

Ben Ledi View

Dec 19/Jan20

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Ben Ledi View

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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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Cover Photograph by Jamie Drummond



Hello Readers

Season's greetings to all readers of the Ben Ledi View. It has been a busy couple of months in Callander as we have seen the summer season wind down and the town starting to prepare for winter.

We had a rousing start to October with the Jazz and Blues Festival. It was great to see so many of our local bars and hostelrys packed with visitors bopping along to the 130 plus musicians that entertained us all. For one weekend Callander could justifiably claim to be the music capital of Scotland, if not the UK.

During the festival many people saw the inside of the newly refurbished Dreadnought Hotel for the first time. It's certainly looking grand inside; the main arena will be ideal for parties and ceilidhs. Let's hope it hosts many other events in the near future.

Across the road from the Dreadnought some more good news. The Riverside Inn is due for reopening before Christmas after being acquired by the Puddingstone group. On a sadder note I hear that Fraser is selling the East End News. Fraser has been Callander's only newsagent for about 20 years now. We thank him for his great service and wish him well in the future.

On the theme of sad departures, I'm sorry to announce the retirement of two of the Ben Ledi View's valued

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servants. Johnny Gold has been the Secretary and trustee of the magazine for four years, but has now decided that it is time to step down. He has been invaluable in ensuring that the management board has functioned correctly and within the necessary time constraints. He will be sorely missed, as will be Ros Grant. Ros has been doing the complex and intense work of producing all of the adverts that appear in each issue of the magazine for two years. As advertising is our only source of income this is a vital task. She has performed this task superbly, with never a deadline missed.

As we start to look forward to the Christmas and New Year celebrations, we have another event to look forward to, or dread, depending on your point of view. The General Election on 12th December. I'm not going to tell you who I'm going to vote for, but I hope the election doesn't interfere with events that usually take place at the Kirk Hall at this time of year. It would be a shame if they had to cancel a Christmas Party because they need to act as a Polling Station!

So, I wish a Merry Christmas and Happy New Year to all our readers and especially to the dozens of volunteers who give their time to ensure the Ben Ledi View is produced and distributed on time.

Convenor

Subscriptions

If you would like to join the BLV mailing list or send a copy to friends or family, please send your details to us
Email: benlediviewsubscriptions@gmail.com

Annual cost UK £15: Outside UK £40
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Or you can ask to join our email list and we will send you out a copy by email each month free of charge.

Citizen of the Year

Please nominate your candidate for Citizen of the Year by emailing the Community Council with your nomination and the reasons why they should be considered to:
callandercc556@gmail.com

Progress for Callander Flood Alleviation Scheme

Stirling Council held a public engagement session for the proposed Meadows carpark flood scheme on Wednesday 23rd of October at Callander Youth Project. The aim of the event was to gauge public opinion and open discussions on the plans for a flood wall to protect businesses and residential properties at risk of flooding from the River Teith. Shown below, (in purple), is the proposed alignment of the flood wall.



An artist's impression shows of what it could look like. It is approximately 1.85m at its highest point and provides a 1 in 25 to 50 year standard of protection. Feedback was mostly positive, with some excellent suggestions about the potential for landscaping to increase public amenity at the waterfront. The council intends to explore further funding options in response to these suggestions. Some concerns were raised about flooding in Bridgend. A scheme for Bridgend was previously considered but

ruled out due to not being financially viable and having the potential to increase flood risk elsewhere in Callander. Flood risk models demonstrate that the Meadows carpark scheme would not have a negative impact on any other area, and these will be available on the Stirling Council website shortly.

Stirling Council thanks the residents of Callander for their contributions and will hold further engagement sessions over the coming months.



Community Assets: The Good, The Bad And The Ugly

11th and 12th December 2019, Callander Hostel

Community groups are increasingly encouraged to buy and manage land and buildings. The decision to take on a community asset is not taken lightly, and the process can appear daunting. The Social Enterprise Hub in the National Park has developed a two-day programme, designed for anyone who is either already managing an asset or is thinking about taking one on.

James Hilder, former CEO of the Mull & Iona Community Trust will be facilitating the program. He has extensive experience in this area and is currently a community councillor and volunteer director of the Sunart Community Company in Strontian, (Lochaber), which having built a community hydro scheme is now undertaking a number of community asset transfers and projects to enhance local sustainability.

Guest speakers Theresa Elliot, (Killin), and Peter Sunderland, (Gartmore), will be contributing their experience of taking over assets and making them work.

If you are looking for some hands-on support, guest speaker Ian Leaver from the Development Trust Association Scotland will be on hand to let you know what is available.

Bring your ideas, your own experience and your willingness to learn with others.

To book a place please go to : <https://www.socialenterprise.academy/scot/whats-on/community-asset-the-good-the-bad-and-the-ugly-687>

Alternatively email Fiona.Paul@lochlomond-trossachs.org
Or phone on 01389 727762

Flooding and Snow

We know that everyone takes precautions when winter is coming, and neighbours look out for one another when things are bad. The Callander Volunteer Group exists to help around the town in periods of adverse weather. We are not here to clear snow off everyone's drive and if it is an emergency then call the emergency services, but if anyone is struggling to get out because of snow, ice, or if flood water is a threat, then call us on 01877 331020 or email rcjohnson9@aol.com. If anyone wants to join the group, then please get in touch.

Dick Johnson

Callander Visitor Information Centre Success

The Visitor Information Centre, (VIC), has just completed a successful first season. More than 20,000 visitors, the majority from overseas, have dropped in since opening in May. Going into the winter season, the centre has closed its doors, but is hoping to be open at some key periods over the winter.

Chairman of the VIC board, Frank Park, said: "We are very pleased with how the first season has gone, both in terms of the numbers of visitors using the service and in how the partnership has worked. Of course, it would not have been possible without the invaluable contribution from our team of dedicated and skilled volunteers, who gave up their time to share their experience of Callander and the surrounding area. We're grateful for financial and staffing support from the Steamship Trust, as well as the support from Loch Lomond & The Trossachs National Park, VisitScotland and Stirling Council."

James Fraser, of the Sir Walter Scott Steamship Trust, said: "The Centre provided an important showcase for Callander and the wider Trossachs area and played a vital role in reassuring visitors that the steamship was operating normally following landslides at the north end of Loch Katrine in early August. It reinforced the importance that visitors place in having access to knowledgeable local people to get the most out of their stay".

Sheila Winstone

Coffee, Cake, Chatter



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Powers of Attorney

For many people, Powers of Attorney are seen as only being necessary for older people who have diminished mental ability through illness or simply becoming elderly. Very few people see the need for Powers of Attorney whilst they are young but unfortunately accidents can happen and being prepared for the unexpected can save a family unnecessary upset. We would be happy to assist in the preparation of the required documents and guide you through the process.

Conveyancing

Whether you are buying or selling your home, farm, business etc, we can help take the stress out of the process. We are experienced conveyancers and act for a wide variety of private, commercial and agricultural clients. We would be happy to assist and take you through the conveyancing process whether you decide to buy, sell or lease property.

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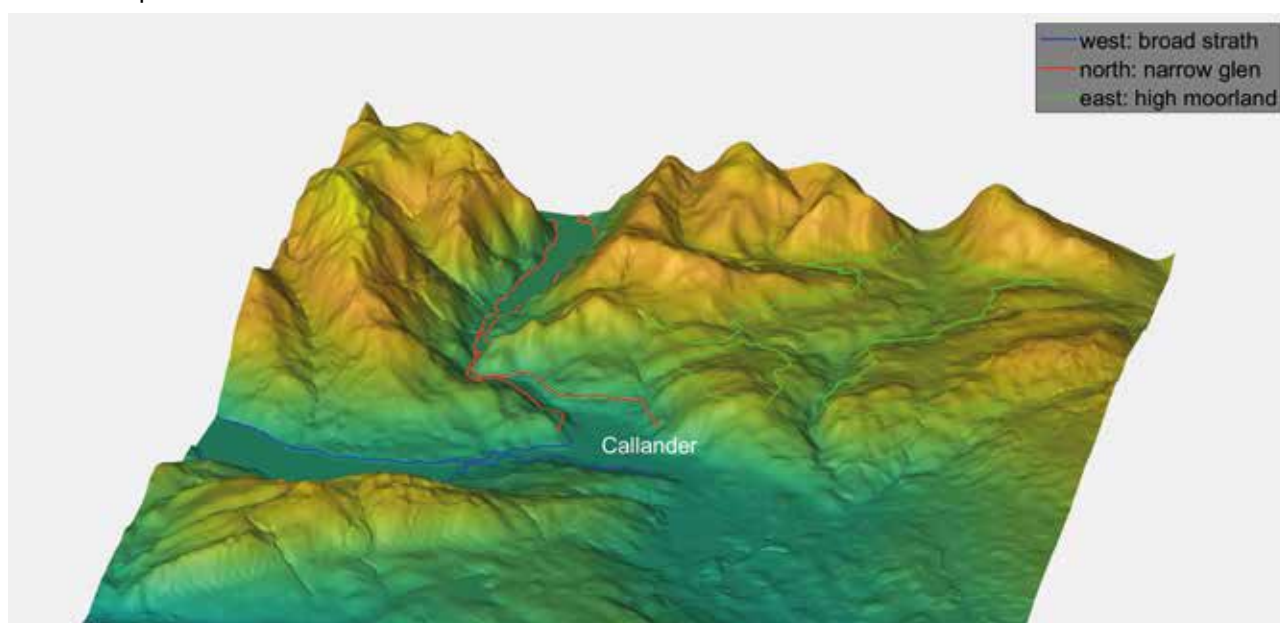
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A Concept for Callander: Climate and Community Experience

Some time ago, we all became concerned that Main Street was losing some of its businesses. The Community Council, along with other groups in the town, has been working to understand this and then fix it. We learned that the economy of the town has its ups and downs, but this down was deeper than usual. There are a number of quick fixes that might help, but only to a small degree and none of these is within our control. We concluded that rather than turn the clock back 5, 10 or 30 years, we want a 21st century approach that is forward looking.

The community itself is thriving in many ways and the hydro-scheme shows what can be achieved by the community. Currently there is growing investment in our landscape, of both funds and volunteer time. These show that the community has vision, leadership and energy. In this context, the Community Council began to think about ways to co-ordinate and re-invigorate the economy of the town.

We began to focus on the idea of a major new visitor attraction, something to express what Callander is and what it is to live here. This became part of a bigger concept. Namely, can we make our area a place where visitors come to see for themselves how climate affects communities in the past, present and future? We believe that Callander has the perfect location for this. The landscape around us and how people live and work in it, provide a great way of showing why climate matters for communities. Extreme climates formed our landscape and the climate still shapes it. The community has always had to adapt itself to the climate.



To explain the concept: imagine we had observation points around Callander, a network of trails between them and the whole thing covered by powerful wi-fi to deliver information to visitors. One of the observation points might be a shelter, reached by a 21st century version of the chair-lift, perhaps somewhere on the Craggs for a bird's eye view of our town and how it sits in its landscape. Another might be a centre by the river giving people a way to see inside the river and river bed. A third might be a wooden tower somewhere up in Coilhallan woods where people could climb up through the tree canopy and experience the weather that comes to us down from Loch Venachar.

Imagine augmented reality systems linked into this. High-tech headgear that allow visitors to superimpose information on what they are seeing. For example where the water is in our environment and how it is moving.

We want to get the concept right and for it to belong here in our landscape and community. We want to feel that it matters for our visitors, giving them real enjoyment and great experiences but also some insight into our world. We need the concept to be broad in scope so that it can have a life of decades with opportunities for further development. We also want it to be unique. Callander was once the place to visit to see a sublime landscape. Callander could become the place to visit that uses the landscape to see the interplay between climate and community.

We want to hear what the people of Callander think about this.

Roger Watt
Callander Community Council

To find out more go to our website: <https://callanderclimatecommunity.wordpress.com/>

To contact us either:

leave a message on our facebook page: <https://www.facebook.com/ourcallandercommunitycouncil/>

email us: callandercc556@gmail.com

write to us: Callander Community Council, c/o Visitor Information Centre, Main Street, Callander



Rural Stirling Housing Association

Rural Stirling Housing Association, (RSHA), have moved back into refurbished offices, in Doune. Provost Christine Simpson cut the ribbon marking the return to the offices following a much-needed renovation. The office now provides a modern, spacious, energy-efficient and accessible environment for staff and



RSHA tenants.

Staff chose to mark the event, which coincided with Scottish Housing Day, by hosting a fund-raising coffee morning for tenants and other guests to help raise funds for Startup Stirling, which is marking 25 years of helping people who encounter hardship, in their lives. The charity helps raise awareness of the difficulties caused by homelessness and starting out in a new home. It supports families and individuals experiencing homelessness and financial hardship by providing home starter and wellbeing packs, as well as running food banks and rural crisis food support across Stirlingshire. Tribute was paid to Malcolm Lee, recently- retired Asset Manager, who along with Glen Murray, were fundamental in the success of the renovation project. John McLeod, the main building contractor, was also commended for the quality of the work.

RSHA Chief Executive Donna Birrell said

“The newly-refurbished offices reflect a significant transformation of our working environment and we hope tenants who visit us will agree.”



Vandalism

Between 2.00pm on 31st October and 01.30pm hours on 1st November fencing was vandalised at a property in Finglas Gardens, Callander. If you have any information regarding this, please contact Police Scotland on 101 quoting reference PS-20191101-0220.

Autumn Home Security Message

Take a few simple steps to avoid becoming a victim of a housebreaking this autumn and winter. Now that the darker nights are back and the evenings are drawing in, we want you to remain safe and would like to share this advice with you.

If you're going away or even going out for the evening, set a timer switch to turn your lights on when it gets dark. Unlit houses are a giveaway that no one is at home.

Remember to lock your doors, patio and downstairs windows. Also lock any windows on the first floor where access can be gained via a flat roof.

If you're at the rear of the house or in the garden, lock your front doors and windows. This simple act will deter opportunistic criminals.

If you have a house alarm... use it. Make sure you set it when you go out and when you go to bed.

Don't leave car keys, ID cards, or valuables near windows, doors or letterboxes, where thieves can reach through to steal them.

Lock your garden gates and side entrances. Don't leave tools lying around in the garden which could be used to break into your home.

Property mark your valuables.

Register your property on Immobilise, the UK national property register, at <https://www.immobilise.com/>

Register bikes at <https://www.bikeregister.com/>

Find out more in our Keep Safe pages on Police Scotland website, and if you have information about a housebreaking phone the Police on 101 or CrimeStoppers on 0800 555 111.

Police Contact

If anyone has any concerns they wish to raise, please contact PC Deans or PC King at Callander Police Office on 101 or email TrossachsTeithCPT@scotland.pnn.police.uk

Callander Medical Practice

Updates

Plans are well underway to appoint a new partner to replace Dr Gibson who retired in August. Many of you will be fully aware of the crisis in GP recruitment across the country, with a large number of practices throughout Scotland having unfilled vacancies for prolonged periods of time. We are working very hard behind the scenes to attract and secure the appointment of a new GP and hope to provide an update in the very near future.

By now all patients should be getting a 2 month supply of their medication when they order their repeats. If you are still only receiving a 1 month supply at a time, please contact the prescription line. Please note however, some medications can only be supplied 1 month at a time ie controlled drugs, inhalers etc. This is not a practice decision but a Pharmacy Scotland decision.

We appreciate that, despite all our best efforts and planning, there have been teething problems with some of our systems since the merger. Some of these were outwith our control and could not be pre-empted. We were also given incorrect advice by various NHS departments prior to the merger which caused additional problems. We apologise to any patients who have been inconvenienced in any way due to these issues and also thank patients for their co-operation during what has been a difficult time for staff and patients alike. Change is never easy, especially when staff have worked for each practice for a long period of time and patients have been used to doing things a certain way. We hope you understand that the decision to merge was one based on us trying to ensure sustainability of General Practice in Callander for the future.

Chronic Disease Recall

As part of the merger we are having an overhaul of our systems for recalling patients for their disease management. Until our new system is up and running in the New Year we would ask that if patients feel they are overdue for their review, please contact the practice and make an appointment to see one of our nursing team.

Flu Clinic

We would like to thank all the staff and patients for their help in hosting another successful flu clinic this year. A lot of hard work and preparation goes into the flu clinic each year, with additional staff being brought in on their days off to help. This is why we encourage as many people as possible to attend on that day. We raised funds for the Scottish Association for Mental Health this year – a charity close to our hearts.

Patient Access

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

Practice Closure


In line with NHS Forth Valley public holidays the practice will be closed on Wednesday 25th and Thursday 26th December 2019 and also Wednesday 1st and Thursday 2nd January 2020. If you require emergency assistance outwith these hours please contact NHS24 on [111](tel:111).

We will be available for emergencies only after lunchtime on Christmas Eve and Hogmanay. You can reach the doctor on those afternoons by telephoning [01877 331000](tel:01877331000).

Reminder: - New telephone numbers

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8 Health and Wellbeing

Walk in the Park

After a short walk along the NCR7 towards Kilmahog, the group will have their annual Christmas Lunch in the Old Bank on Tuesday the 10th of December from Noon onwards. Everyone is welcome to join us so if you haven't been able to walk with us for some time we would love to invite you along. Booking is essential, so please contact Cathy or Kath to choose your meal from a delicious menu. After the 10th December both the Health Walks and the Strength and Balance sessions will have a break for the winter, returning on Tuesday the 14th of January, weather permitting.

The photo, taken by Robert Scott, shows the group congratulating Kath Millar on achieving her 400 walks certificate with Walk in the Park. Being the first walker to achieve this milestone, we were delighted to present her with this award before having a beautiful autumn walk at Bracklinn Falls.

Please see the BLV 'What's On' page for Tuesday morning meeting times and routes in the Callander area, or pick up a flier from the Medical Centre or Library. All walks are free. Walks are followed by optional refreshments in a local coffee shop. Walkers pay for their own refreshments. Strength and Balance exercise sessions continue to be held in Callander Fire Station from 2-3pm. Gentle Otago based exercises to keep you walking with confidence. Sessions are free and open to all ages. Booking is not necessary, however 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](tel:07852334272) or send an email to: cathy.scott@lochlomond-tros-sachs.org



Callander Bike Meander Group

It has been another busy year for Callander's Bike Meander group. We've welcomed new members to our regular Tuesday morning rides and continued to enjoy the fantastic local cycle routes we have on our door-step. We've spread our bike-wings further, with away-days to the Kelpies, the Western Isles and more locally up the road to Balquhiddy, Stirling, Loch Katrine and Aberfoyle. We've discovered the joys of e-biking and the new possibilities these bikes bring, (thanks McLaren Leisure for your fantastic e-bike hire scheme and Stirling Travel Hub for the loan on your led-rides). Most importantly, we've enjoyed the great coffee, cake and company that group bike-riding brings.

Now as winter approaches, the group had their end-of-season ride on 5th November 2019, opting again for a day-trip over to the Isle of Cumbrae. It was a perfect sunny day and the 10.5 miles to Millport went quickly. The group lunched in the Garrison House café before pedalling the last couple of miles to board the ferry back to Largs. Whilst the group officially has December and January 'off' (resuming the regular Tuesday rides in February), we've a sneaky suspicion there'll be a few heading out, come rain or shine, day or night, throughout the winter (we certainly will be).

We'd love you to join us. Callander Bike Meander Group will resume their regular Tuesday morning rides early in 2020 (approx. 8-10 miles at a very leisurely pace). Check the Ben Ledi View for details or contact Colin Walsh (07963 736044) or Maggie Magor (339074). We've also a lively Messenger group where rides are posted and we're happy to add anyone who's interested in what we do, even if you're just at the point of thinking about getting on your bike.

Maggie Magor

COOK'S CORNER

by Audrey Corrieri

PARMA-WRAPPED CHICKEN WITH FIGS and GORGONZOLA

Ingredients

120g Gorgonzola, crumbled
80g dried figs, thinly sliced
40g walnuts, toasted and chopped
4 chicken breasts
8 slices Parma ham
Olive oil

Method

Heat oven to 200c, 180c fan, or gas no.6. Mix together the Gorgonzola, chopped walnuts and sliced figs in a bowl and divide into 4 portions.

Cut a deep incision in the side of each chicken breast and stuff with a portion of the cheese mixture. Wrap the chicken breast in two slices of Parma ham, tightly enough to hold the chicken together, and secure with cocktail sticks.

Transfer the chicken on to a baking tray, drizzle with the olive oil and season. Roast in the oven for 20-25 minutes until the chicken is tender and juices run clear.

Serve with seasonal roasted vegetables and mashed potatoes.



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10 Young People

Callander Youth Project - 2019

2019 has been busy. We'd like to take the opportunity to thank all the individuals, organisations and funders who have supported CYP's work during the past year and also provide a brief summary of that period.

Across the past 12 months, our social enterprises have employed 12 local young people, either supported job roles or Modern Apprenticeships. We deliver Modern Apprenticeships for young people employed by other local organisations. In addition to a busy year in the hostel, our young people have gained experience working a wide variety of functions, such as a wedding, funeral teas, a whole host of parties and many more (including charity fundraisers and community consultations). Our function calendar is already filling up for 2020, so get in touch soon if you want to book your special event.

Our Junior Youth Club now has over 40 registered members and our youth worker is based at McLaren High one day per week to provide additional employability support. We've recently completed a block of weekend outdoor activity sessions (bush craft and hill-walking), which finished off with an ascent of Ben Ledi.



Our current block is a variety of sports taster sessions, and we hope to be offering skiing and paddle sports in early 2020. Across our organisation we've enjoyed working in collaboration on many community projects, from Summer-Fest to the Callander Jazz & Blues Festival; we're looking forward to more of the same in 2020!

Alasdair MacDonald

2nd Callander Brownies

Another fantastic year of Brownies is nearly at an end. We enjoyed a safari sleepover in July and wish to thank Callander Community Council for their financial contribution.

We enjoy lots of fun things at Brownies, from games and challenge badges to fundraising, parties, pantomimes and residential trips.

We meet every Thursday after school at CYP the group is suitable for girls aged 7-10 years old. We currently have a waiting list but if you would like to register your child, please visit girlguiding.co.uk.

I would personally like to thank Morna Farquarson for her three years as my fellow leader and all the parent helpers who rotate on a weekly basis (without which I could not run the unit) Thanks also to Caitlin Scott, our teen owl, whose commitment does not go unnoticed.

Next year we have lots of exciting things planned!

Louise Corriery



McLaren High School Plastic Project Update

We started our project by getting an understanding of what the current situation looked like in 2017. We carried out a school wide survey, where we asked pupils questions like 'Do you bring a reusable bottle to school?' and 'Does the current provision of water fountains within the school meet your needs?' To summarise our findings, we found that over 50% of pupils brought a reusable bottle to school, but over 25% of pupils bought a plastic bottle every day and 54% of pupils bought a plastic water bottle at least once or twice a week. Comments made included, 'Queues are too big for the water fountains' and one pupil saying the water tasted 'Muggy'. We then made it our mission to get to a zero plastic bottle school.

Since our first survey we did a bottle count, which required us to collect and count bottles from across the school in a week. Our first bottle count saw nearly 750 bottles being used in one week. We have now undertaken a second bottle count; in November 2019 there were 426 bottles in total, a 300+ bottle decrease.

As well as doing a bottle count, we carried out a Bring Your Own Bottle Week (BYOB). It was noted that it was mostly seniors who brought bottles in. We encouraged more Juniors to bring bottles in, by giving targeted assemblies. Our second week, October 2019, saw a dramatic increase in the number of bottles that were brought in, especially in the Junior school.

Over the course of the three years we have been doing this project we have had assemblies showing video clips of the problems that single-use plastics cause and how we all can play a part in helping solve the problem. This included a few pupils from our group creating two videos that were displayed on the Social area TV.

This Autumn, we had faculty-based posters with slogans, "Reduce for Victory!", "Your planet needs you!" and "It's not rocket science". These posters have been received extremely well among staff and pupils.

Many thanks to all those who have been supporting this project. Next we hope to hold meetings with representatives from Stirling Council.

Aidan Cronin



Auschwitz Trip 2019

Eloise Murray and Archie Farquharson, travelled to Poland and visited Auschwitz.

"Every experience of Auschwitz is not the same." This is a statement that was true during the time of the Holocaust and to this day, with our own interpretations. We experienced it through the Lessons From Auschwitz organisation as Education, we were taught how many others viewed it, from Soviet Prisoners, Jews, Romani travellers and the SS Members themselves.

Our personal journey was a very early morning, a fairly modern plane, comfortable bus journey and a very late return home. This felt so removed from what happened within Auschwitz One and Auschwitz Two, Birkenau. For those who haven't been; what needs to be understood is that the millions who died went there with the expectation they were going to live their lives there – it was to be a home.

There isn't anything that can prepare you for the amount of belongings you walk past that were removed from them. However, it was not just material belongings, we were shown the hair that was removed from women and used to aid the Germans during the war. They lost parts of themselves, for many this is the only part that remains. The striking matter of Birkenau is what cannot be grasped until it is seen; the sheer size of the camp, the size of the uncompleted camp that was expected to be expanded further.

The trip supplies an experience that is so different from any other. We were shown the exact location of genocide and it was while walking through the makeshift "blocks" of pre-fab stables for holding Jews and the original crematorium that we were reminded that injustice cannot be allowed to survive ever again, that as humankind we failed once, It's unbelievable that we allow anything similar to continue.

Eloise Murray S6

News from the High School

McLaren High Bake Sale for Macmillan - 27th September

On Friday 27 September McLaren High School held its annual coffee morning and bake sale for Macmillan cancer support. The pupils helped organise and sell home baking during their morning break, raising a total of £729. We would like to thank everyone involved and everyone who baked and bought for this great cause.



Flora Duff and Catriona Anderson at the SAME Conference

Flora and Catriona performed at the Scottish Association for Music conference, which is a professional body that represents all those involved within music education. Their performance was an opening for Nicola Benedetti, an award winning Scottish Violinist, who at the age of 16 won the 'BBC Young Musician of the Year'.



Pictured from left to Right: Nicola Benedetti, Catriona Anderson, Flora Duff, and Tutor Miss Rosie

This was an amazing opportunity for both girls, and as this was their first live performance, one which they found extremely nerve wracking. Lana explained that, "We didn't know what we were in for, all we knew was that we were to perform" and that they had no idea they would be opening for Nicola Benedetti, a performer who they both admire.

Scottish Schools Snow Sport Association

On 25 September, S1 pupil Eral Maddox represented McLaren High School at the 'Scottish Schools Snow Sports Indoor Slopestyle' Championships held at 'Snowfactor' in Braehead, Glasgow, finishing 8th in his age group. The competition is open to Primary and Secondary school pupils in full time education in Scotland, who are able to control their line and speed, link turns and use an uplift tow.



Biology excursion to Dundee University

On September 24th pupils of McLaren High School visited Dundee University to partake in the Biology Lectures. Throughout the day, pupils had the opportunity to partake in various experiments and had the chance to practice inserting 'genetically modified BT solution' into tobacco plants. There were many questions, students were positive, respectful and interested.

The lecture was on Pharming - the use of plants in medicine. The lecturer explained the growing need for food, the losses due to pests and disease and the need to discover and mass produce drugs. He then explained their research in the field of plant-derived medicines and vaccines as well as using plants as 'green factories' to mass produce these chemicals. These are much more efficient and a lot less expensive than any biotech process using microbes. A post doc. and student from the field site were present to help with the practical.

Forth Valley Disability Swimming Gala

On Friday 27th September McLaren High School was represented by 5 pupils in the 'Forth Valley Disability Sport Schools Swimming Championships'. All girls received awards in different events, with Niamh Miekjohn winning two gold medals in the 50m breast stroke and 25m freestyle events.



Active Girls Day

On Friday 4th October an 'Active Girls Day' took place at McLaren High School. The event contained various activities throughout the day, and was held to bring awareness on how woman can be represented in the media, with the theme of the day being 'Rewrite the Headlines'. Pupils were tasked to rewrite certain articles, and imagine how they see women in sport in the future.



Scottish Mental Health First Aid training course

On Tuesday 24th and Monday 30th September, three S6 pupils from each school in the Stirling area attended Scottish Mental Health First Aid training course at Wallace High School and Queen Victoria School in Dunblane. The 2-day course has provided an understanding of mental health awareness and a knowledge of practical use of Scottish Mental Health First Aid.

European Day of Languages

We celebrated European Day of Languages with a wide range of events. Each day, there was a tannoy message read by a pupil in a foreign language. At our Monday and Tuesday assemblies 6 pupils from S1 to S6 spoke to us in seven different languages. Mr Fleming helped S1 pupils to bake the French dessert, Moelleux au Chocolat, which went down very well. Meanwhile, S2 pupils had the chance to combine their artistic and linguistic skills by designing t-shirt logos with the help of art teachers, Ms Wylie and Miss McKillop. In modern languages classrooms pupils participated in pop quizzes in French and Spanish. On Thursday, pupils had the chance to have some face-painting led by Mrs Moir and her team. Finally, the week finished on Friday lunchtime with a tasting-table of continental snacks, which the pupils were able to sample courtesy of our very kind canteen staff. This was followed by an inter-house quiz, which was organised by two of our Language Ambassadors, Erin Gibson and Caitlin Murphy, on a language and culture theme.

Artist Alec Finlay's 'Day of Access'

Alec Finlay, a Scottish artist based in Edinburgh has partnered with the 'Travelling Gallery' to raise accessibility to art for those who are affected by disability.

The bus contains art from Scottish artists, containing themes surrounding disability. Finlay who is disabled himself, believes that everyone should have the opportunity to experience wild nature and hopes the 'Day of Access' will help bring this opportunity to those who find this physically and emotionally demanding.

The bus made a stop at McLaren High School in Callander. Ms Wylie, teacher of art stated that "this was an excellent opportunity for pupils to view art that they would otherwise never be able to access." Ms Wylie added that "The pupils were encouraged to think about how people with disabilities could access the outdoors and why this might be important."

Andrew McLay – Andrew Dunhill Links tournament

Andrew McLay, an S4 pupil at McLaren High School has won the handicap competition for S4s to S6s during the Alfred Dunhill Links tournament at St Andrews on Sunday 23rd October. Andrew finished the tournament with an amazing score of Net 64, securing his place on the top spot. The Alfred Dunhill Links Championship is one of the most exciting golf events in the world, and something that Andrew will never forget.



Alongside Andrew, McLaren High School was represented by Ben Isgrove, Jack Campbell, Thomas Campbell, Jamie McNaught, Ross Ronald and Alistair Cantlay, who will all attend the Dunhill Championship this week, taking place at Carnoustie Golf Links, Kingsbarnes Golf Links and St Andrews Old Course.

McLaren High School Junior Ranger/John Muir Explorer Award

Over 4 days we learnt about visitor management, outdoor recreation and conservation..

As we had already completed 4 days in school we had to plan another 4 days of activities of our own to complete the 8 day course. With the help of Sarah McNeil from the John Muir Trust we planned out our 4 challenge areas, Discover, Explore, Conserve and Share. We chose a wild place nearby, Callander Craggs or Loch Ard. We had to explore it and learn about different aspects of this area.

Next, we had to put something back into the wild place. Again, we had lots of freedom to choose. Some Junior Rangers chose to build bug hotels or carry out OPAL Surveys, (Open Air Laboratory) to help scientists protect wild places.

Finally, we compiled everything we had done and share it. For example on Twitter. Then we had a presentation ceremony to celebrate our work.

Aiden Chronin



Callander Primary News



This year has been a very busy year for Callander Primary School, with two of the highlights being nominated finalists for the Sustainability Award in the Scottish Education Awards and winning an award at the Social Enterprise in Education Award ceremony. The nomination for the Sustainability Award was a huge achievement, as it recognised all the work we have undertaken over the last few years to develop a range of initiatives in school. Our Citizenship Groups were identified as being an excellent way of developing leadership skills, as well as supporting the children to become effective contributors to their school and local community. The award also recognised our work in promoting languages, pupil voice and highlighted the vital work we have undertaken to become a nurturing school. The Social Enterprise award was an amazing achievement by a group of P7



learners who worked collaboratively with Callander Youth Project to highlight the issues of the declining bee population. This project has resulted in a new garden being

developed in the grounds of CYP. We are so proud of these achievements which are a recognition of the hard work, enthusiasm and dedication of the children, staff and families of our school.

This term in Callander Primary School, we have been learning about several topics, we call these our Learning Contexts.

P1 are learning about Fairy Tales and P1/2 and P2 are learning about Dinosaurs in their class- ROARRRR!

P3 are learning about the Vicious Vikings, and P3/4 are learning about the R.R.S Discovery!

P4/5 are learning about the Titanic and how it sunk, meanwhile P5 are learning about Australia!

P6, P7R and P7W have been learning about World War 1 in their classes!

As well as all of this learning, Primary 6 have also been to the BBC Studios in Glasgow, where they saw the filming of a TV show called "The Dog Ate My Homework", a show that airs on CBBC. When they went to the studio, they saw bloopers for the show. The class's favourite part was getting the opportunity to see the studios and learn how the programme was made. Four children from our school also represented Callander Primary at the learning festival at Glasgow SSEC, to showcase the work we have done in school to support mental health.

We have undertaken our Digital Schools Award evaluation and are eagerly awaiting the results of this. This session we will also be looking to gain our sixth Eco Schools Green Flag and will be looking to maintain our Gold Schools Sports award. Before this school session ends in June 2020, we are also looking forward to working with local cafés and restaurants in order to translate their menus into different languages for visiting tourists, as part of our languages focus. If any local café's, restaurants or takeaways would like their menus translated, please do not hesitate to get in touch. We can also offer training in simple greetings. We would love to hear from you.

I am sure you will agree it will be a busy but exciting year ahead for Callander Primary.

Aaron and Freddie (P7)



restaurants in order to translate their menus into different languages for visiting tourists, as part of our languages focus. If any local café's, restaurants or takeaways would like their menus translated, please do not hesitate to get in touch. We can



BLV has heard that the Primary School joined in with activities to celebrate Education Scotland's Maths Week 2019 (30 Sept – 6 Oct).

The week ended with teams of pupils from primary schools competing in the second McLaren Primary Maths Challenge. The teams took part in five different rounds, which ended with the Relay Round.

They did not win but it was a close race.

Everyone had a fantastic day and we are already looking forward to the next primary Maths Challenge and Maths Week 2020.

Christmas



Bah, humbug - Christmas is the time for good cheer. Instead, we have been seduced by the blandishments of American-style advertising, starting in September. Now Christmas has become a consumer carnival of spending and stress. The advertisers want us to spend about £1000 to £2500 per family. Insanity. We all fall for it, bankrupting ourselves in the process. I used to spend hundreds of pounds on wrapping paper, gifts (not especially wanted) and so much unhealthy food that we were comatose for days after (and it wasn't ALL due to booze).

But Christmas should be about family and having fun. We all know how to blow out on too much food. To make Christmas special it should be a time of energy and fun. And the stress immediately disappears if we lower expectations of consumer greed, and spend less. The family, the planet and the climate will all be grateful. Buy all your gifts in charity shops. All done in an afternoon and plenty of cash left in the piggy bank. Time for the pub, too. What's not to like? Those inappropriate gifts are then a laugh. Wrapped in the packing paper from Amazon, or elsewhere, your creative juices can make the parcels look charming and desirable. A bit of evergreen leafage sprayed with gold tucked into some twine and you have a work of art. Go on. Make Christmas fun and stress-free. Go for a walk between dinner courses and become re-acquainted with your family. Learn to enjoy yourselves, unstressed. And two fingers to the advertisers.

Disgruntled, Callander

Escape from the N.H.S.

I was 14 when I decided to become a nurse. My Gran had a stroke and was now in long term care. The staff found it difficult to meet her needs; they were so busy. But I could calm her and manage her, it seemed as though I had a special skill. I wanted to make a difference and help people. So as soon as I left school I went to university to study and train for a nursing career. I studied for 1 year then suddenly became ill and needed time to recover. By then I had started hospital training and done 4 weeks on a ward, but they were not consecutive weeks. According to the university rules, anyone who had not done 4 consecutive weeks had to take a break of 3 months before starting that part of the degree again. I needed to have money to survive. I had to get a job to tide me over. This was also against the rules for a nursing degree.

When you take a break from a course there is time to reflect. This degree course was focused on paperwork and politics: not things that interested me. I wanted to be a practical, hands on nurse. There would be other things I could do that were hands on and would help people! So I decided to finish that part of my life, and think again. I am sure my actions, based on my perception of the way the health service is changing, are not unique.

The Nurse Who Got Away

Vaccination

I have very positive thoughts about vaccination. We spend money on our cars to maintain them and to pass the dreaded MOT. Why do some of us not want to spend time vaccinating ourselves and our children against disease? I am one of five children and have memories of succumbing to childhood diseases like measles and mumps. My mother remembers each of us passing our childhood diseases to each other and spending weeks nursing us back to health. I have a sister who still suffers from serious after effects of measles now aged 60. Parents are more fortunate now as there are vaccines available against these childhood diseases.

In the sixties, my mother took advantage of what vaccinations that were available and she took all five of us to Florence Street clinic in Glasgow. Memories of a large woman with a bun greeted us. She had a manner that would have put Miss Trunchbull to shame, as she would announce in a large booming voice "Children who do not cry getting a jag get a "sweetie "but unfortunately being a bit a bit needle phobic, I never ever got the sweetie, just the jag. Even now in my golden years, it has not deterred me getting my yearly flu vaccination in Callander in our new amalgamated practice. I must admit the greeting was much friendlier and the receptionists did not resemble "Miss Trunchbull" in anyway. However, the queues of patients were reminiscent to passengers lining up for the lifeboats on the Titanic. It is encouraging the people of Callander value vaccination and we should thank the medical staff for their patience and dedication.

Needle-phobic survivor

A Big Thank-You

To all our contributors for all the articles they have submitted over the year. We very much appreciate them and would like to ask for lots more, please in the future.

A Very Merry Christmas and a Happy New Year from all at the Ben Ledi View Editing Team



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Badgers in Scotland

The September SWT talk was an update from Eddie Palmer, Chair of Scottish Badgers. The Eurasian badger, *meles meles*, is a truly ancient British species, here since before the English Channel formed ~30,000 years ago. It has retained a good spread across Scotland, mainly Central but also into the Highlands. Its spade-like claws on strong, short legs are well-adapted for digging, with a small head and long, wedge-shaped body to aid underground living. It has powerful jaw muscles and teeth for a varied diet of insects, fruit, nuts and berries along with roots, cereals and small mammals such as baby rabbits or larger carrion. Although nocturnal with poor eyesight, it can forage and devour 2-400 earthworms per night - hopefully not from your lawn!



Badgers excavate setts in a variety of habitats from open woodland and embankments to flat farmland, even in coastal sites. Setts cover a wide

area and may be up to 30m long with a maze of tunnels, not necessarily connected. The D-shaped entrances are accompanied by large mounds of excavated earth and old bedding; freshness indicates an active sett as do separate communal latrines. Other field signs include foraging and beaten paths between setts, their distinctive prints having 5 claws and toe pads. They follow old, beaten paths even if they cross roads, leading to their main cause of death. The highest number of road fatalities occurs in February when the year-old cubs are evicted from the sett to make way for new cubs. The best time to see live badgers is usually May/June when longer days force them to be out in daylight to get enough feeding time. Badgers have few natural predators although small cubs could be prey to golden eagles or sea eagles. Sadly, as with so many species, man's activities pose the major threats. Not just on roads but also from loss of habitat due to agriculture and building development, despite laws against distur-

bance and mitigation measures such as road underpasses. A 20m exclusion zone is specified for development of footpaths and bike trails.

Controversially, badgers have been culled in England, suspected of spreading bovine TB. Luckily, Scotland does not have the same soil reservoir of infection and has stringent controls on cattle imports, particularly from SW England and Ireland. Also swift reaction to remove positively tested cattle and a ban on movement until a second test 3 months later is negative. Although illegal, despicable and incomprehensible, badger baiting with dogs continues, from chasing with lurchers to putting terriers into setts. The public is asked to be vigilant for signs but advised not to disturb the site or approach suspects, rather report it to the Police on 101, to Scottish Badgers on 07866 844 232 or www.scottishbadgers.org.uk. This site is also where to report sightings of dead or live badgers to help map their distribution.

Lesley Hawkins

Conservation, Diversity, Global warming...

Conservation Volunteering! Sometimes this involves planting things but more often it is cutting things down or pulling them out; usually invaders from another part of the globe. But two things have really started bothering me. Rhody bashing, to give the native plants space to eventually recover is a good thing. Stacking piles of large trunks for the land owner to use for fuel, is a good thing, the wood is not toxic and gives out a lot of heat. But creating piles of toxic leafy branches besmirching what had been a pristine meadow area, is not good. Why not burn the unsightly and poisonous heap? The Scottish Government website recommends this. The effect on global warming would be minimal and the small patch of ground would recover more quickly than the heap would rot. Why don't the National Park follow the Scottish Government recommendations?

The other concern is bigger. The R.S.P.B needed a group to work at their West Dunbartonshire reserve, where they have wetlands. The area of water is huge and Loch Lomond fringes it, so no shortage of duck and goose space. The task turned out to be clearing a raised area of mainly Osier willow trees, to allow 2 large areas of water to merge into one enormous one.

Oh the conscience pricked! These trees have many uses. They provide early nectar for bees, as well as food for the caterpillars of several species of moth (we observed 2 types of caterpillar). They remove carbon dioxide as they photosynthesise efficiently and grow quickly. Because of this they can be harvested every year or two for basket making or 2-5 years to provide biomass, for perhaps combined heat and power generation. In other situations they help improve water pollution.

In this area the willows may have history. They were possibly planted next to the tile works; tiles were often transported in willow baskets. They are growing on what appears to be a bund: were they also planted to stabilise the bank of the canal as they grow in water? Perhaps the RSPB could use willows to protect the banks of streams? Was this just a drainage ditch or did they take the tiles out by water as far as the loch?

But we cut them down. All will be incinerated in a bonfire, not used! The shelter available for many species, is gone!! It will not return, regrowth will not be allowed, the stumps will be poisoned! So much for biodiversity! Is this really conservation? Finally the RSPB might have been able to use them as useful self generated fuel to reduce their carbon footprint.

Mary Buckland

Living Seas – protecting Scotland's marine life

When most people think of Scotland's wildlife they probably think of species such as golden eagles, red deer and red squirrels.

However, the seas around Scotland are also home to some very special species. Sam Collin of the Scottish Wildlife Trust told the SWT Callander group about its efforts to protect marine habitats and species around Scotland.

As SWT's Marine Planning Manager, Sam leads a team of four who deal with marine conservation issues. Part of its role is dealing with Marine Planning and Policy. The marine environment has many uses, including fisheries, fish-farming, oil and gas extraction, renewable energy and recreation. As a result it throws up a variety of issues for marine species and habitats. Currently 22% of Scotland's waters are covered by protected areas, with each area benefitting a specific habitat, species or group of species. These include



seabirds, dolphins, porpoises and basking sharks. Notable habitats include Maerl beds (areas of sea bed good for retaining carbon and good fish spawning areas), kelp beds and areas of eel grass. The work of Sam's team helps to influence policy and the outcome of developments in order to help protect these species and habitats.

A developing issue in Scotland's seas is that of oil and gas platform decommissioning. Around 250 platforms are destined to be decommissioned in the coming years. Although some environmental groups believe rigs should be totally removed, some bases are so huge it will be impossible to remove them. However, a growing number of people think that the underwater remnants will make excellent artificial reefs for many species so there could be unexpected benefits.

The other part of the team's work

is Community Engagement. This involves educating and enthusing local communities about the marine environment and wildlife around Scotland's coast. One successful project is the Marine Festival at Ullapool which includes an angling competition, wildlife marquee, sustainable seafood and the arts. In 2019, 1500 people attended. Ullapool also has 'Sea Savers' a group which gives school children the chance to become involved in marine conservation, including beach cleans and campaigning, notably to reduce the use of single use plastic straws. Plastic pollution is a well-known problem for the marine environment and this featured in Sam's talk. One innovative measure has been to provide 'Beach Clean Stations'. These are large rubbish containers with litter pickers provided so people can voluntarily do beach cleans. The stations, based in Skye and Ullapool are then emptied by local landowners who are part of the project. At least 1000 kg of plastic has been gathered to date.

Kevin Duffy

Rewilding Conference

In September I went to the amazing conference in Stirling entitled "the Big Picture." Against a backdrop of crashing biodiversity Scotland has the opportunity to become a world leader in restoring land and seas to good health. This impacts on global warming and general health and wellbeing, and is all relevant for us in Callander. The conference was full, with 450 people attending and 90 on the waiting list. The big take-away for me was the lunchtime mini-talk by Polly Pullar called "MeWilding". A book has been published with the same title. Its sub-title is "Rewilding your Life. Start small. Think Big." Rewilding is a bold vision to repair and restore the world's ecosystems, returning them to good health, to the benefit of all living systems including ourselves. The book recommends planting pollinator-friendly flowers in your garden, allowing verges to grow as a source of wild flowers, composting green waste, mowing your lawns less, creating ponds, keeping nettle beds! And planting trees. We also need to be careful with our purchase choices, from plane tickets to buying plastic goods. It seems that James Lovelock was right and everything on earth is interconnected. If we mess up one aspect it impacts the rest. Now is the time for each and every one of us to do our bit to mitigate the destruction of past and current practices.

Elaine Martay

Update on the Bracklinn Falls footpath

By the time you read this, the construction of the new path to the Bracklinn Falls should be nearly complete. The project is being managed by the national park, who have awarded the construction contract to Tam Shilliday, an Aberfeldy-based company. The path takes in a short section of the "Round the Golf Course" walk, which will remain closed until the path is finished.

Paul Prescott

Community Litter Pick

A big Thank You to the 15 people who helped with the end of season Community litter pick and to those who regularly keep their own beat clean. Although we did collect 12 bags of rubbish it generally wasn't anywhere near as bad as we have seen in the past, especially during the good weather of summer 2018.

Maybe the signs to 'Take it Home' in the Bracklinn Falls car park are still having an effect or is the cold, wet summer keeping numbers down? However, it is disappointing that one conscientious collector in Coilhallan Woods lost count after 230 cans and bottles left in a regular 'drinking den' - now which anti-social individuals could be responsible for that?

There will be Community litter picks again next Spring and Autumn but if anyone would like to join our band of 'regulars', either doing their own patch when needed, or to join interim group picks, then please get in touch on mlhawkins@tiscali.co.uk.

Hidden Truths of Climate Change and Renewable Energy

Climate change is an extensive problem that is being highly publicised at the moment. However, there are some areas to do with climate change and global devastation, that are not being discussed adequately and I decided to do some research into these areas. It is reported by Greenpeace that Chinese energy companies start two coal power projects each week which raises questions about the impact this is having on the rest of the world. In addition, “solutions” that have been introduced to help combat climate change are often causing greater harm than good. One reporter raised an issue regarding wind turbines - that they cause the death of millions of birds each year and use more energy to build, than they provide. It is only around ten years after construction that they start to “break even” and that is if there have been no problems.

Furthermore, the RSPB have only produced limited publicity about these casualties and instead make hundreds of thousands of pounds each year from wind power. An article in the press disclosed that the charity receives £60 from each member who signs up to a dual-fuel account in their partnership scheme with windfarm developer Ecotricity, which seems astonishing considering that their aim is to protect birds, rather than make a profit from alliances with windfarm developments. They are instead advocates for industries that are causing the deaths of rare and endangered species of birds, such as golden eagles, hen harriers and corn buntings. The RSPB also receive £40 each time a customer opens a bank account with Triodos Bank, which helps to finance renewable industry projects that include the building of wind turbines. The RSPB in defence claim that “wind-

farms play an important role in the battle against climate change which poses the single greatest long-term threat to birds and other wildlife”, but this statement appears to be contradictory, as the windfarms are instead causing as great a threat to our native birds.

In any discussion around climate change and renewable energy, it is important that both the positives and the negatives of developments and initiatives are discussed in order for solutions to be found that will not only solve climate change, but will also protect and maintain our current wildlife and endangered species. As Greenpeace has said, “We believe climate change is the biggest threat we face. But it’s also a historic opportunity. It’s our chance to save the world.”

Bethan Jones

Windfarms – are they bad for birds?

Windfarms are controversial for two reasons; some people find them unsightly, and they undermine the profits of the fossil fuel industry. The result is that there is much propaganda that they slay untold numbers of birds. Here is the evidence from science, endorsed by the British Trust for Ornithology (BTO) and the RSPB. Three studies from different countries show that the numbers are actually extremely low, especially when compared to the number of birds killed by the fossil fuel and nuclear

industry. The conclusion was that for every bird killed by windfarms per kilowatt energy created, 2,118 birds were killed by fossil fuels and nuclear systems. <https://theconversation.com/wind-farms-are-hardly-the-bird-slayers-theyre-made-out-to-be-heres-why-79567>.

In Spain, where there are many windfarms, a study found that over a 3 years study period, 596 dead birds were found below 252 wind turbines. The average over the three years was 1.33 birds for each turbine.

Another study in Canada found that

domestic cats, road vehicle collisions and powerlines, separately accounted for thousands more deaths than wind turbines.

A BTO researcher agreed, and told me that nowadays wind farms are carefully sited away from migration routes. Finally, the RSPB and the BTO both state that windfarms are hugely effective and necessary to combat climate change, and without them many more birds will die from climate change, as they are already doing.

Elaine Martay

Callander Against Plastic

Callander Against Plastic, CAP for short, is a group of people from the Callander area who are interested in tackling the plastics issue in Callander. As you will be aware, plastics are very harmful to aquatic life and it all starts on land and with the river Teith running through Callander, we are a vital part of the process of plastics going into the water system.



Photo by Fraser Cronin

At the groups last meeting there was a focus on the potential use of Vegware as an alternative to plastic packaging. Vegware is a product which uses plant-based alternatives, such as PLA and reclaimed sugarcane fibre to make their products. The meeting looked at opportunities and potential barriers to greater use of this product in Callander. It was agreed to try and find out more about what is already happening in Callander and to hold events for businesses and residents in the new year. Something needs to be done if we want to enjoy the river and our beautiful surroundings.

Aidan Cronin

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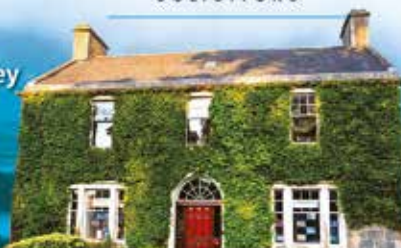
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To have an informal no obligation chat to see if they can help you contact

Carolyn on 07957252223 or carolyn@mckendrydunion.co.uk

What's on in December and January

REGULAR MEETINGS

Mondays:

- Active Life class 9.30am McLaren Leisure
- Yoga (adults) 9.30-11.00am Callander Golf Club
- Weekly drop in WORK I.T. 10.00-11.00am Callander Library
- Chair Yoga 11.15am -12.15pm Callander Golf Club
- Gentle Yoga 3.00-4.00pm Callander Golf Club
- Scrabble 2.00pm Dreadnought Hotel (1st and 3rd Monday)
- Climbing Club (children) 4.00pm and 5.00pm McLaren Leisure
- Soccer School (5-7 yrs) 5.00pm, (8-11 yrs) 6 pm McLaren Leisure
- Highland Dancing 4.00pm Kirk Hall (not 23rd and 30th December)
- Golf Coaching Sessions for Juniors 6.00-7.30pm Golf Course
- Cubs 6.15 pm Primary School
- HIT Circuits 7.00-7.45pm McLaren Leisure
- Cycle Fit 7.00pm and 8.00pm McLaren Leisure
- Callander Bowling Club Open Night 7.00pm (contact Donald on 07513488453)
- Guides 7.00pm St Andrew's Church Hall
- Zumba fitness class 7.00pm Kirk Hall
- Callander Pipe Band practice/teaching 7.00pm Masonic Hall
- Yoga 7.00-8.30pm Callander Golf Club
- CAOS rehearsals 7.30pm McLaren High School

Tuesdays:

- Music Bugs (pre-school) 10.00 and 11.00am McLaren Leisure
- Weekly drop-in I.T. and ME 2.00-4.00pm Callander Library
- Craigard Club 10.30am to 1.00pm Kirk Hall (until 9th Dec, then from 7th Jan)
- Walk in the Park 10.20 am (see schedule by date below)
- Callander Cycle Meander meet 10.00am Ancaster Square (contact [01877 339074](tel:01877339074))
- Strength and Balance exercise sessions 2.00pm Fire Station
- Callander and W. Perthshire Rotary Club meet 6.00pm for 6.30pm
- The Old Rectory, Leny Road.

Visitors always welcome

- Army Cadet Force training 7.00pm Kirk Hall
- Box FIT 7.00pm-8.00pm McLaren Leisure
- Hatha Yoga 7.30-9.00pm McLaren Leisure
- Badminton Club 7.30pm McLaren Leisure
- Taekwondo 7.00-9.00pm McLaren Leisure

Wednesdays:

- Aqua Therapy 9.00am McLaren Leisure
- Callander Kids 9.30am Kirk Hall
- Trossachs Tiny Tots 9.30-11.30am McLaren Leisure
- Citizens Advice Bureau 10.00am-4.00pm Callander Library
- Teapot Café 10.30am Kirk Hall Library
- Yoga 11.00-12.30pm Callander Golf Club
- ESOL classes (beginners) 3.00pm Burgh Chambers
- Bridge Club 6.50pm Old Bank
- Song Squad 7.15-9.15pm Fire Station
- Body Blitz 7.00-8.00pm McLaren Leisure

Thursdays:

- Active Life 10.00-11.00am McLaren Leisure
- Step FIT 7.00-8.00pm McLaren Leisure
- Golf Coaching Sessions for Juniors 6.00-7.30pm Golf Club
- Scottish Country Dancing 7.00pm Masonic Hall
- Texas Hold 'Em Poker 7.30pm Lade Inn
- 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
- Family Yoga for age 5+ 5.30-6.30pm Callander Golf Club
- Yoga (adults) 8.00-9.30pm Callander Golf Club
-

Fridays:

- Craigard Club 10.30am to 1.00pm Kirk Hall (until 13 Dec, then from 10th Jan)

- Spike Island: Pool Inflatable Fun 7.30-8.30pm (8 yrs+), 8.30-9.30pm (High School up to 15yrs) McLaren Leisure

Saturdays :

- Kiddy Kicks (2-5yrs) 9.30-10.30am McLaren Leisure
- Taekwondo (children) 12noon-2.00pm McLaren Leisure
- Trossachs Tigers Training 9.15-10.00am McLaren Leisure

Sundays :

- Rugbysots 9.00am-12 noon McLaren Leisure
- Sundays @ Six Stirling Baptists in Callander 6.00pm St Andrew's Church Hall

December

Friday 6th

Ben Ledi View published

Saturday 7th

- Ramblers Hill: Lime Craig (305m) 8,30am. Contact [01877 382803](tel:01877382803)
- Callander Brass Carols and Coffee 10.00am Kirk Hall
- Gaelic Research Workshop 10.00am until 4.00pm For details contact Julie.Wilson@lochlomond-trossachs.org

Monday 9th

- Guides, Brownies, Scouts and Cubs start delivering Scottish water 'don't block your drains' leaflets

Tuesday 10th

- Walk in the Park NCN7 towards Kilmahog followed by Christmas lunch at the Old Bank from 12 noon Booking essential.
- SWT talk Dave Pickett of SNH 'Flanders Moss :History and Wildlife' 7.30pm Kirk Hall

Wednesday 11th

- Ramblers Ramble: Kinlochard and the Crannog (6.5 miles) 9.30am Contact [01786 850209](tel:01786850209)
- Heritage Society Christmas Open Evening doors open 7.00pm Masonic Hall
- Callander Seniors Christmas Party Callander Hostel 5.30pm until 9.00pm
- Conservation Volunteer Day 10.00am until 3.00pm for details contact Julie.Wilson@lochlomond-trossachs.org
-

What's on in December and January (contd.)

Thursday 12th

- General Election: Kirk Hall used as polling station

Friday 13th

- Craigmard Club Christmas lunch 12noon for 12.30pm Callander Hostel

Sunday 15th

- Callander Target Sports Club Christmas Clay Pigeon Shoot 10.00am Contact Bob Farquhar 07721 744229 to confirm and book
- Film Society 'Mary Poppins Returns'(u) 7.30pm Callander Hostel
- Christmas Carol Service 6.30pm St Andrew's Church

Monday 16th

- Community Council meets 7.30pm Callander Hostel

Wednesday 18th

- Ramblers Stroll: Dunblane Dander (4 miles) 9.30am Contact 01786 825249

January

Wednesday 1st

- McLaren Leisure Centre closed until 4th January

Thursday 2nd

- Ramblers Stroll: New Year Town Walk (4 miles) 11.00am, Contact 01877 330444

Thursday 9th

- Guild talk by Lesley Anne Evans on Journeys 2.00pm Kirk Hall

Friday 10th

Ben Ledi View copy deadline

Sunday 12th

- Film Society 'Cold War' (15) 7.30pm Callander Hostel

Monday 13th

- Community Council meets 7.30pm Callander Hostel

Tuesday 14th

- Walk in the Park Bridgend and the Meadows meet 10.20am Ancaster Square
- SWT talk Angus McIver Bean Goose Action Group 'Taiga: Bean Geese on the Slamanan Plateau' 7.30pm Kirk Hall

Friday 17th

- German-speaking group meets 7.00pm Ardour Cottage 3 Grant Court, Bridgend

Tuesday 21st

- Walk in the Park NCN7 towards Leny Falls (car share) meet 10.20am Ancaster Square

- Arthritis Club Peter Ireland talk on India. 7.30pm Kirk Hall

Thursday 23rd

- Guild Treasure Hunt 2.00pm Kirk Hall Library

Saturday 25th

Ramblers Hill: Craigmore (Aberfoyle) (387m) 8.30am. Contact 01877 331834

Sunday 26th

- Callander Target Sports Club Clay Pigeon Shoot 10.00am Contact Bob Farquhar on 07721 744229 to confirm and book
- Film Society 'Fisherman's Friends'(12A) 7.30pm Callander Hostel

Tuesday 28th

- Walk in the Park Tulip and the Meadows meet 10.20am Ancaster Square

February

Tuesday 4th

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

Friday 7th

- Ben Ledi View published

Your General Election Candidates (12th December)

Stephen Kerr, Conservative;

Born in Dundee. Lives in Stirling



Bryan Quinn, Greens

Lives in Alloa



Fayzan Rehman, Liberal Democrats

Lives in Stirling



Mary-Kate Ross, Labour

Born in Motherwell. Student at Stirling University



Alyn Smith, SNP

Born Glasgow. Lives in Edinburgh



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Goodbye and Good Luck

We are sad to report the departure from the BLV team of two key players: Ros Grant and Johnny Gold.

Ros has over the past couple of years been part of the advertising team and specifically charged with advert production. She has used her excellent IT skills to configure the copy supplied by our advertisers in the most effective way and deal with changes and modifications swiftly and professionally. Her work was always precise and accurate. She has been unfailingly generous, helpful and adaptable, putting in many hours of painstaking work on each issue despite holding down a demanding day job. We shall really miss her involvement with us but hope she will enjoy a well earned 'retirement'. She will be a hard act to follow but we are looking for someone else to take over as soon as possible.

Johnny, our Secretary, has been in post for nearly five years and has provided a steadying hand on the tiller through a period of change and evolution for the magazine. Working behind the scenes for the most part, his role has covered quite a daunting range of responsibilities which he has fulfilled calmly and efficiently, with a light but firm touch. His easy manner and sociability have welded the team together both in the formal Trustee meetings and in the informal ones, open to the rest of the editorial compilers, who review each issue of the BLV when it appears. He has organised annual get-togethers for the distributors and others of which the highlight has always been the fiendish, but highly enjoyable, quiz he devises.

'Gold by name, gold by nature', was the verdict of more than one of us when, sadly, he announced his resignation at our recent AGM. We are really sorry to see him go but hope that he will be able to take things easier from now on and pursue his other interests, including spending more time on the golf course! Who will volunteer to fill those essential Secretarial shoes from now on?

Hilary Gunkel



Continuing the Walk Down Main Street in the 50's and 60's

The building next to the Eagle, where the bank cash machine is located, was in my earliest memory, a wallpaper showroom for William Liles painters and decorators, the largest firm of its type in town. I recall painters and apprentices setting off for jobs, with all their paints and ladders loaded on a handcart.

These premises were later occupied by Callander's answer to Sweeney Todd, the infamous Johnny Roy, the only barber in town. He must have thought he had hit the big time, with his first shop on Main Street, previously in an outhouse behind the chemist, and before that in a former joiners workshop behind James Bayne. I see in my mind's eye Johnny prowling the pavement, in his nylon jacket overall and rimless glasses, trying to entice customers during a quiet spell. He must have made a reasonable living from the business, travelling from Stirling daily, he always had a nice car, at a time when car ownership was uncommon. As a child with natural curiosity, you were in trouble if you turned your head, while he was cutting, a sharp tug on the earlobe returned you to the correct position. I swear the kids in Callander had longer earlobes than anywhere else in country as a result! Lots of teenagers sported Johnny Roy cuts, not because they were fashionable, but because no matter what style you asked for it always turned out the same way. The Bank of Scotland was not a place visited by us as children, so I can make no comment.

The Advertiser Office, known as such at a time when the country edition of Stirling Observer was published as The Callander Advertiser and Killin Times, we found amusing as kids and reminiscent of the 'Wild West'. This haven of tranquillity was run for many years by Mrs Low, ably assisted by Molly Thomson: it had that atmosphere of a library, and it seemed only right to speak in hushed tones.



The next shop, now the information centre, was 'The Kodak Shop'. This was operated by the Woods brothers who may or may not have been twins, and their wives were also very similar. Fairly short in stature and quiet by nature, I do not recall speaking to either, only visiting on the odd occasion for a replacement spool for the family Box Brownie.

The site of Main Street Bakery was operated by Danilo Notini, a proper tartan tailor, with front of shop his wife Bruna. They made the perfect team, Danny could seem quite frightening, with his dark swarthy looks and thick Italian accent, but I came to learn he was a gem of a man. They were a quality retailer of tartans and woollen products before the arrival, of a national chain. Bruna was a member of the Luti dynasty, more of which later.

On the corner of Main Street and Ancaster Square was Alexander's bus company booking office, manned by (that seems wrong!) Laura Livingston', Callander's answer to Diana Dors. This statuesque blonde made many a young man's heart flutter.

At this time the bus service was critical to Callander with an hourly service to Crieff via Strathyre and Lochearnhead and an hourly service to Stirling onward to Glasgow odd hours and Edinburgh even hours. In addition there was a service via Torry Road twice a day, servicing the farm workers and their families. Callander had its own bus depot housing a fleet of buses, and a team of local drivers, taking early service to Stirling, or day tours for tourists. Mystery tours were popular with locals. One driver, Geordie Kidd invariably got lost, making it a real mystery for all concerned.

On one occasion he was taking fans to a football match, and decided to follow a tram all the way into the Parkhead tram depot. Yes, life was fun in the fifties.

Fun Facts - Dinner for One - Germany's Unlikely New Year TV Classic



There probably isn't a New Year TV programme more remarkable and interesting than *Dinner for One*, an 18-minute comedy sketch starring British actors Freddie Frinton and May Warden performed entirely in English without subtitles, that is shown on German television every year on 31st December. This is also recorded by Guinness as the single most repeated TV programme ever, having first been broadcast in 1963.

Miss Sophie, an elderly upper-class Englishwoman, is celebrating her 90th birthday; she has invited some long-deceased acquaintances - Admiral von Schneider, Mr Pomeroy, Sir Toby and Mr Winterbottom. Her butler, James, has to play the role of each one of the guests (to the extent of having to imitate their voices), while serving a four course meal with a choice of alcoholic drink for each one. As he has to drink on behalf of each guest, he becomes increasingly tipsy as the dinner progresses and he has to avoid tripping over the up-sticking tiger rug between the table and the drinks bottles.

So, where did it originate? It is believed that the author Lauri Wylie took inspiration from American vaudeville performer Red Skelton in the 1920s and wrote the sketch; it is known to have been performed by Frinton and Warden as early as the late 1930s/early 1940s in English seaside

towns. At one such performance in the early 1960s, popular German post-war entertainer Peter Frankenfeld was in the audience and he invited the two performers to Hamburg to record their sketch on stage in front of an audience. It was first broadcast in 1963; repeated over the following decade. Its association with New Year's Eve began in 1972, with the whole of the reunited Germany being able to enjoy it from 1990. Other Central and Northern European countries now also broadcast it annually.

It has not caught on in the UK; most people here have never heard of it. But, Estuary TV in Freddie Frinton's home town of Grimsby, first broadcast *Dinner for One* in 2017, then Sky Arts in 2018. In 2018, it was shown at the Scottish Comedy Film Festival held at Campbeltown's old picture house.

You can join in the German celebration on U tube. Prosit Neujahr!

Mario Crevecoeur

Gaelic Language Activities in Callander

Over the last few months, the Callander's Landscape team has been busy with a few different Gaelic language events in the area.

In August, we held a week-long course at the Callander Hostel run by Ruairidh MacIlleathain (Roddy MacLean). This was funded by Bòrd na Gàidhlig, to train a group of volunteer Gaelic guides. Since then they have worked hard to prepare and deliver three guided walks around Callander for different groups and abilities. One was delivered as part of Winterfest and provided an introduction to Gaelic place-names around Bracklinn Falls. There are more walks planned for Spring 2020.

In September, Callander Primary School worked with Magic Torch Comics, a literacy and community art social enterprise from Inverclyde, to create a comic based on Gaelic folklore from the local area. The pupils were involved in choosing the stories, writing dialogue, and designing characters which included a giant



(famhair), a water horse (each-uisge), and an army of clan warriors (lomhainn ghaiseach). Along the way, the pupils learned Gaelic words and phrases that will be used in the final comic, which is planned to be published and launched on World Book Day in March 2020.

In October, Creative in Callander also worked with Magic Torch Comics to begin the design of a community map that visualises Gaelic place-names, which we hope will support

understanding. For example, the map may depict a place-name like Creag na h-Iolaire (Crag of the Eagle) by illustrating the bird of prey circling around the associated area atop Ben Ledi. Creative in Callander's artists will also be creating artwork, including poetry, song, sculptures, and paintings, as companion pieces to the finished map, which will again be published around March 2020.

Looking ahead, our Gaelic volunteers will be researching Gaelic place-names and folklore in the Callander area, creating a database and hopefully a small publication down the line. If you're interested in getting involved, we are running a one-day workshop with place-name expert Dr Peter McNiven on Saturday 7th December. Please get in touch with Ross at ross.crawford@lochlomond-trossachs.org to find out more and book your space. Fàilte oirbh!

Lastly, if you are a Gaelic speaker from the Callander area, we'd be delighted to hear from you and get you involved in the project. Cuir fios thugainn

Ross Crawford!

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Positive food for thought as we approach this winter and festive season

We have long loved dogs for being man's best friend, but what is not so well known, is that our pets can actually make us physically and mentally healthier. Just the presence of our pets can lift our spirits and help us to relax. Research has shown that owning a pet can have a number of **physical health benefits**:

1. Increased cardiovascular health (lower blood pressure, lower triglycerides and in men, lower cholesterol). Increased physical activity has vital cardiovascular benefits. Dogs especially help us get out and enjoy the outdoors while getting some regular exercise. They are great motivators and personal trainers, never wanting to miss a training session no matter the weather. The positive effect they can have on activity level help us control our weight.
2. Fewer visits to the doctor! It has been found that children who have pets are less likely to miss days of school due to illness.
3. Growing up with a dog (and other pets to a lesser extent) during infancy may help to strengthen the immune system and may reduce the risk of allergies. Western cultures report increasing rates of asthma and allergic disease, with pets sometimes implicated as a causal factor. An interesting

research development in recent years, however, has demonstrated the opposite may in fact be the case. The presence of cats and dogs in the home from an early age may actually 'acclimatise' the developing immune system so that it is less sensitive to allergens in later life. It appears that the presence of pets in the home has some regulatory or stabilising influence on the immune functioning of children.

Research has shown that owning a pet can have a number of **psychological benefits**:

1. A study of school children showed that pet owners were more popular but also seemed more empathetic.
 2. Those who have pets, including children or adolescents have been shown to have higher self-esteem. Teenagers who own pets have a more positive outlook on life and report less loneliness, restlessness, despair and boredom.
 3. Pet owners report less depression and appear to cope with grief, stress and loss better than non-pet owners.
 4. Pets enhance social connectedness and social skills and are great conversation starters!
 5. Pets are also great caregivers. They keep us company when we're sick or feeling down. They can make us feel safe while we're home alone, and they keep an eye on the house while we're out.
 6. For older people living in their own home, pet ownership has many benefits including social facilitation and companionship as well as increased activity levels.
 7. Numerous studies show pets provide one of the few interventions capable of permanently lifting the atmosphere of hospices and nursing homes.
 8. As mentioned before Increased physical activity. Dogs especially, help us get out and enjoy the outdoors, while getting some regular exercise and positive effect on mood
- To happy and healthy pets and humans this winter. We wish you all the very best over Christmas and into the new year. From all the staff at Riverside Veterinary Clinic, Callander.

PS DON'T FORGET Please take steps to prevent your pets from consuming things that are harmful to them at this time of year and have your Vet's number and the out of hours arrangement to hand, just in case! Look after them and you will get so much back in return!

Marslaiddh Smith



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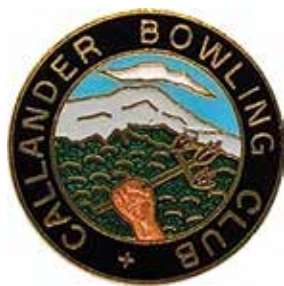
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Callander Bowling Club



The season finished mid-September with the Spence Trophy competition. Paul Corrieri was the victor, while we all shared the glory of finally winning the West Perthshire McIntyre league trophy. Our end of season meal was held in the Crown Hotel towards the end of October, and we wish to thank all staff for catering for us.



The club's AGM was held the next day (including hangovers) with the following people elected to these posts; President- Mrs. C.Watson, Vice-President- N.McBean, Secretary- D.Grieve, Treasurer- D.Grieve, Committee- A.Tomlin, M.Allan, E.Waugh, M.McNaughton, A.Corrieri.



Honorary President Peter McCartney oversaw outgoing President Stuart Aitchison handing over to new President Mrs. Christina Watson.

The pictures show Paul Corrieri receiving the Spence trophy from President Stuart Aitchison, the members with the West Perthshire trophy.

Donald Grieve

A Look back at 2019

This year was McLaren Leisure's 21st birthday and what a busy year we have had. Our weekly activities have kept our instructors busy with fitness classes and children's activities, we are loving that so many adults and children are getting involved and enjoying all



sorts of sport and exercise at McLaren Leisure.

Throughout the year we have enjoyed many holiday camps for children of all ages. Children attending our kids' camp, swim school and motivate classes have enjoyed many sporting activities from swimming to climbing, team games and races and much more. We are looking forward to many more fun filled days at our camps in 2020.

Following on from Callander being awarded social enterprise town of the year in 2018, we have been working hard to raise awareness about our social impacts through various campaigns, including #myjobmatters and #buysocial. As a social enterprise we promote healthy activities, helping to build a stronger community by engaging with locals, through employment and training, working with volunteers and building relationships with other groups, breaking down barriers for rural access to sport and leisure facilities and supporting our local economy.

September and October brought more busy months as we participated in National Fitness Day, Callander Jazz & Blues festival and hosted our spooktacular soft play Halloween party. We kicked off National Fitness Day with some of our youngest customers at our Trossachs Tiny Tots session, it was great to see so many young children attend this session and enjoy the free activities that were on offer. Throughout the day we also offered free swimming sessions and gym challenges. We hope everyone enjoyed celebrating the fun of fitness on national fitness day as much as we did! Don't worry if you missed out, just look out for more offers next year!

Now as we step into the winter months, we are excited to bring you lots of winter savings on our sport and leisure facilities.





Everyone enjoyed celebrating the fun of fitness on national fitness day as much as we did! Don't worry if you missed out, just look out for more offers next year!


Now as we step into the winter months, we are excited to bring you lots of winter savings on our sport and leisure facilities.

Moving in 2020

You may have participated in our annual survey back in October. As we move into the year 2020 we hope to continue to deliver on your needs and requests. We look forward to bringing you more kids' camps, more school clubs, more fitness classes and more exciting activities and events in 2020.

Winter opening hours:

Monday 23rd Dec	09:00-17:00
Tuesday 24th Dec	09:00-15:00
Wednesday 25th	Closed
Thursday 26th	Closed
Friday 27th – Monday 30th Dec	09:00-17:00
Tuesday 31st Dec	09.00-15.00
Wednesday 1st Jan	Closed
Thursday 2nd Jan	Closed
Friday 3rd Jan	Closed

 Saturday 4th Jan Normal opening hours resume



Fitness Classes

We are excited to bring you lots of fabulous fitness classes starting January 2020. These will include lots of our popular classes from 2019 and brand new classes just for 2020! To find out more about our classes visit our website, social media pages or give us a call on [01877 330000](tel:01877 330000)

Co-op Local Community Fund

We are delighted to have been chosen for the next round of the Co-op local community fund. We would like to furnish our soft play with sensory equipment in order to make the experience fully inclusive and we need your help! Choose us as your Co-op local cause and raise money as you shop



Offers

There are plenty of offers for gifts at the leisure centre plus more offers on membership for next year. Mery Christmas and a Happy New Year. From all at McLaren Leisure

Rachael McLean

Run Stirling

A festival of running is taking place in Stirling in January, with elements held on January 11th. The festival will include:
A 7km Stirling Castle Run,
A Primary school 1km fun run (all will get a T shirt to wear in the run and Medal)
Inter District championship
Celtic Cross Country International
Home Countries Cross Country International



Happy Holidays from
Cooper Cottages
self catering accommodation

Planning your next holiday? Thinking about letting your cottage? Contact us at:

coopercottages.com
01877 384331
enquiries@coopercottages.com

Christmas at Loch Katrine

A GREAT DAY OUT FOR ALL THE FAMILY



Come and meet Santa

Enjoy festive fare with Santa in the Steamship Café where every child will have a chance to meet the man himself and receive a present. After a scrumptious breakfast or lunch, Santa waves goodbye as you set sail with his elves for an hour-long steamship cruise full of festive antics around the scenic Loch Katrine.

December Weekends 1st, 7th, 8th, 14th, 15th, 21st & 22nd • 10.30am - 4.00pm

Tickets: Child under 2 free, Child under 12 – £19.50 and Adult – £26.00

Festive Meals & Cruises at Loch Katrine

From 4th November to 30th December (Excludes 24th & 25th Dec.) enjoy a festive meal at the Steamship Café. Price is £18 per person for a three course meal. There is also the opportunity to combine a festive meal & cruise, times are 12-3pm weekdays (Nov & Dec), 12-6pm weekends (Nov) and 3-6pm weekends (Dec). Price for combined meal & cruise £25. To book call 01877 376315.



New Year Cruises

**1 hour cruises: 1.00pm & 2.30pm
1st & 2nd January 2020**



Taking in the magical scenery of Loch Katrine and the Trossachs. Hot drinks and something a bit stronger; well it is New Year, are available from the on board bar! Live Scottish music provided by the Ian Barrie Ceilidh Band.

Tickets: Child under 5 – £5.00, Child under 16 – £12.00 & Adult – £17.50

Please note the events cruises are always very popular so booking ahead is highly recommended. Performers and cruises are subject to change. All cruises depart from Trossachs Pier.



**Trossachs Pier, Loch Katrine,
by Callander, Stirling FK17 8HZ**

T: 01877 376315/6 • enquiries@lochkatrine.com • www.lochkatrine.com



Trossachs Tigers Hockey Club

The 2019/2020 season has got off to a fantastic start at Trossachs Tigers Hockey Club. A new flood of members, especially in our Under 8s section, has ensured the club remains busy and competitive. We meet every Saturday morning during school terms from 8.45 to 10.15 on the McLaren Leisure Centre all weather pitch and our groups include: under 8s, under 10s, under 12s and under 14s. Children can start in P3. In addition to our Saturday morning training we also play in the West District League, on Sundays and have attended three tournaments so far this season recording some great wins. On Saturday 2nd Nov we hosted Stirling Wanderers where our under 10s were particularly strong. Several of our older members are currently working on their Duke of Edinburgh Awards and regularly help lead drills and umpire matches for the junior children providing an excellent chance for them to share skills and develop their coaching abilities. Older members who attend McLaren High School can also benefit from the Monday after school hockey club, led by our ex Scotland International Jim Frail. On 6th November McLaren went to Glenalmond School in Perth to compete in the Scottish School's Aspire Cup. Both boys and girls did very well on the day, only losing out on semi-final places, to attend the National Hockey Centre for finals day, on goal difference. A great achievement as they were playing against private schools who spend a great deal of time and money on hockey development. Not all McLaren pupils could play and we were helped out by Dunblane and QV. It was nice to see the teams bonding and it establishes good relationships and networking opportunities. Big thanks to Murray Parsons who took the day off work to drive the minibuses. Adults are encouraged to try some hockey at our Friday evening social hockey. The cost is £5 for 1.5 hours of enjoyable hockey. Be on the McLaren all weather pitch for 7pm every Friday during the school term. If your child is interested in trying out some hockey the first session is free and we have hockey sticks that can be borrowed. Training sessions usually consist of a mass warm up, age group drills and finish with an age group match. The club is very friendly and new members are always welcome. A total bargain too, at £50 for a year's membership which includes a club t-shirt.



Collette Ashworth

The Extraordinary Hockey Match.

One Saturday morning not so long ago the Trossachs' Tigers gathered to take on their prey from Stirling. All greeted their opponents on the pitch except the 8 year olds; the Stirling team they were going to play had not turned up. Total despondency! Then one rather competitive father suggested the parents should play the children. After a very short discussion it was decided there was nothing in the rule book to forbid this.

The match started; some parents hurtled on to the pitch, others had to be dragged reluctantly by the child looking after them, they did not want the rest of the team to think Mum or Dad was a wimp. The Tigers are a very sporting bunch; they allowed the parents to win; despite them not sticking to the rules and using the hockey stick more like a badminton racquet. Even the bravest of the expected audience of cats, needed to escape from the carnage!



The cat

30 Charities and clubs

Heritage Society

In September Stephen Kerr spoke to us on the topic of Metal Detecting in Scotland. Stephen is a member of the Scottish Artefact Recovery Group based in Bonnybridge. They supply detectorists to work with Councils surveying land before building and road projects. They also help Police Scotland when needed and provide a recovery service for lost property.

Recently they have worked with Stirling Council on a River Survey at Stirling and on an archaeological dig in Kings Park.

Stephen also detects on his own behalf and has made lots of finds which were on display for us to see. Sadly he has yet to make any major finds. (Finds like the Blair Drummond Horde are very rare.) His most common finds are metal buttons, lead and copper coins and bullets, although he has found some Bronze Age artefacts.

Responsible detectorists always ask permission from the landowner and keep a record of all finds. Ownerless objects found are treasure trove and become property of The Crown. The value of a find is shared equally between the finder and the landowner.

In October Robin Galbraith spoke to us about 'My Life in Textiles'. Robin owns Calzeat Mills in Biggar.

In the 1960s straight from school, Robin went to work for a small, 2 man weaving company making neck ties on 3 narrow looms. Robin enjoyed the work and when the owners split into 2 companies he stayed with the weaving company. The company prospered, selling ties first in London and then expanding into the USA market. Sadly in the early 70s his boss was killed in a car crash. Within 18 months of new ownership the company went bust and everyone was sacked.

While doing a variety of jobs to support his young family, Robin bought a second hand loom. He wove samples and sent out letters looking for business. The orders gradually increased and Robin's business prospered.

He bought the original company and put in 6 new Jaquard looms which

weave very intricate patterns. These are hard to copy. When ties went out of fashion Robin diversified into woman's wear and furnishing fabrics. They use only natural fibres. Today Calzeat mills is one of only 5 companies weaving in Scotland. 4 of his sons work in the business, which employs 65 people and sells all over the world to high-end customers. (Calzeat made the White House curtains for President Obama.)

Kath Millar



Buggy and Bump walks programme!

This programme is to help parents and mums to be get out and about, improve their health and fitness and meet other parents to share their experiences and also explore the beautiful scenery around Stirling. Walks are on every week, even during the school holidays and take place at various venues across Stirling - Raploch, Bannockburn, Plean, Dunblane, Bridge of Allan and Callander. Walks last about 45 minutes to an hour and finish at a venue for a coffee afterwards.

Do you have a passion to help people and be supportive, be friendly and welcoming, have good communication skills

Benefits: volunteering can help you make friends, learn new skills and practice important skills. It could advance your career or improve your health and well-being. Volunteers are paired up, no walking alone. You can volunteer once a month or once a week - volunteering works around your schedule.*

For more details on Buggy walks visit - Stirling/buggy walks

Please email Raija Darley,
darleyr@activestirling.org.uk.

German Speaking Group in Callander.

Das nächste Treffen der Gruppe findet am FREITAG 13. DEZEMBER 2019 um 19.00 Uhr in Ardgour Cottage, 3 Grant Court, Bridgend, Callander, FK17 8AD statt.

Für unsere Diskussion an jenem Abend schlagen wir das folgende zweifältige Thema vor: (a) „Die Anforderungen an Höflichkeit in den verschiedenen Kulturen weisen völlig unterschiedliche Bewertungen von Direktheit, Ehrlichkeit, Ausweichen, und Lügen nach“. Sei bitte fertig, deine Meinung dazu mit Beispielen von anderen Kulturen zu begründen. (b) Sind gute Manieren heutzutage in unserer Gesellschaft noch immer so wichtig wie sie für unserer Eltern Generation waren? Was hältst du davon?

Wir werden uns auch wahrscheinlich, wie gewöhnlich, mit einigen Wortspielen beschäftigen. Alle sind herzlich willkommen, die sich für die Gelegenheit interessieren, mit unserer Gruppe auf deutsch zu unterhalten. Die Teilnehmer sind sowohl Schotten (und Engländer) als auch Muttersprachler, die hier in Schottland wohnen.

Falls Ihr Fragen dazu stellen wollt, ruft bitte Jen an. [07710-232908](tel:07710-232908), NB Alle Teilnehmer sind gebeten, sich im Voraus bis Dienstag 10. Dezember bei Jen anzumelden jenshearer@gmail.com, damit es genügend Kuchen gibt!

Für das übernächste am Freitag 17 Januar 2020 stattfindende Treffen wird das Thema im Voraus allen Mitgliedern in einer Email mitgeteilt werden.

Wir freuen uns darauf, Euch alle am 13. Dezember bei mir wieder begrüßen zu dürfen.

Jen Shearer

What is happening in Your Club.

*We would love to know
Keep us up to date please*



Callander and District Horticultural Society Show 31st August 2019

Callander Kirk Hall was again filled with flowers, vegetables, baking and craft despite the very wet days leading up to the show resulting in fewer entries in garden flowers but this was more than compensated by some fantastic pot plants and stunning floral arrangements. The Class entries by Callander Primary School in the form of Eco collages on canvas were not only eye-catching through their bold colours but also thought provoking in their

messages. First place went to P4 - 'Helping us understand the impact of litter on the environment' P1 took second place with their subject being 'Walking to School' and third place was awarded to P5 for their collage on "Understanding the impact of waste"

Judges: Bill Nichol for both Open and Confined Flowers, Jim Struthers for both Open and Confined Vegetables, Morag Mason for Industrial, Gordon Scott for Photography and Tricia Johnson for Children's Entries and Callander Primary School entries undertook the difficult task of awarding points for the various trophies.

Lesley Hawkins presented the trophies to the lucky winners this year. Lesley also kindly judged the Community Council Best Kept Garden competition earlier in the month.

The Callander Community Council Cup for the Best Kept Garden was presented by Elaine Waterson, Secretary, CCC, on the Show day to Mr R G Lewis of Gullipen View, whose garden came first in the Small garden category and was overall winner of the competition. The Trust Housing garden came first in the Large garden category and runner up overall.

The Twiddle Muffs made to help people with Dementia have been gratefully accepted by 3 Callander care homes.

*Jackie Fingland
Lucy Fraser- Gunn*



Once again, our customers, visitors, friends, family and neighbours (apologies if I have missed anyone) have exceeded all of our expectations and targets, in fundraising for Cancer Research this year. Our fundraising activities included:-

Our Easter Tombola - ran over a 2 week period and raised almost £300, every child who bought a ticket got a 'prize'.

The Callander CR UK team who took part in Race for Life raised over £600.

We then had an amazing couple of days at the Summer Fest, raising just under £300.

The Gartmore Community Cinema Club ran a fundraising night, showing the episode of Taggart, which was filmed in Gartmore many years ago. This was introduced by Alex Norton (the actor who played Taggart in this episode). This raised an astonishing £1022 for our shop.

Our Stand up to Cancer collection day raised almost £200 and we are very grateful to the Co-op for allowing us to collect in their store on a cold damp day.

We are fast approaching a truly amazing milestone here in our Callander Shop - In the 4 years we have been open (Nov 2016) we have raised an incredible £500,000!!!!

We have several new volunteers, but we could REALLY do with more, if you have time to spare - even an hour can help !

Mary McDiarmid



Come along for a trip down Memory Lane,
Familiar songs,
friendly blether and a cuppa,
Everyone welcome,
including those living
with dementia and their carers.

Come along to Callander Kirk Hall
and join us on Mondays from
2.00pm till 3.30pm
2019 9th December
2020 13th January

For more information please contact:
Ann Ross
[07720887720](tel:07720887720)
or Anne McLachlan
[07743125966](tel:07743125966)



News on planning

New Houses in Manse Lane

The application to demolish the existing house at East Mains Nursery and erect 16 houses has been withdrawn.

Claish Farm

Work on the building of the 50 houses at Claish farm is due to start in the next two months.

Eagle Hotel

Planning permission has been given for the proposed work on the Old Eagle Hotel

Riverside Inn

Re-opened under new management

Old woolen mill shop

Soon to open as a Costa Coffee

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

Book Club Review

Whistle in the Dark by Emma Healey (Penguin, 2019)

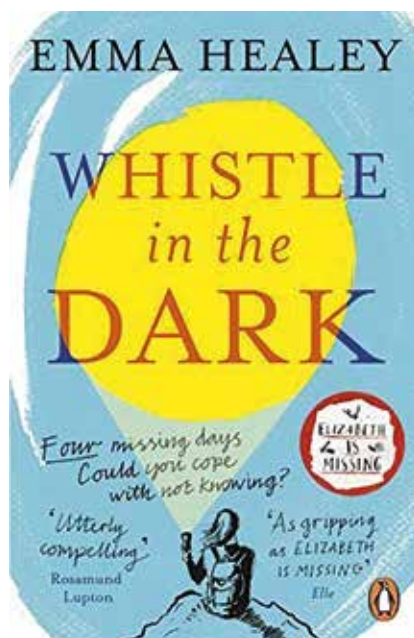
This is Emma Healey's second novel, her first being the acclaimed bestseller, *Elizabeth is Missing*, which won the Costa First Novel Award title in 2014. I must confess to having not read Healey's first book (although I've read some good reports) so I didn't really have a comparison when the blurb promised that *Whistle in the Dark* would be as gripping as its predecessor, but I started the read full of anticipation.

Whistle in the Dark is the story of a London-based family, Mum (Jen), Dad (Hugh) and their two daughters Meg and Lana. The book is told from Jen's perspective and begins at 'The End' after a 4-day ordeal when their 15-year old daughter, Lana, goes missing whilst on a trip in the Peak District. The first chapter is the chaos of their daughter's return, the relief, then confusion, as Lana, bruised and silent, refuses to speak to medical staff, the police, journalists or her family, about where she's been and what ordeal she's been through.

The book then follows the descent of Lana's mum, Jen, into madness as she tries to get inside the head of her troubled teenage daughter and find out what actually happened. Lana has a history of depression and her mum is fiercely protective of her, even more so, since her disappearance. And this is chiefly the book's focus, a highly neurotic mother who simply must find out the truth.

The start of the book perhaps did meet the gripping objective. There's a punchiness to Healey's writing, as she orders the narrative in titled sections

of varying lengths, which can't really be called chapters. This really moved the story along in the earlier stages. However, dare I say it, mid-way through, I simply got bored. Jen's paranoid obsessiveness was so over-the-top (although I know mothers like this do exist and are indeed friends of mine!). By the time we'd journeyed through every possibility and conspiracy theory, and got to the awful claustrophobic truth of Lana's disappearance, I wanted to get out of Jen's head and go and have a cup of tea.



It's always a challenge for successful debut authors to meet the expectations of that difficult second novel. *Whistle in the Dark* had a promising start and a gripping finish. It was just the bit in the middle that, for me, didn't quite hit the mark.

The next BLV book club review will be *The Six Loves of Billy Binns* by Richard Lumsden (Tinder Press, 2019).

Maggie Magor

**Thornhill Players**

Our drama group, which meets on Thursday evenings in Thornhill Community Hall, is always interested in encouraging new members. Our group is a cosmopolitan mix of people from across the local area. Some are experienced, some not so.

At the moment we are spending some enjoyable time play-reading. If you are interested in drama, acting, reading, dancing, singing, direction or in helping backstage with costumes, painting scenery, stage management, lighting or sound, Thornhill Players will welcome you warmly.

Contact Charlotte on 01786 850288

e-mail: cjohnston447@btinternet.com

CAOS

At the risk of repeating the cliché, I said in the October issue that the hills will definitely be alive with *The Sound of Music* at the end of March, I don't think I'll be proved wrong. Rehearsals have been going well and the beautiful harmonies are continuing to develop. We also spent the first couple of months of this season rehearsing for the Gala Concert which was held at the end of November during Winterfest. I hope the mix of music and voice was to your liking and has whetted your appetite for the show.

We held auditions for adults and children at the end of October and the judges, once again, had a very difficult job. Competition was tough and nerves were running high. Inevitably some were disappointed but congratulations to all who took part; the judges commented on the high standard of performance and from this come the foundations of what will be another great show.

The cast will now be working hard to build on those foundations. Show dates are 18th to 21st March 2020 – keep your diary free!

The Sound of Music is brought to you by arrangement with R&H Theatricals Europe.

In the past we have had generous backing from the Hydro Fund and Aircicity. We also value the wonderful support given by our patrons and local businesses who advertise in our programme. There are also lots of volunteers who help in various roles, front of house or back stage. If you want to give your support in any way, please talk to a committee member or see the web page

(www.c-a-o-s.org.uk) .

Don't miss the coffee morning on Saturday 8th February 2020 when tickets will go on sale for the show. Doors at the Kirk Hall open at 10.30 am and, as always, we will be singing some of the well-known numbers from the show– see you there!

Steve Murphy for CAOS Committee



Jenne McClure

Jazz and Blues Festival



Stirling Crisis

During the first weekend of October, we saw some of the groups performing at the Jazz and Blues festival. On Friday we saw the Andy Taylor Group at the Crown. The place was heaving, you couldn't see the bar let alone get to it. The band were very tight and gave us some great blues/rock numbers. This was followed by a visit to The Dalgair where we watched the George Lindsay Blues band perform. Again, the place was crowded and we were treated to some awesome blues/rock/boogie. With our ears still ringing we finished off at The Waverley by listening to the Fraser John Lindsay's Blues Incentive. The place was packed but we managed to squeeze in. They were fab and we stood and bopped to some blues favourites.

On Saturday night we started with Kyla Brox Duo at The Waverley. That woman certainly can sing; she has a superb voice! It was then on to The Dalgair to enjoy Rattlesnake Tattoo where it was heads down, dancing shoes on, for some mindless boogie. They were great. We finished off back at The Waverley with the John Verity Band who pumped out loud and tight blues/rock till quite late.



Fraser John Lindsay at the Waverley Hotel

Sunday lunchtime saw my wife seeing her favourite, Kyla Brox, at The Dreadnought. I gave it a miss as my ears were still ringing from the last two evenings. Kyla was on great form again and Carol reported that The Dreadnought looked great inside following its refurbishment.

A great weekend with over 50 gigs and 130 musicians across 14 venues. Well done to the organisers and to Callander for hosting such a wonderful event.

Steve McGowan

Your local Mountain Rescue Team have been busy!

It has been a busy period for the Killin Mountain Rescue Team with a number of callouts and training events.

A number of team members have attended two significant national and international training events. One being the International Commission for Alpine Rescue Congress held in the Tatra Mountains in Poland and the other being the Scottish Mountain Rescue Training Conference held at the Scottish National Outdoor Training Centre. Both events provide an opportunity for team members to be informed of any recent developments, practices and technology as well as time for networking and sharing knowledge between teams, which in turn assists in providing an up to date service.



As covered in the previous article in the Ben Ledi View, we have a structured training programme with this month's events including off-road driving. There are many areas of training we have to cover apart from mountaineering and rescue skills, driving being one of them. Rope Rescue training has also taken place as well as a number of personnel preparing to undertake The Mountain Rescue Casualty Care Assessment, which enables a higher level of care to be given for casualties in the mountains.

We have been working closely with helicopters this month. Having recently travelled to the HM Coastguard Search and Rescue Flight at Prestwick to undertake helicopter safety and winch training, which no sooner proved its worth as three days later the team were high upon the Tarmachan Ridge near Killin carrying out the very same techniques to rescue a badly injured walker. This was the second time in as many weeks the team were working in conjunction with the coastguard to rescue injured walkers with another from Ben Lui.



We also paid a visit to the Emergency Medical Recovery Service at Glasgow Airport. Scotland's Emergency Medical Retrieval Service (EMRS) saves lives by providing critical care and safe transfer to definitive treatment for patients in remote healthcare locations and at accident scenes. The team is ready to respond by helicopter, plane or fast response vehicle within minutes of activation. As winter approaches, the team were discussing how they would work together with the EMRS to treat casualties involved in incidents such as avalanches.



Finally, and after recent incidents, we have been attending meetings with local authority stakeholders to discuss hazard awareness for the public and lifesaving measures at Bracklinn Falls.

All in all, it has been one busy period, but the team, consisting of all volunteers, will not stop preparing for winter and will be out training in all weathers, night and day to provide the best possible service for the communities they serve.

First live find for local mountain rescue team drone

The Killin Mountain Rescue Team had great success recently with their newly acquired drone, when they were called out to a working dog that had been stuck on a cliff face near the Tarmachan Ridge. The dog had been stuck on the mountainside all night and the team were called to help locate and rescue it.

The team's newly qualified drone pilot managed to pinpoint the dog which allowed two rock climbers from the team to ascend and rescue it. The team's pilot is part of the newly formed Search and Rescue Aerial Association – Scotland which is a full member of Scottish Mountain Rescue. This was the first successful find for the volunteer teams who are based all across the country.



It takes some time for the drone pilot to qualify after having to complete a theory and practical assessment. The drone pilot focuses on flying the drone while a sensor operator concentrates on the search. The drone allows the team to search large areas quickly, minimise risk, reduce effort and speed up operations when used effectively.

The advantages of using the drone in a search and rescue setting is that it can search areas inaccessible to team members (craggs, water features), zoom in to search from a distance and increase situational awareness for the search manager.

The drone is just one aspect of the team's work and they look forward to learning more how the drone can be used to search, rescue and save lives.



Ruling the Roost



Written by a local farmer after having watched swallow chicks in his barn being devoured by a Pine Marten that could get to every nest. The parent birds were frantic

Pesky predator

Invasive

Nuisance

Energetic escapologist

Marauding Mustelid

Arrogant aggressor

Ravaging rascal

Territorial

Evil enemy

Nocturnal nasty!

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

Local Council Office & Registrar:
01877 33004

Social Work: 01786 471177

Post Office: 01877 330267

Stirling Council: 01786 404040

National Health

Callander Medical Practice 01877
331000

Prescriptions 01877 331001
(10am till 3pm)

District Nurse 01877 330150

NHS 24 111 or www.nhs24.scot

www.nhsinform.scot

Callander Dental Practice 01877
330703

Chemists

Farrens **M-F** 9-6 **S** 9-5 01877 330132

Trossachs **M-F** 9-1 2-6 01877 330016

Vets

Callander: 01877 381213

Doune: 01786 841304

Schools

McLaren High: 01877 330156

Callander Primary: 01877 331576

Bin Collections**DECEMBER**

Grey/Blue bins Sat. 14th, 28th

Brown bin/Blue box Sat. 7th

Brown/ Green bins Sat. 21st

JANUARY

Grey/Blue bins Sat. 11th, 25th

Brown bin/Blue box Sat. 4th

Brown/Green bins Sat. 18th

FEBRUARY

Grey/Blue bins Sat. 8th, 2nd

Brown bin/Blue box Sat. 1st, 29th

Brown/Green bins Sat. 15th

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-col-
lection of wheelie bins.)

Recreation

Rail Enquiries: 0845 7484950

Bus Station (Stirling): 01786 446474

Travel Line Scotland: 0870 6082608

Leisure Centre: 01877 330000

Library: 01877 331544

Visitor 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)

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

West Dullater House and Grace Cottage

Invertrossachs

Mobile unit based in Callander with
Scottish Ambulance Service

**Callander Kirk**

The Church of Scotland,

South Church Street, Callander

Sunday services

Every Sunday

11.15 All Age Morning Service

Informal Communion follows Morning
Service on third Sunday in January.
8.00pm Time for Silence

Saturday 30th November Kirk Christ-
mas Fair in Kirk Hall 10.30 to 12.30pm

Sunday 1st December Youth Carol
Service 6.00 pm to 7.00pm

First Sunday of every month

3.00pm Trossachs monthly service

Details at www.callanderkirk.org.uk

**St Joseph's**

Catholic Church

Glen Artney Road, Callander

Weekly Masses**Callander**

Tuesday and Thursday Mass, 10.00am

Sunday Mass 11.30am

Doune

Wednesday, Friday Mass 10.00am

Sunday Mass 11.30am

Father Leszek Wiecek SAC

www.stfdac.co.uk

**Saint Andrew's**

Scottish Episcopal Church,

Leny Road, Callander

Sunday: 10.00am Holy Communion

Wednesday: 10.00am Holy Communion

For any information please contact:

Rev Richard Grosse tel 382887

www.standrewschurchcallander.org.uk

**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

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BLV DEADLINES

The next issue of the Ben Ledi View
will be published on Friday 7th
February 2020.

Advertisements copy & artwork
Please send all advertisement copy for
the February/March issue to our
Advertising Co-ordinator Isla
Routledge at [advertising@benledi-
view.co.uk](mailto:advertising@benledi-view.co.uk) by Friday 10th January
2020.

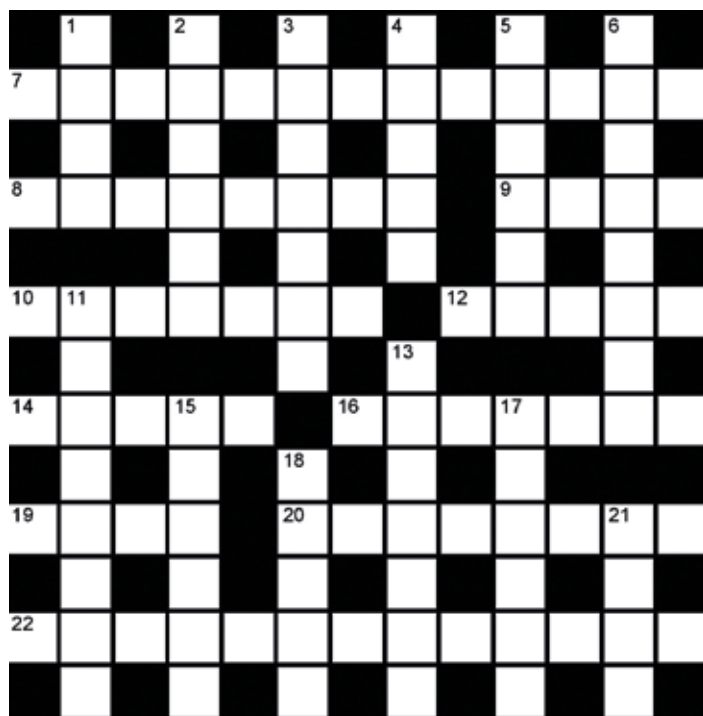
Full details of sizes for advertisement
and artwork specifications are at
www.benlediview.co.uk under the
Advertise tab. Please call or email for
advice if in doubt.

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

Editorial copy

All editorial contributions for the
February/March issue should be
emailed to blveditor@gmail.com or
handed in to the Callander Library by
Friday 10th January 2020.

Items received after the deadline may
be held over to next issue.



**There was no crossword in the
October/November edition of the
newspaper**

Across

- 7 Puzzling very loud refined sort, one making initial court appearance (5,8)
8 Undergarment I only put on about end of term (8)
9 He keeps papers put out of sight (4)
10 Scramble heading off in ungainly way? (7)
12 Fast flyer (5)
14 Get together with one in France taking it to heart (5)
16 Most of fashion magazine is however primarily sort of 15 (7)
19 There is an ingredient in cooking he explained that requires clarification (4)
20 Protective cover for teachers' diabolical situation (8)
22 Weight of evidence in other words (6,2,5)

Down

- 1 Star very keen to return (4)
2 Talking about mettle, at 76 I'm up for involvement in old problem to be solved! (6)
3 Scottish island provides sanctuary for one officer (7)
4 Frequently losing head in temper (5)
5 A US city leads way at all events (6)
6 Posts cover leaving in celebratory circumstances (4-4)
11 Desire a good catch over extended period (4,4)
13 Shame if Tory Prime Minister goes astray (7)
15 Finish in attempt to be 16 (6)
17 Provides guidance for addicts having ingested a hard drug (6)
18 Silly, silly Annie! (5)
21 Jemmy perhaps picked up as an aid to get half of 11 (4)

BLV CROSSWORD No. 143. Please return completed entries to The Library, South Church Street, Callander by no later than FRIDAY 10th January 2020. The first correct entry opened will win £5. Don't forget to supply your name and address below

NAME:.....

ADDRESS:.....



Christmas at the Kirk



Christmas Eve Tuesday 24th December

Watchnight - Children's Service in Ancaster Square at 4.30pm

Watchnight Service - Trossachs Church at 6.00pm

Watchnight Service in the Kirk at 11.30pm

Christmas Day Wednesday 25th December

Christmas Day Service in the Kirk at 10.30am

New Year's Day Wednesday 1st January

New Years Ceilidh in Kirk Hall 7.30 pm to 11.30pm



38 Announcements & Letters

If you wish to put a personal message in the BLV, please note we need your name, address and phone number (we will only print your name) with your message. There is no charge for announcements, but if you wish to give a donation to the magazine please leave a cheque with your message at the Library or McLaren Community Centre (cheque payable to the Ben Ledi View Community Newspaper SCIO). There is no charge for letters. Thank you.



Motorhomes parked at the Loch Katrine designated motorhome parking area
(Picture Courtesy of Visit Scotland)

More On Motorhome parking in the Callander Area

Tourist or Freeloader? Callander already has facilities for Motorhomes and their occupants on several commercial sites. Why allow these vehicles in the Meadows Car Park? Does Callander need visitors so, desperately that the violation of parking rules should be waived? In doing so a precedent is then set. Just suppose Ma, Pa and the weans plus dog all set up in the Meadows for several weeks during school holidays.

What then? Are they welcome visitors, tourists or a nuisance?

As to adding to the town's economy we must bear in mind that many have already shopped for groceries and cheap fuel at one of the larger supermarkets outwith the town so that their "spend" here is going to be limited.

Sensum Communem.

More On Motorhome parking in the Callander Area

I read with interest the article written by our National Park Board Member, Martin Earl, about motor homes and campervans in the Meadows car park and I am pleased to hear that a consultation process is underway to come up with recommendations as to

how this might be managed better. I also acknowledge the fact that the occupants bring monetary value to the local community.

What Mr Earl has failed to say however, is that this consultation process should have started over four years ago when the problems were first raised by me and he has also failed to point out that there is

also a financial loss to the local caravan sites every time these vans are parked in the Meadows for free.

Only this weekend (the jazz festival weekend) there has been a total of 40 vans parked in the area over the Thursday/Friday/Saturday nights, resulting in a loss to the local caravan parks of over £800.00! Under the "freedom to roam act" these people are well aware that they cannot be moved on, even by the police! The existing signage is just ignored and is NOT a deterrent!

The only solution to this sad state of affairs, is to put up height restriction barriers at the entry and exit points of the car park and force them to park elsewhere! This has been done in many other areas in Scotland and I doubt if any lengthy "consultation process" was required!

I certainly hope that this "consultation process" comes up with a recommendation to install barriers, as I am sure the majority of local people would like the owners to use the correct facilities and indeed pay for them? My view on that, is if you can afford a £50,000.00/£60,000.00 motor home, you can afford £20.00 per night to park it on an approved site!

*Yours sincerely
(name withheld)*

A little more information

Regarding the black & white photo/postcard featured in the Aug Sept 2019 issue.

The lady sweeping the step outside Victor Campbell's newsagents (bottom left of photo) is my late mother Sheila Martin (nee Allan as she was then). My Mum worked in the newsagents from 1952 - 1965. She was the daughter of plumber Thomas Allan, of the plumbing business that still bears his name (during this period his business premises were on the Main St, next to the Ancaster Hotel).

Sheila has a direct link with the BLV's longest continuous contributor; Cooks Corner Audrey Corrieri; Audrey is the daughter of Sheila.

It was great to see the photo as it brought back fond memories of our Mum who passed away on New Year's Day 2018.

Allan Martin

Angus Buchanan Announcement:

After a long illness, Angus sadly passed away on 2nd September at Bellfield Centre, Stirling. There are many people we would like to thank.

Dr Scott, all medical staff and carers for their help and compassion over the last 2 years.

Family and friends for their hospital visits and help with transport.

All wonderful Callander friends for their overwhelming support, cards and flowers.

Grateful thanks to Reverend Jeff McCormick for his lovely service and to Somers & Currid for their guidance and professional service.

We thank you for all your kindness and support which was very much appreciated at this sad time.

Helen Buchanan and family

Useful Organisation to Assist with Travel for those with disabilities

I gave up my car nearly two years ago and really missed getting to my favourite places. Then, in May, I discovered an organisation called Artemis and, once a week someone comes and takes me to wherever I would like to go (within reason and affordability!).

I should like to recommend this service to anyone with disabilities (including dementia) who would like to get out for a little while, whether it be into the countryside or into Stirling. You can contact

Artemis Companionship Services at Castle House, 1 Baker Street, Stirling, FK8 1AL.

It may be inconvenient having to get to the East End Newsagents before it closes at 12 noon, but it is going to be even more inconvenient when it closes altogether in a few months. Here's hoping someone takes over from Fraser, gives him a well-earned rest from these early mornings and continues to serve the community.

Alexandra Russel

Margaret Ireland Announcement

Thank you very much to everyone for their kind messages of support, cards and flowers following the passing of Margaret, our beloved mother and dear sister.

All were gratefully received at this difficult and unexpected time.

*Douglas and Robert Ireland
Catherine Macpherson*

Reach the top Ben Ledi Fundraiser!

We would like to commend our daughter, Olivia Corrieri and her friends for their incredible fundraising efforts last summer. She and a group of friends (Lucy Underwood, Grace Watson, Toni Kent, Inez Menzies, Ruby Farquarson, Isla Nimmo & Sophie Corrieri) worked tirelessly to raise a substantial sum of money for Cancer Research UK. They held a stall at Callander Highland Games selling



handcrafted items and raised an amazing £239.00

The Ben Ledi climb took place in July and took their fundraising efforts to a total of £1300.00!! Well done girls!!

Terry & Louise Corrieri

Dr Gibson's Thank You

Arriving in Callander in May 1999 with three young kids and a husband in tow, I was excited about the prospect of getting involved in building up a small GP practice. Lots of opportunities presented for the development of ways to manage heart disease, diabetes and women's health, to name but a few conditions, as well as promoting healthy living, smoking cessation and wellbeing.

It was a steep learning curve with the introduction of a computerised records system and new contract within a few years of taking on the partnership. I thoroughly enjoyed it all! Every day brought different and interesting challenges, and being involved in a small, close-knit community with all its intricate relationships meant there was never a dull moment. The teaching of young doctors and introducing them to General Practice, especially in a rural setting, has been very rewarding, seeing them develop into mature, caring doctors with a wider understanding of healthcare in this setting. It has brought diversity to the practice - keeping us, as more senior GPs, on our toes with the need to be one step ahead and up-to-date with changes in treatment and knowledge. It has been a distinct pleasure working with the extended healthcare team of District Nurses, Health Visitors, Physiotherapist, Podiatrist, Health Board Pharmacist, CPNs and Palliative Care Nurse as well as the pharmacists

and staff at Trossachs and Farrens pharmacies. They have all supported and worked very closely with the GPs over the years.

The Leny Practice team has been wonderful - hard working, willing to embracing change, long suffering (of grumpy, tired GPs!). I can say that I have never worked in a more cohesive team. The partnership with Dr Mathewson and myself has worked very well over the last 20 years. We brought different skills and approaches to the job which were complementary and I hope we served the community of Callander to the best of our collective abilities. The chance to work alongside the Bracklinn Practice team has also been a positive and rewarding experience, with opportunity to support and learn from each other.

Times are changing though and a larger practice with shared workload and skills seemed the appropriate way forward in order to protect medical care in Callander for the future and to ensure that the community has sufficient medical care at a time when it is very difficult to recruit new GPs. I know I am now leaving your care in very capable hands.

Finally, I would like to say a big 'thank you' to all the patients of Leny Practice (and those from Bracklinn I have treated). It has been a huge privilege to look after you over the years. You welcomed me and put up with my nagging about going for screening, exercise and diet, stopping smoking and even excessive drinking. Some of you even listened to me and realised the benefits! The time has flown, and I will never cease to be amazed at people's strength and resilience in the face of difficulty. Thank you to everyone for your warm wishes, gifts and cards and for the amazing send-off you arranged - it was overwhelming and very much appreciated. Working in Callander as a GP was more than just a job to me because not only was I able to practice medicine, but I have had the joy of sharing life deeply with many of you. Not many people have that privilege. Thank you!

Dr Isobel Gibson

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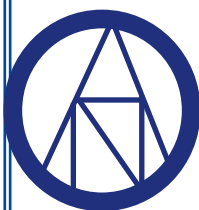
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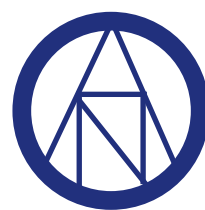
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