greener Callander had spent a lot of money and effort. Initial negotiations with Stirling Council were disappointing but, with encouragement from Councillor Martin Earl, Land Services and Housing jointly demolished the old shelter and built the new one. However, the back wall of grey breeze blocks was not exactly attractive. Inspired by the Primary School mural that hangs in their bike shed, we decided to pursue our own version and Danielle Fitzpatrick of CYP took up the challenge to organise the youth groups. Artistic direction was provided by Chiara Fingland who volunteered to master-mind the design and its creation. With help from dad Garry and brother Lachie to varnish and mount the mural on the wall, the project culminated in an unveiling ceremony on Saturday 28th April. Martin Earl was invited to officiate in recognition of his pivotal support.

Another important collaboration is with Stirling Council for bedding plants. Greener Callander funds and plants up all of the 43 hanging baskets for Main Street. This is done in early May and for the last 3 years they have been nurtured by John MacIsaac in his greenhouse until early June when the danger of frost should have passed. We also plant the majority of tubs and planters but the Council has been supplying summer bedding for the two tiered planters near the War Memorial

and the 12 barrier planters by the pedestrian crossings, in addition to planting the big beds on Tulipan Crescent and Lagrannoch. With reduced budgets the Council no longer puts in winter bedding so Greener Callander adds those. Since we don't have enough volunteers to water the numerous containers and high hanging baskets this is contracted to Liam Burnett's Empardio Ltd, along with their installation and removal. This type of ongoing spend is rarely covered by funding bodies so we are extremely grateful to the Callander Community Hydro Fund for awards over the last 3 years. Along with awards from Stirling Council's Community Pride Fund and Airticity, Hydro funding has paid for replacement of the old wire hanging baskets with more effective 'self-watering' versions plus two tiered planters in Ancaster Square and 12 planters on the barriers beside the pedestrian crossings.

Over the last 7 years Greener Callander has undertaken several projects: replacement of the old fountains outside St Kessog's with beds, replanting around the War Memorial and revamping the Frerich's Memorial garden in S Church St. Our most ambitious was the 2012-13 creation of the Friendship garden in S Church Street when the disused public toilet was demolished. With no likelihood of replacement, the choice was to leave a derelict site in a busy area or to take on the significant task of creating a garden.



Outside St Kessogs



Friendship garden

While not all residents were supportive at the time, we are proud of the end result that is enjoyed both by visitors and by the school pupils and parents who pass that way daily. The curved dry stone wall that mirrors that of the neighbouring Frerichs Memorial Garden was built by a few local volunteers, trained and led by the West of Scotland Dry Stone Walling Association – how could we forget that baking hot Wimbledon weekend? 34 local groups each funded a stepping stone etched with their logo to form a key path through the garden, one of several features designed to encourage use by children on their journey to/from school. Local heritage is represented by a mini version of the Auchenlaich burial chamber and 'pearls' in the centre of the block spiral are a reminder of the pearl fishing industry. The final triangular plot on the corner with Pearl Street, commissioned from Kirsty King in memory of volunteer Olive Walker, again combines attractive planting with entertainment for children.



Hanging baskets

Thanks to Dick Reeve who repainted the garden benches and to Roger Bradley who restored the two Rotary benches. Of course we mustn't forget the train in Station Road Car Park that was restored and is planted by George Walker.

This year our application to host a Beechgrove Garden Road Show has been shortlisted. It would include an evening Q&A session with the regular presenters and visits to a couple of local gardens. We will be working closely with the Horticultural Society to organise this but, at the time of writing, are still waiting to hear whether we will be one of the four finalists.

Now all of these gardens and containers need to be planted, weeded and kept tidy throughout the year, in

addition to raising money to pay for them. So it may surprise you to hear that Greener Callander has only 10 members! We don't foresee taking on any new big projects but we need more helpers: it's free to join! Can you manage a couple of hours per month to plant, weed or sweep? We meet at 1pm on the second Monday in the Friendship Garden. Can you help with fund-raising stalls, donate prizes, plants or money or just pull weeds and pick up litter when passing? Just come along or contact Hilary Gunkel (mail@hilarygunkel.co.uk, tel 01877 330798) or Lesley Hawkins (mlhawkins@tiscali.co.uk, tel 01877 339080).

Lesley Hawkins & Hilary Gunkel



The team

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

A very big thank you to Callander community

A very warm welcome, over three years ago was given from the health care staff, patients, carers, loved ones and family of Callander. A new team of district nurses arrived and how we appreciated, your warm welcome.

It was with a very heavy heart and for personal reasons, that Majella Beattie (District Nurse), made the difficult decision to leave and move to pastures new in March this year. With great gratitude, I would like to take this opportunity to thank you, sincerely, for the kindness, cards, gifts, well wishes and the overwhelming love I received on my departure. It really did leave me very emotional and overwhelmed with gratitude.

This is my opportunity to thank the District Nursing Team so very much, (Evelyn Wilson, Michelle McEwan, Evelyn Ronald and Susan McRobbie), for their support, kindness and team spirit over the years, you are one in a million. It wasn't easy leaving one of the best teams, I have ever worked with. Thank you and I will never forget your kindness and support.

Thank you also, to all the GPs and staff at the Bracklinn and Leny Practice. Your support, teaching, guidance and kindness, over the years, shown not only to me, but to the District Nursing team, has been appreciated. I thank you all most kindly. The support, friendship, kindness, gifts and send off, I have been given, by patients, families, carers and loved ones, has been immense. Being a small part of your lives, has been my privilege.

Thank you one and all, very much. I wish you all happiness, health and hope to see you all soon.

Majella Beattie

Doctor's Goodbye

I would like to write to highlight what a brilliant experience I had as a junior doctor at Leny Practice in Callendar, and say thank you to the lovely residents I had the pleasure of meeting.

My name is Mhairi Dupre and I am a Foundation Year 2 Doctor. To those outwith medicine, that means that although I am a fully qualified doctor, I do not yet have a specialty, and as such I rotate around various specialties for 4 months at a time.

For the Winter of 2017 - Spring 2018 I was assigned to Leny Practice Callander, with Dr K Mathewson and Dr I Gibson.

Before arriving I was worried that I might find working in General Practice boring or very quiet after the busy hospital wards; I thought I would see a lot of ear infections and ingrown toe nails and not much else. How wrong I was! Working alongside two senior doctors and very experienced practice and district nurses, I learnt so much. I met many different people from Callander and the surrounding areas, and saw a wide variety of illnesses, meeting those at both the beginning and end of their lives. It was a very humbling and enriching experience and I am very grateful that I was given this opportunity.

I want to thank Drs Mathewson and Gibson in particular, for investing time and effort in me, being excellent mentors and teachers and for demonstrating what General Practice should be. They showed me what a difference knowing and valuing your patients can make, especially in times when NHS is underfunded and overstretched. I also want to thank everyone at Leny Practice for making me feel welcome and generating a wonderful team spirit, even when snow did its best to stop us!

Last of all, I want to thank all those I met as patients - thank you for your

time, your trust, and most of all thank you for being patient with me.

Best wishes and good health.

Mhairi Dupre

More Comments on Potential Changes to Ancaster Square

Today I saw the article and artist's impression of the proposed 'pavilion' for Ancaster Square. I cannot believe that anyone who loves Callander would dream of building an engine shed in what is the centre of our town.

Ancaster Square is the beating heart of Callander and has been since the 17th century. The idea of placing a steel and glass shed in middle of it is quite grotesque. People stop and look at St Kessog's Kirk because it is a charming and attractive building. People like to sit there. They photograph it. Artists draw and paint it. They won't if this creation is allowed - they wouldn't be able to see it! The square itself is attractive too (although I'm not too keen on the parking on the south side) with the War Memorial balancing the bulk of the kirk. Trees and seats should be enough decoration.

I am not totally opposed to some shelter but it should be of a temporary nature, easily erected and dismantled. Yours faithfully.

John Cummins

I think the proposed erection shown in the current BLV is inappropriate. It would obscure the façade of St Kessogs. It is too "in your face". Whilst I agree that some kind of protection would be nice for dancers and musicians and whatever is happening in the square, I think it would be unbearably hot under this canopy when the weather is sunny. And we do get sun in Callander now and then.

Having given you my negative opinion, I am completely unable to suggest anything positive. I hated the previous suggestion of sails.

Mary Dale

In answer to a letter from anonymous of Camp Place

I also was sad to hear that someone perhaps was in need of help and did not get it. Was that person unable to walk to the Co-op do you think? Camp Place was like many other side roads - covered in snow. Can I just say John, since I retired and I tried to find voluntary work through registered charities I found it very difficult. Most of these I contacted had sufficient volunteers. The voluntary work I wanted was for exactly what that person was saying.

Can I come with a snow shovel and clear the path/ pavement for someone or walk to the Co-op and collect some necessities when a person can't get out in the snow or when they're out of sorts or for whatever reason just need a little bit of help? I thought I had found that organisation when I managed to join the Royal Voluntary Service. That took 4 months to process. During my first year as a member I was asked on only 2 occasions to take someone shopping.

I since discovered that the RVS is controlled by Stirling Council who refer to them! I felt sure there must be more people out there who just need a little help now and then without



In Memory

In Memory of Georgina Wagstaff, from her friends at the British Heart Foundation, Callander.

"We express our deepest condolences to the family of GEORGINA WAGSTAFF following her death, and our great appreciation for having been a part of her life."

having to go through the lengthy process of application forms etc when the need is immediate. I have often wondered if you can just put an advert out there to say I'm free and don't mind helping from time to time, but in the current climate is that OK?

I have a current PVG. We do have community spirit and I know there are people around Camp Place and myself just over the road who are willing and able to help. Unfortunately your letter was anonymous. I would like to contact that person to see if I could help in any way should that situation arise again.

Val McCaskill

Beating the Blues

If things are so bad you can't get out of bed to face the world. Have a phone by the bed and ask a REAL friend for a cuppa. You will have to open the door and they won't mind what you are wearing.

STEM Festival 2018

Saturday 8th September 2018
@ McLaren High School
10am until 4 pm

Come along to see:

- Displays of over 50 pupil projects
- A special Crime Scene Investigation Room
- Retro Gaming
- Primary School Robotics Competition and poster design competition
- Interactive activities and a quest for all ages
- Rocket launch
- Drone flying
- Escape Room

And much more!!

A full programme of events and lots of prizes on offer throughout the day!

Learn about exciting STEM Careers as McLaren High School is transformed into a hub of discovery!

Science

Technology

Engineering

Maths

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.scot

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

Bin Collections

JUNE

Grey & Blue bins Sat. 2nd, 16th, 30th
Brown bin/Blue box Sat. 23rd
Brown Bin/Green bin Sat. 9th

JULY

Grey & Blue bins Sat. 14th, 28th
Brown bin/Blue box Sat. 21st
Brown Bin/Green bin Sat. 7th

AUGUST

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

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.)

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
- Floodline: 0845 9881188 Select option 1 followed by: 06213 121 (the Teith at Callander) or 06213 123 (tributaries upstream)
- Scottish Water emergency information re flooding from mains or sewers: 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



Sunday services

10.00am Early Service in Kirk Hall (not last Sunday in month)
 11.15am Morning Service in Kirk except 3rd June Communion Service
 8.00pm June Time for Silence in Kirk
 8.00pm July/August Songs of Praise in Kirk Hall

Third Sunday in Month

11.15am Informal Communion after service.

First Sunday in month

Trossach monthly service at 3.00pm

Full details: www.callanderkirk.org.uk



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



Sunday: 10.00am Holy Communion
Wednesday: 10.00am Holy Communion
 For any information please contact:
Rev Richard Grosse tel 382887
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
www.stirlingbaptist.org/callander
 Facebook: #stirlingbaptistatcallander

BLV Deadlines

The next issue of the *Ben Ledi View* will be published on **Friday 3rd August 2018**.

Advertisements copy & artwork

Please send all advertisement copy for the August/September issue to our Advertising Co-ordinator Isla Routledge at advertising@benlediview.co.uk by **Sunday 8th July 2018**. Full details of sizes for advertisement and artwork specifications are at www.benlediview.co.uk under the Advertise tab. Please call or email for advice if in doubt.

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

Editorial copy

All editorial contributions for the August/September issue should be emailed to editor@benlediview.co.uk or handed in to the Callander Library by **Sunday 8th July 2018**.

Items received after the deadline may be held over to the October/November 2018 issue.



Cambusmore Estate: Tanks Arrive In Callander

Tank Drive Challenge have moved to a brand new location at Cambusbeg Quarry within Cambusmore Estate outside Callander. Initially the arrangement is temporary, and only for alternate weekends but if the site proves popular it is anticipated this will lead to a long term deal with bespoke reception facilities.

With this new location Tank Drive Challenge are able to offer exhilarating tank driving and 4x4 driving experiences, over rugged terrain, through deep mud and around a track for a thrilling outdoor experience. They are also able to offer bespoke events such as group bookings, hen and stag parties and

corporate events with a range of additional outdoor pursuits.

Unfortunately, many people have booked via Gift Experience Scotland Ltd who have gone into administration. Tank Drive Challenge are, for this month at least, accommodating guests with Gift Experience Scotland vouchers.

Tank Drive Challenge have ten years' track record in offering the ultimate tank driving experience in Scotland. Their ex-MOD APC tanks were stalwarts of the British Army before finding their way to a new home in the worked-out quarry at Cambusbeg. To book a tank driving experience, please telephone 07944 139756 or visit

www.tankdrivechallenge.co.uk

For further information

please contact:
 Cambusmore Estate,
 Cambusmore Estate Office,
 CALLANDER,
 Perthshire,
 FK17 8LJ
 Telephone: 01877-330128
 Email: mikebh@cambusmore.co.uk

Where in the World Quiz Questions

(Answers on Page 22)

1. What is the only country with a coastline on both the Red Sea and the Persian Gulf?
2. What is the capital of Bulgaria?
3. In which US state is Harvard University?
4. What is the only country through which both the Equator and the Tropic of Capricorn pass?
5. What's the world's biggest port?
6. Which river forms part of the boundary between Mexico and the United States?
7. What is the capital city of Nepal?
8. The Great Barrier Reef is off the coast of which Australian state?
9. What is the second largest city in the Republic of Ireland?
10. What is the highest mountain in Europe?



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