

# Ben Ledi View

Feb/Mar 2019

Issue 304

Cover price £1

  
Callander Amateur  
Operatic Society

Present

  
CALLANDER KIRK  
JUNIOR CHOIR



# Annie



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Music: Charles Strouse  
Lyrics Martin Charnin

By arrangement with Music Theatre International (Europe)

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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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## Hello Readers

I'm writing this on Twelfth Night, aka the Feast of the Epiphany (6th January), which is when we tend to feel that Christmas is finally over and that it is time to take down the cards, decorations and Christmas trees for another year. However, a recent letter to the Times pointed out that, in days gone by, the season officially lasted until the Feast of Candlemas (2nd February), so maybe it is still appropriate to wish all our readers a Happy 2019 and to propose a few New Year's Resolutions for our town.

Let's support our local retailers by shopping as far as possible within Callander.

Let's welcome visitors to our lovely wee town and try to find a way to counteract the negative impact bound to arise from the imminent closure of the Visit Scotland office. The newly re-convened and enlarged Community Council, working together with the Callander Community Development Trust and Callander Enterprise, will surely be looking to put in place some alternative tourist information hub for the town, maybe back in St Kessog's?

Let's make sure our streets and paths are, as far as possible, litter-free. Let's keep lobbying Stirling Council and BEAR to fix those potholes on the pavements and maybe ask the Park to help maintain the footpath between Callander and Kilmahog, which is

muddy and overgrown with vegetation in places, making it dangerous for pedestrians to dodge traffic on the A84.

Let's share our concerns and propose solutions through the pages of our own Ben Ledi View. A couple of interesting and useful letters have been sent in for this issue which do just that. The editorial team are especially grateful that our regular correspondents have been so punctual in meeting the tricky deadline of 4th January: well done! We are starting to explore the possibility of producing an additional, slimmer version of the magazine in alternate months to pick up those events which often seem to slip through the net of our bi-monthly publishing schedule. This mini version would carry no advertisements but we should welcome a sponsor for the six issues. Any suggestions? There's also a rumour that there might be a spin-off in the form of a Junior BLV, so watch this space!

Several people have passed on compliments to our editorial team on how readable and enjoyable they find the magazine these days. I have the greatest admiration for all the section editors and the advertising team, many of whom also hold down a 'proper' job during the day. The amount of work and attention to detail that goes into producing each issue is staggering, and I say this as one just watching from the sidelines! The huge responsibility of co-ordinating the whole thing falls on the shoulders of John and Mary, who cope with it most cheerfully. We are blessed in all our volunteers but are still looking for a couple of non-executive Trustees to join the team: it could be you! You just need to share our aims and objectives.

**Convenor**

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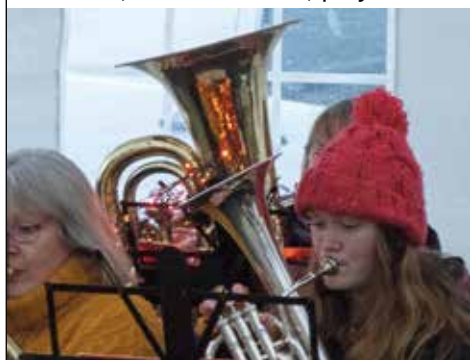


## Winterfest 2018

Winterfest was a festive celebration over the weekend of 30th November to 2nd December, organised by Callander Community Development Trust with help from local groups, businesses and many individual volunteers.

Callander Amateur Operatic Society and the Junior Choir provided a Winter Warmer opening concert, Callander & West Perthshire Rotary tempted us in to their Crafts Fair, and the Youth Project ran an exciting Family Disco. Rusty Strings, with guest Jamie MacDougall, entertained a huge audience to a varied musical programme and McLaren Leisure had an Elves Workshop with a craft making session, followed by the chance to meet canine visitors from Glendrick Roost. McLaren High School Pipe Band playing in the Square and a Young People's Carol Service rounded off the weekend.

Central to it all was the switch-on of the Christmas tree lights after Santa led the Round Table's parade down Main Street to the Square where a huge crowd watched Citizen of the Year, Colin Clark, perform the countdown, the lights sparkled... and the band (Callander Brass) played on.



The organisers are also grateful to Cambusmore Estate who donated the magnificent tree, Mhor Bread for the mince pies and Deli Ecosse for mulled wine. Support funding came from the Callander Cooperative Community Fund. Thanks also to the local fire service for putting up and decorating the tree and their presence to ensure safety and give youngsters a shot on the tender, Applejacks for technical stuff like ladders and coffee for stewards, and Lynne Schroder for providing two large gazebos and teaching her novice helpers how to construct and dismantle them the adult way! Malin Heen, who refurbished the chandeliers for Main Street lamp posts, and George Barrie who reached the heights to install them have added a silver twinkle to these dark nights. The elves and snowman

yarn bombing of the bollards in the Square were the work of Julie at Deli Ecosse and the Meet and Make group.

Not to be overlooked are the many families who created wonderful fancy dress costumes for their children, and dogs too, and all in our community who donated generously to several chosen charities, and supported our Winterfest 2018.



## A Small Town with BIG Ambitions

A public meeting hosted by Callander Community Development Trust (CCDT) at the Callander Hostel on 29th November attracted around 70 people (including speakers) from across Callander.

The aim of the evening was to present information about the possibilities offered by the Government's current encouragement of local ownership and the development of community assets. The repeated message from all the speakers was: "The opportunities are there. Decide what is best for the various sections of your community. You know it better than any outside organisation. Get involved, support is available."

The theme and aims were set out by Frank Park, Chair of CCDT, and expanded on by speakers who presented a range of examples stemming from this policy, designed to both inform and invite comment and involvement.

Subjects covered included:

Various successful community schemes already supported under the National Park Partnership Plan.

A range of projects by the Landscape Partnership, including archaeological excavations, Gaelic in the landscape, apprenticeships, the restoration of the Victorian Walkway at Leny Falls, plus an accessible bridge over the main road, which are already underway within the Callander area.

Asset Transfer projects already included in the Community Action Plan 2017-22, including community ownership of the town car parks and public toilets, the Meadows and Camp Place open areas, and Coilhallan and Lower Crags Woods.

There was a lively chaired discussion, where the Chair and the speakers were able to respond to detailed questions and expressions of both dissent and support.

The common thread to all these comments was a plea for greater and ongoing communication and discussion between the various groups as the projects evolve. Different ways of reaching and interacting with the whole community were suggested, involving table displays, BLV articles, the use of the CCDT website, [www.callandercdt.org.uk](http://www.callandercdt.org.uk), visits to specific interest groups, Facebook posts and letter-drops over the next few months. The aim is to open up the discussion, encourage ongoing debate and involvement, and to ensure that the potential to develop Callander's assets is firmly in the hands of its whole community, working together with organisations including the CCDT and Callander Community Council.

### Callander Resilience Group

#### Remember Last Winter?

**W**e are moving through this winter but remember the Beast from the East last year? The severe weather we had in March gave Callander quite a challenge. The Scottish Government through Safer Scotland has issued the following useful information below. Severe weather can strike at any time – be prepared.

In addition to the information below you can keep up with local information through Callander Resilience Group's Facebook page at;

<https://www.facebook.com/callanderresilience>

In case severe weather strikes, everyone should make a plan for their home and for travelling.

For home:

Check you know how to turn off your utilities and collect together a few everyday things.

- Emergency phone numbers
- A torch and radio with spare batteries
- Three days' supply of bottled water and food
- Essential medicine, first aid kit and toiletries

For travelling:

- Check the weather forecast and road conditions
- Consider other routes or modes of transport
- Ensure your car or bicycle is winter ready
- Allow extra time for your journey
- Fully charge your mobile phone
- Wear appropriate footwear and clothing

Being prepared could save you a lot of trouble later if severe weather strikes

A key part of being ready is knowing when severe weather is on its way. You can register for alerts with the Met office and Floodline or keep up to date with what is happening in your area via local news or radio. Social media is also a great way of keeping informed about the weather.

Here are a few emergency numbers to get you started:

- Scottish Power Emergency Network 0800 92 92 90
- SSE 0800 300 999
- Scottish Water 0800 0778 778
- Floodline 0345 988 1188
- NHS 24 111

Find out more at [www.readyscotland.org](http://www.readyscotland.org)



### Callander Community Woodland



**T**hank you to everyone who came to the drop-in meeting on 31st January to find out more about the Coilhallan Wood and pass on your thoughts and ideas on how it should be used. Individual members of the Callander Community Woodland Group, (CCWG) were on hand to answer questions and discuss possible plans for woodland management, wildlife and environment, recreation, access, and education.

Coilhallan is a mixed woodland of 83 hectares to the south-west of the town, running from close to the High School and the Mollands and parallel to the Invertrossachs Road. Currently owned by Forest Enterprise, parts are in use for commercial forestry, some have been cleared and have dense young birch growing, whilst others contain mature specimens of oak, Scots pine and beech. It has a network of paths, linking to the route to Ben Gullipen, that are popular with walkers and have some stunning views to the town and Ben Ledi.

Callander Community Development Trust is developing a project to take on the woodland management with the aim of making it a more attractive and enjoyable place for both residents and visitors, whilst protecting and enhancing its wildlife. As with other community woodlands around Scotland, we believe this can be done more effectively through community enterprise, with the support of volunteers, than is possible under the current management. A feasibility study, completed in 2017, supports this view and shows how the wood could be acquired, funded and managed to the benefit of Callander.

CCWG members are local people with a wide range of interests and skills. They are looking at the proposals in the feasibility study and will decide which should be part of a funding application to the Scottish Land Fund later this year. The drop-in meeting in January was an invaluable part of this process and will help to demonstrate community support for the project.

If you would like to find out more, or tell us whether you support the project, visit

[www.incallander.co.uk/ccdt\\_coilhallanwoods](http://www.incallander.co.uk/ccdt_coilhallanwoods)

which we will keep updated with the latest news. The page also has a link to a very short survey where you can record your support. Please note, we will only record your name and postcode and will not use this data for any other purpose. If you prefer, Mark Griffiths, chair of the group, can be contacted at [mark@markgriffithsmanagement.co.uk](mailto:mark@markgriffithsmanagement.co.uk).

## Stars Shining Bright For Callander's Landscape Stargazing Evening

On 17th November, Callander residents were welcomed to McLaren Leisure Centre for an evening of stargazing to help kick off Callander's Landscape 'Dark Skies' project.

Callander's Landscape is an exciting partnership made up of 19 individual projects which will be delivered over three years to help transform Callander into the 'Outdoor Capital of Loch Lomond & The Trossachs National Park.' The Dark Skies project is a volunteer-led initiative that seeks to explore and celebrate the Callander night sky whilst offering residents fun and informal opportunities to better understand the area's landscape.

The stargazing event was the first big public-facing event of the project and, whilst we had anticipated it would be popular, the Callander's Landscape team were blown away by over 250 people attending.

The event had a variety of indoor and outdoor activities for all ages to enjoy. Outside on the rugby field there were lots of local astronomy experts on hand with various telescopes and binoculars so that people could see the moon and the stars up close. It was a crisp and clear autumn evening, so perfect conditions for a night of star gazing. Some lucky amateur astronomers even saw Mars.

Inside, the sports hall was bustling with activity. Particularly popular were shows in the immersive planetarium, which started with participants being blasted into space to see the space station and followed with some great views of the stars in the night sky. Virtual reality headsets allowed people to experience the vastness of space and our stars. Various presentations and fun family challenges also offered opportunities for people to learn more about the night sky.

The event was a great success and feedback was overwhelmingly positive. Thanks to everyone who contributed and supported the event, including Callander and West Perthshire U3A Astronomy Group; Stirling Astronomical Society; Loch Lomond & The Trossachs National Park Authority; Callander Primary School; McLaren Leisure; Cosmos Planetarium; Stirling Council and Heritage Lottery Fund.

More opportunities are available this year to get involved in the Dark Skies project. Callander's Landscape is looking for volunteers to help audit the night sky and map the best and most accessible places for observing the stars in and around Callander. Full training will be provided and individuals, families or groups are all welcome. If you're interested in finding out more about this opportunity visit [www.callanderslandscape.org](http://www.callanderslandscape.org) or contact [julie.wilson@lochlomond-trossachs.org](mailto:julie.wilson@lochlomond-trossachs.org).



## Callander Community Council (CCC)

At the end of 2018, Stirling Council held elections for all community councils in the area. Callander had 14 places available and 17 people put their names forward. The process used a system where voters ranked their top 14 and then the total number of rank 1 votes counted for each candidate. All candidates who scored more than a given threshold were elected and the process repeated for rank 2, rank 3 etc. until 14 candidates had been selected.

An inaugural meeting for CCC was held in December 2018 when the councillors were formally appointed. Those councillors present at the meeting then elected office bearers. The full list of councillors is available at [www.facebook.com/ourcallandercommunitycouncil](http://www.facebook.com/ourcallandercommunitycouncil). CCC meetings are held on the second Monday of each month at 7:30pm in Callander Youth Project, Bridgend. The meetings are open to the public and anyone who wants to raise an issue can do so through the Chair. Minutes for each meeting are published on the Stirling Council website. Other activities will be detailed on the Facebook page. We will also publish details of our activities in the BLV and we will hold public meetings to discuss major issues which arise.

*Richard Johnson  
Chair, Callander CC*

## Council pilot service to help with the cost of funerals

Stirling Council is piloting a pioneering new service which will ease the financial difficulties experienced by some families after the loss of a loved one. 10 per cent of families struggle to pay the bill.

Direct Funerals aims to address that by having the Council assume and provide several responsibilities normally associated with funeral directors.

The national average cost of a traditional funeral is £3,600 but the Council's pilot will offer an affordable and dignified alternative to families who already have access to a lair across Stirling district.

It will cost £1,800 – a combination of the existing interment and lair fees - with Council staff taking on extra responsibility for liaising with the family of the bereaved, contacting a local funeral director, carrying the coffin and controlling the cortege, as well as handing out cords for the lowering of the coffin – all at no extra cost.

Members of the public interested in more information can contact the cemeteries service on 01786 404040, 0845 277 7000 or email [cemeteries@stirling.gov.uk](mailto:cemeteries@stirling.gov.uk)



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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.



### Estate Agency

McLean & Stewart are long established Estate Agents in Dunblane and Callander. We have years of experience in the valuation and marketing of residential and commercial property. We offer a free valuation of your property and will market your property at a competitive rate. We have recently launched our new Property Centre in Dunblane and our Jackie Park would be delighted to welcome you to the new office and discuss the purchase or sale of a property.



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Or visit our website: [www.townbreakstirling.org](http://www.townbreakstirling.org)



## ANTISOCIAL BEHAVIOUR

It has been reported to police that plant pots at a property on Main Street, Callander have been knocked over and damaged on two separate occasions, firstly overnight on 26th November and then again sometime between 20th and 23rd December.

## THEFT

Sometime between 25th August and 29th November a shed was entered at a property at Camp Place, Callander and items stolen. Between 2100 hours and 2200 hours on 27th November a theft occurred at Stirling Council Yard, Geisher Road, Callander. A white Luton type van was used to assist with the theft. If anyone witnessed this van in the area or has any information, please contact Callander police office. Sometime between 23rd and 24th December a quantity of alcohol was stolen from the rear of a property at Craigard Road, Callander.

If anyone has any information in relation to any of these incidents, or any concerns they wish to raise or information regarding criminal activity in the area please contact Trossachs and Teith Ward Officers PC Deans or PC Mckerracher at Callander Police Office on 101 or [TrossachsTeithCPT@scotland.pnn.police.uk](mailto:TrossachsTeithCPT@scotland.pnn.police.uk)



## New Head of Clan Buchanan: First Since 1681

The Clan Buchanan will be led by John Michael Baillie-Hamilton Buchanan of Cambusmore. The new chief, whose formal title will be The Buchanan, said he was "honoured and proud" to take up the role. The Lord Lyon King of Arms, which regulates Scottish heraldry, upheld a petition for Mr Buchanan to assume the chiefship. He said: "We approached the Lyon Court informally over 20 years ago and it has taken decades of genealogical research to back up our claim. I am indebted to Hugh Peskett, my fellow clansman, for his meticulous research and enduring tenacity." George Lauder McAusland, commissioner for Scotland and the UK of the Clan Buchanan International Society, congratulating Mr Buchanan, said "Clan Buchanan has members worldwide and having a chief for the first time in over 300 years will be an exciting time and a great opportunity to promote our great clan to even greater heights. It has several million members in countries including the UK, the United States of America, Canada, Australia, New Zealand, South Africa and Jamaica."

*Information from BBC 14th September*

## Sewage In The Garden

We would like to thank Shirley Oliphant of Lubnaig Drive for alerting the BLV to the problem. She had also spoken to Scottish Water, who are responsible for the drains, and to councillor Martin Earl to see how he could help. When we spoke, she thought the BLV might be able to help in sorting out a meeting to address the problem. Martin was willing to be involved in any developments. An informal approach was tried and produced a pile of leaflets, so an email was sent to [help@scottishwater.co.uk](mailto:help@scottishwater.co.uk).

"We would like to do a combined attack on the sewer problems on Venachar Ave between yourselves, Martin Earl and the affected residents with ourselves at the Ben Ledi View. Please would a meeting be possible; we have ideas to benefit the community and yourselves".

The answer received was.

"We have opened a new case CAS-583471-Q3P5M in response to your email and assigned it our Customer Engagement Centre."

Since then a van and a lorry were spotted in the road, obviously contractors. Their role in resolving the problem of gardens and houses flooding with sewage when it rains hard is unknown. Luckily the house worst affected now has a supply of sandbags to block doors and airbricks when needed, but there has not been any further communication from Scottish Water.

Comment from Martin Earl

"I expect Scottish Water to engage with the residents and ensure this problem is sorted properly. It is not acceptable that raw sewage is coming from their system. They have a responsibility to maintain their network. The immediate issue may have receded but if it has happened once it can happen again. I am awaiting a comprehensive reply from Scottish Water that needs to tell us what they are planning to do to make sure this does not happen again."





## 8 Young People

### Canine Travel Blog (Part 1): Beamish Museum at Christmas-time

Hi readers, this article is all about one of my most favourite places in the world - Beamish Museum, a historical open-air museum in County Durham which we visited during the festive season. Having had the idea to write an article on this, I decided to put an interesting spin on it, by including two different perspectives on the visit.

#### Bethan:

It was great being back at Beamish and visiting at Christmas made it all the more exciting! The entrance hallway was lit up by sparkling fairy lights and the centrepiece of the room was a vintage advent calendar and beautiful vintage clothing. I stepped outside the door and gazed at the vast expanse of Beamish, with all its different buildings; the stage was set for a wonderful day!

#### Tia:

As soon as my paws touched the frosty



ground, I thought to myself, where was I? I sniffed the ground eagerly. There were new smells of food and other people, ooh exciting, I like this place already! I trotted beside my Dad up to the entrance of the Museum and glanced curiously at Bethan, who was already taking pictures of everything around her, but I guess that makes sense, as she loves history, I never quite know what that means? Does it mean... ooh wait a moment, a lost doughnut, something for me to investigate....

#### Bethan:

The sky was darkening and we were heading to our final venue of the day-the 1940s Farm. We had already been to many places including Pocklerley Manor (a large country house with beautiful gardens and a working household); the Town; the Steam Train Station (from where we went on a rather bumpy, but extremely fun train ride) and the Fairground. The wind

whistled through my hair, as I was sitting on the top deck of the open-top bus and I gazed out towards the farm and anticipated seeing the variety of animals housed at the farm and looked forward to exploring the cottage and the surrounding buildings.

#### Tia:



I sniffed the pig enclosures, they clearly loved the mud as much as I did! I waited patiently for Bethan, she was exploring the cottage (sadly, I wasn't allowed inside, in case I made a mess) and I could hear jazz music coming from the window. The wind started to pick up and I thought back to earlier on in the day, when we had made many trips on that strange bus, that seemed to be missing its roof, how peculiar! Each time we went on it, Bethan and Mum sat on the top-deck of the bus, because, apparently, the bitter wind whipping through their hair only added to the experience? I like the wind whistling through my fur at the best of times, but not on such a chilly day...

Oh no! According to my humans, it is now time to go home, as it is closing soon! Goodbye Beamish, see you again soon!

*by Tia Jones (Bethan's beloved springer spaniel) and Bethan Jones*

#### Food for Thought

Recently a few young people from Callander Youth Project and McLaren High School attended an event at the Three Villages Hall in Arrochar. The main theme for the day was building sustainable communities for future generations. With a bright future of digital possibilities, rural communities have an amazing chance to grow into something beautiful and unique. Smaller towns and villages are losing shops, public transport, cafés/pubs, etc. They are becoming more remote and we need to be creating more inclu-

sive, diverse, open communities. We listened to a presentation from a representative of **Zero Waste Scotland** who spoke about the circular economy. What we are doing now is taking, making and wasting. This is wrong, and we should be changing this. Almost 50% of all of Scotland's food waste comes from households. We throw away around 600,000 tonnes of food and drink every year. Every year Scottish householders throw out:

- **Fruit** £70 million of fresh fruit
  - **Bakery** £90 million of bakery items
  - **Fresh meat and fish** £130 million
  - **Dairy** £93 million of dairy products
- This was an interesting presentation and taught me a lot on the harmful impact of wasting food.

#### Transport

Young people in smaller rural areas may not be getting the same opportunities as someone like myself, who lives in the bigger town of Callander. Public transport is a major problem for young people living in smaller rural areas. Due to the decline of public transport within these areas, young people are finding themselves socially isolated and not able to attend events with their peers, as often they're restricted to public transport running times.

#### Future Green Thinking Workshop

We were divided into teams of 6-8 people and spoke about what could happen in the future•

- What will our communities in the National Park area look like in 2050?
- How will we build and heat our buildings in Scotland in 2050? (Housing and public buildings)
- How will we feed the citizens in Scotland in 2050? (Food production)
- How will we be using the world's resources in 2050? (Use of natural resources and waste)
- How will we create power in 2050? (Power)
- How will we get about in 2050?(Transport)

The following awards were handed out at the end of the event to celebrate some of the people who have been working towards a better environment:



•**Community Environmentalist of the Year** – Scottish Wildlife Trust, Callander Group

•**Young Environmentalist of the Year**

– Struan Burch and Aidan Cronin

Overall the day was informative, and I thoroughly enjoyed it, as did my friends who attended the event with me. I took away lots of information that I was able to share with my friends who couldn't go. I would enjoy the opportunity to attend similar events like this again.

*Steven Kent 13*

### Callander Youth Project Trust News

We will be saying an official goodbye to our Managing Director Chris Martin and wish him all the very best for his new role as Chief Executive Officer at Social Enterprise Scotland. We would like to take this opportunity to thank him for his hard work and his continuing commitment to CYPT.



But fear not, things are still powering on here with a fantastic team.

- We will be introducing a new menu in the Café in January and would welcome all residents in Callander to pop in and try it out.
- We will be continuing to run our great Mountain Bike Saturday sessions with Cycle Trek from February, for anyone 11-14 who is interested; we still have places available, just get in touch.
- Youth Club will be starting back in the middle of January and we will be having more exciting events and activities throughout the year.

We at Callander Youth Project Trust made some valuable contacts during the Social Enterprise world Forum Visit. We have kept in contact with some of our Taiwanese colleagues sharing cultural insights and celebrations. In September they celebrated the Moon Festival in ancient time to celebrate the harvest.

We have also kept in touch with our colleagues across the pond in Australia about the fantastic drumbeat programme. Here is a little bit more about it.

### DRUMBEAT

This evidence-based, award-winning therapeutic drumming programme is making a positive impact around the world. It explores issues central to healthy relationships and social emotional skills in a structured format. Over 6,000 DRUMBEAT Facilitators in Australia, New Zealand and the USA have experienced the benefits of harnessing this engaging programme to help people connect better with themselves and those around them. More than just a fun drumming programme, DRUMBEAT is supported by independent research and evaluations. It has an amazing universal application and has benefits for people with mental health issues, disabilities, child trauma, returned servicemen, and in schools, prisons, aged care facilities and with refugees, and just to engage with people of all ages within communities.

We are looking to discuss this programme in January and we will keep you posted with our progress.

*Lois Ratcliffe*

*– Acting Managing Director*

### Student from McLaren High School reaches UK-wide Science and Engineering final

A pupil from McLaren High School has been selected to compete at the UK finals of a science and engineering competition after their exciting project caught the eye of judges. **Niamh Gillespie**, a fifth year pupil from the school, will now take her place in this year's final of The Big Bang UK Young Scientists & Engineers Competition. Niamh's project is one of seven from the school which will be represented at the finals which means that McLaren High will have more projects represented at the final than any other school in the UK.

Ellie Ridgewell, a fourth year pupil, won the Science aspect of the regional heat for her project on aquaponics.

Niamh won the engineering aspect with her project entitled 'Micro-scale power generation'. Niamh has always been concerned about how power is produced, so, as part of her project, she created a small panel of fans to generate electricity, creating green energy.

Mark Titterington, Chief Executive, EngineeringUK said, 'The pupil from McLaren High School really impressed the judges with their project and we're excited to see how they do at the UK finals. It is a huge achievement to progress to this stage of the competition and Niamh should be incredibly proud to take up her place and compete at The Big Bang Fair in March'.

Going into its eleventh year in 2019, The Big Bang Fair continues to be a great source of STEM inspiration for young people, representing an amazing opportunity for young visitors, their teachers and parents to get hands-on with a wide range of activities, workshops and shows, and to engage in meaningful career conversations with professionals, all designed to bring classroom learning to life and inspire the next generation."

Niamh will be invited to attend the competition finals, which are taking place at The Big Bang Fair at Birmingham's NEC in March 2019. Here, they will vie for top prizes including the coveted title of UK Young Engineer and GSK UK Young Scientist of the Year.

**Messy Church** is for everyone and is really fun. You get to do games and crafts. Last time we decorated Christmas biscuits and we made kings' crowns with sparkly jewels on them. We then go into the church and sing songs and learn about God. When we go back into the hall we have a lovely lunch together.

By Emma and Isla Spiers.



## 10 Young People

### McLaren High School Duke of Edinburgh Fundraising Ceilidh

The annual DofE Ceilidh took place on Friday 9<sup>th</sup> November and was well attended by pupils who enjoyed a great night of ceilidh dancing, with the dance floor full all night. The evening made an amazing £1,438.50 for the group. Thanks to everyone who came along, to the DofE committee for organising, the parent volunteers who came along to help, The Ian Milligan Trio for ceilidh music and the S6 girls who stepped in at the last minute to provide interval music.



### Knitted Poppies for Remembrance Day

Along with Mrs Hair, the following pupils were all involved in creating Remembrance Poppies this year: Rebecca Barnes, Rebecca Craig, Megan Dunlop, Caitlin Harrison, Morven Jackson, Molly McCloskey, Roksana Ostrowska and Madison Stone. Mr Anderson from Technical cut a '100' board for us, which was then painted black around the sides. The red petals and black centres were knitted and sewn together to form poppies. They were then stapled onto the board to form our special 100 anniversary commemoration figure. The leftover poppies had safety pins attached to the back and were sold to raise funds for Poppy Scotland. All of the above pupils took turns to sell the poppies during registration. Our fundraising totalled £96.00. Our knitting and crochet group is growing in numbers and we would be happy to accept any spare yarn, needles or crochet hooks that need a new home. We are currently working on small gifts for Christmas. We hope to do some other charitable knitting or crochet in the future.

### McLaren's Support for Remembrance

Thank you and well done to Cameron McLay S6 who organised a Remembrance Ceremony on Friday afternoon (9<sup>th</sup> November) for all S5 and S6 pupils. Cameron hopes this has raised awareness of the meaning behind Remembrance Day. He thanked guest speaker Sean Scott for his time coming to speak to the pupils and Fiona Cantlay, Jack Mitchell, James Douglas and Ken Milligan for their musical input to the ceremony. Catriona Norman and Eoin Brennan then joined hundreds of other pipers throughout the country at 6am on 11<sup>th</sup> November to take part in Battle's Over - a Nation's Tribute to play Battle's O'er on the bagpipes in Ancaster Square, Callander



Then later in the day Angus Parsons and Natalie Klaes (Head Boy and Girl) gave the Bible readings in the church before the McLaren High School Pipe Band led the parade from Callander Kirk to Ancaster Square for the ceremony at the Cenotaph where Angus and Natalie laid a Poppy Wreath from the school.



### Our Silver Duke of Edinburgh Expedition



We had our Silver DofE expedition from the 5<sup>th</sup> - 7<sup>th</sup> October, starting a mile from Grantown-on-Spey and finishing at Rothiemurchus, near Inverdrue. We walked for 3 days and camped for 2 nights in the Cairngorms. We were very fortunate that the weather remained dry throughout the expedition and it was sunny during the day. My group particularly enjoyed reaching the camp and making our dinner after the long days of walking. We organised meals as a group, having chilli and rice on the first day and tortellini and sauce on the second. On the second day we camped by Loch Morlich and spent the evening by the loch which was nice. Some of the more difficult moments included persevering with our walking despite our tiredness, which we all just about managed to do. Also in the mornings it was bitterly cold outside and we had to carry on undeterred by our discomfort. Other than that we had a great expedition. I personally enjoyed myself and learned how to work as part of a team and get through hardships together. It was a lot of fun and I look forward to continuing with DofE next year.

*Hannah Brown S5*

### Outward Bound at Loch Eil 2018

The Outdoor Experience at Loch Eil Outward Bound Centre is an established event on our school calendar which pupils and staff look forward to every year. This year it took place from 26<sup>th</sup> - 30<sup>th</sup> November. Participating in outdoor activities and working as part of a team, whatever the weather, to undertake challenges has proved to be an invaluable and rewarding experience for all involved. It's a great way to build relationships with pupils and staff and we believe that everyone should experience life outside the classroom as an essential part of learning and personal development. I have always



been interested in outdoor activities and wanted to find a way to connect with the pupils on a different level. I feel that pupils become more independent, confident and resilient by being involved in outdoor activities, making significant developments personally and socially, and having a greater awareness of the environment and nature.

*Mark Richardson,  
McLaren staff at Loch Eil*

### Duke of York iDEA

Duke of York iDEA is a digital and enterprise version of The Duke of



Edinburgh Award in which participants complete a series of challenges to achieve an award at Bronze, Silver or Gold level. For every new skill and learning experience mastered, iDEA participants gain a digital badge worth a number of points. When sufficient points have been accumulated, participants are then awarded their Bronze, Silver or Gold Inspiring Digital Enterprise Award.

There are badges which can help you to be safe online and pick up tips and techniques on topics such as web design, cyber security, cloud computing, animation and how to use colours in digital creations.

Digital skills are all about developing the ability to tell a computer what to do, to make, to build, to get creative and to gain confidence. Enterprise skills set you up for success in the world of work. iDEA helps equip people to be digital workers, makers, entrepreneurs, gamers and citizens of the future.

Pupils across our BGE course have signed up for the Duke of York programme and have been working hard to gain their certificates. Catriona Manders, Freya Sherry and Aidan Cronin all exceeded expectations and have gained their Bronze Award al-

ready. All pupils involved have shared good practice and helped others finish modules that they have already completed. To achieve a Bronze Award pupils must have gained 250 points through completing the online modules that are worth approximately 10 points each. The modules are categorized into Citizen, Worker, Maker and Entrepreneur.



### Reindeer Trail Competition

Well done to Nina Harrison and Thomas Settington in S1 who were chosen to design a reindeer for The Reindeer Trail in Stirling. Pupils from schools across Stirling Council entered the competition and Nina and Thomas's designs were chosen as part of the final 20. The reindeer are displayed in shop windows across Stirling.



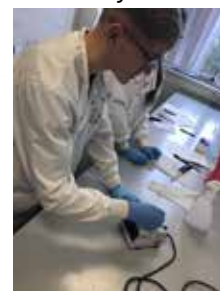
### Chemistry Competition

McLaren High School's team competed in the Royal Society of Chemistry's "Top of the Bench" competition on Thursday 22<sup>nd</sup> November. They did really well working as a team and were competing with other schools from across Stirling, Clackmannan & Falkirk.



### Forth Valley College PCR Higher Biology Trip

Higher Biology pupils attended a lab-based workshop at Forth Valley College to help further their understanding on the techniques involved in PCR (Polymerase Chain Reaction) and electrophoresis. These topics frequently come up in exams and so to be able to physically carry out the practical themselves and see what happens at each stage of the process was extremely beneficial to understanding the theory behind it. Students worked in an environment very different to the classroom and worked in full protective equipment such as lab coats, safety glasses and disposable gloves. They were also exposed to equipment we do not have available to us in school, which is great for those thinking of moving on to a lab-based environment whether that be a career in lab, or studying science further at college or university level.



Overall, this was an excellent opportunity to all involved and was much enjoyed by students and staff.

### S1 School of Discovery Trip

The S1 'School of Discovery' pupils visited Glasgow Science Centre on 22<sup>nd</sup> November to participate in a series of STEM and Space activities as their first Unit 'School of Space' drew to a close. The 17 pupils, who chose this option when moving into S1, visited the Planetarium for a tour of the stars and our solar system. They also watched the IMAX film about astronomy entitled 'Hidden Universe' as well as exploring the STEM exhibits in the Science hall.



## Glen Finglas- Mad, Sad or Saintly??

Winter in Glen Finglas and a nice big group of volunteers, all but one of whom had come a long way to help. Our task for the day was to clear vegetation between the car park and road to make cars more visible and deter potential vandalism. Why were people prepared to do unpaid sawing, lopping, dragging and loading on to the trailer? There were lots of answers!

Firstly, being out in the open air in a beautiful place and being able to help keep it beautiful. We all wanted to contribute to looking after the environment. Then, the exercise; everyone knew they would feel really good when they got home after the free workout. Much better than being at proper work or being trapped with a computer game at home. The staff of the Woodland Trust are another pull, even staff from head office



Lauren Stewart & Steve Roberts

come out to work with volunteers occasionally. Gwen the expert was there to support, guide and make us laugh. Lastly, other people. Nobody wanted to labour alone. From other people you get tips on the best volunteering activities in the National Park and which ones to avoid.

The team seemed to be involved in and know lots of

things. Did you know the water voles' first home was beside the M8 in Glasgow; some headed off to be nurtured in the South before coming to the Trossachs? The big information was about camper vans. Callander: there is nothing you can do about them; apparently they can stop anywhere. Effluent disposal is the big issue so, we probably gain nothing from the vans in The Meadows except a load of \*\*\*.

We were struggling to load brambles on the trailer when a volunteer, who had come some distance, shared that many people in his area enjoy places similar to Glen Finglas, but few are willing to be physically active to support and develop them.

The awards for the day. Sorry Fellas, the award for the most artistic dancing / stomping branches in the trailer goes to Gwen. The award for the most creative method of moving large quantities of brambles goes to the rake and branch transport team. Finally the award for being the most welcoming goes to the fantastic cake lady! Mad, sad or saintly? No; this was a time for shared laughter. When we asked for another winter 'playtime', Gwen said she would try to organise one.

*Gwen's Gang 13th December*

## Curlews in Crisis

The evocative calls of curlews have heralded the start of spring for generations but they are globally threatened.

The UK's breeding population is of international importance, estimated to represent more than 30 per cent of the west European population. However, the curlew is one of our most threatened birds and, since the 1990s, numbers have approximately halved; -59% in Scotland which has ~60% of the UK's breeding population. Poor breeding success has been linked to changes in land-use, as well as increased predation. Irene Tomankova of RSPB, speaker at our November SWT talk, added detail to those headlines.

Curlews are our largest wader, equivalent in weight to 1000 goldcrests! They winter along the coast but are primarily birds of extensively managed rough grasslands, moorlands and bogs. They start breeding at 3 years, lay 4 eggs with 30 days' incubation but



generally hatch only 2-3 chicks which take 4-5 weeks to fly. To maintain the population, each pair only needs to raise 0.5 chicks per

year but this is not being achieved. Although adult birds have a 90% survival rate, nest predation means only 5-10% of eggs/chicks survive their first year. Crow and fox density is higher here than in other European countries. It has been postulated that this may be linked to the increased food in the form of introduced non-native game birds, whose numbers have increased 9-fold from 1960-2010. Ironically, control of foxes and crows by gamekeepers managing moorlands for red grouse shooting may be important in maintaining breeding curlew population. In a Shropshire study, 9 of 12 eggs were predated; 1 by a crow, 1 by a badger and 7 by foxes. Therefore surveys of fox scat distribution taken over a 20km line in March, May and July are used to define a management plan for predator control.

Agricultural intensification of upland farmland and moorland (eg drainage and reseeding) and afforestation of moorlands are likely to have been important in causing past declines in breeding populations. Curlews prefer low density of vegetation and moderate rush cover, so management includes rush cutting, vegetation thinning and selective grazing. The RSPB has identified 5 sites for 5-year monitoring: Pennines, N Wales, Co Antrim, Scottish borders and Caithness. A new study will also look at the impact of insecticides in uplands and whether there are fewer insects or the wrong type or at the wrong time.

However, this is yet another example where individual species conservation must take into account the wider environment to balance potentially conflicting demands. Grouse moors, farming and increased forestry need careful planning controls to avoid further loss of important breeding grounds in addition to loss of other key habitats such as peat bogs and designated protected areas.

*Lesley Hawkins*



## Drumardoch Estate Management

Neill Cameron, speaker at our December SWT talk, gave an enthusiastic and comprehensive presentation on the aims and challenges of managing the local Drumardoch Estate which is a mix of agriculture, rough pasture, parkland and commercial & native woodland and important wildlife habitats. The primary aim has to be long-term business viability, which then supports increasing employment opportunities, producing quality food & products and protecting/enhancing the environment. Traditional elements of the business include cattle and sheep, commercial forestry and a sporting estate. This breaks down into 39% grazed & 17% un-grazed hillside with 23% commercial & 6% native forest. More recent diversifications include hydro-electric schemes and visitor management in the two car parking areas alongside the A84 at Loch Lubnaig. This has been a collaborative effort with the National Park to address increasing vandalism and litter, resulting in the provision of basic facilities and pitches for camping and motorhomes and the Cabin café providing estate-produced food.

The estate is home to priority species such as black grouse, red squirrels and pine martens while buzzards, red kites, kestrel, peregrine, goshawks and the increasingly rare hen harrier can be seen above the heathland. Leny Quarry is specially designated for its lime-loving plants (SSSI) and the river Teith for salmon & lampreys (SAC). Control of non-native invasive species, rhododendron and Japanese Knotweed, is ongoing. Habitats range from heather, heath and blanket bog at higher altitudes, through varied woodland to wet meadows at Little Leny. The HLF-funded Callander Landscape Project is providing funding to restore these historic meadows and improve access to the burial ground. In the meadow north of the cycle track, cattle will be managed to stabilise and improve the habitat of the riverbanks.

Under the Black Grouse project 100 acres of native woodland in 3 fenced locations have been planted, mainly with birch and willow using lower density at the edges for grouse habitat. Due to a reduced number of

sheep, heather is regenerating and coarse vegetation is being reduced by summer cattle grazing. More controversially, to protect this ground-nesting bird, predatory foxes and crows are controlled, but not ravens. Encouragingly, black grouse numbers are increasing slowly with 12 lekking males counted in spring 2018.

At lower altitudes dry stone dykes have been rebuilt and native hedges planted, traditionally laid and cut on only one side each year to retain fruit and berries. Four ponds have been rebuilt/restored along with wet peatland restoration. It was recently calculated that the Estate's peat and forestry sequestered 8,494t carbon dioxide annually and, combined with hydro-electric schemes, the estate is admirably CO2 negative.

Achieving the correct balance was described as 'challenging' and requires a long-term view of changing demands and external factors. He referred to the old farmer's saying 'Live as if you will die tomorrow but farm as if you will live forever'.

*Lesley Hawkins*

## Surveying Salmon Redds

In November, volunteers signed up to help survey salmon redds in the River Teith catchment area. A redd



*Liz Waller photo C. McGowan*

is a spawning nest built by female salmon using their tails to dig in a small area of gravel on the stream bed. This was run by Forth Rivers Trust as part of Callander's Landscape. Contact [Julie.Wilson@lochlomond-trossachs.org](mailto:Julie.Wilson@lochlomond-trossachs.org) to get involved next winter, it's a great escape from Xmas shopping!

## In Your Garden..

As Winter slowly turns into Spring everything gets a little livelier.

Planning and organising is the key to having a productive garden. Whatever you are growing, being prepared from the very start can decide the final days of the growing season.

A simple way to prepare is to have a plan of where everything will go, and when they need to be sown. Draw a simple layout of your garden beds. Label them 1,2,3,4,5 etc..... then on the back write down all the plants you are growing and what bed they are going to be in, and write when they need to be sown. You can use a very simple free tool to help plan your garden: [www.gardenfocused.co.uk](http://www.gardenfocused.co.uk), tells you the frost dates, when



to plant seeds and answers queries. You can also create your own growing calendar that you can print off.

Once you have finished planning, it is important to keep a record of when you planted everything, as it will help you next year. Include things like when they germinated, what height did they reach in 5 weeks, when did you plant out and did they get a disease, blight, carrot root fly, etc....

Remember to recycle as much as possible, whether it's making compost or saving toilet paper tubes to grow beans and peas in; small changes can make a big impact. Good luck In your garden this year.

*Aidan Cronin*

## *We're Going on a Mink Hunt*

*We're going on a mink hunt  
We're going on a mink hunt,  
We're going to find a footprint,  
It's cold and damp today.  
We're not afraid.*

Oh No,  
A Landrover; a huge steep Landrover.  
We can't go over it,  
We can't go under it,  
We've got to get in it.  
Grab, Heave,  
Pull, Gasp.

### *Chorus*

Oh No,  
A bog, a big smelly bog,  
We can't go over it,  
We can't go under it,  
We have to go through it.  
Squish, Squelch,  
Slip, Slide.

### *Chorus*

Oh No,  
Raft on river a dark, swirling river;  
We can't go over it,  
We can't go under it,  
We have to get into it.  
Slip, Slide  
Pull the raft

### *Chorus*

Oh No,  
Beached raft, wet and slimy tunnel raft.  
We can't look over it,  
We can't look under it,  
We have to look into it.  
No mink prints  
No mink smell,  
No mink.

We're going on a mink hunt,  
We're going to save a water vole,  
It's cold and wet today  
Many more rafts to search!!!

I am sure you know Ratty in the Wind in the Willows was not a rat but a water vole. If you didn't, you do now. There have already been articles about the success of the introduction of water voles into the National Park but they do need help to survive.

Never mind the stoats and weasels of the story, the really big problem is the mink that were introduced from the North America. Water voles, moorhens, ducks and fish are amongst many native animals killed by sharp toothed mink. Throughout Scotland there are programmes to find where there are mink and get rid of them.

Teams of volunteers from the National Park are surveying along colour coded routes regularly. There are 'mink rafts' floating in the water along rivers and streams where the habitat is suitable for mink, as well as 'ratty'. Inside the tunnel on the raft there is a bed of damp clay so if the curious animals climb on the raft and walk through the tunnel, they leave footprints in the clay. They would also leave their stink, as mink are renowned for their pong.

As we went round the 'green' route we first pulled the raft to the bank then lifted the lid to check the clay. As the weather has been so mixed over the past few weeks we found rafts overturned in the river which had lost their clay, as well as others dumped on the river bank by a flood. We checked the clay for footprints and replaced it if necessary. Then it always had to be smoothed before putting the lid back on and floating it back in position. None of the clay beds had the classic mink footprint pattern so that we could alert the trapping team. But what were those faint smudged toe prints????

*Mary Buckland*



(Left to right) the clay, launching the raft, raft in position

photos Mary Buckland

## **Super Moon Rising**



photo Keith Wilson

Full moons are often associated with insomnia and even insanity. That's where we get the term 'lunatic' from, but there is no clear evidence that the full moon really affects human behaviour. Around the world, different cultures have festivals celebrated on full moon days such as Holi in Rajasthan or Gamha Purnima in India.

Every month, we see a full moon when the Earth is between the Sun and the Moon and the side of the Moon facing us is fully lit. Two weeks after the full moon we have a new moon, when the moon lies between the Earth and the Sun and the side of the Moon facing us is in darkness. The far side of the Moon not seen from Earth will be fully lit at this time.

Our Moon moves around Earth in an oval orbit which means that its distance from us varies and when its closest approach coincides with a full moon, then we end up with a moon which can be 14% larger and 30% brighter than the dimmest/farthest full moon. This is known as a super moon and they are actually quite common (January, February and March this year have super moons).

On February 19<sup>th</sup>, weather permitting, we will see a super moon when it will be a close 356,846km away from us. Earth's oceans will feel the extra pull of this super moon, creating larger than usual tides (spring tides). It will be another eight years before a full moon is this close to us. The casual observer probably won't notice it being any different from a normal full moon - it certainly won't appear gigantic in the sky as some suggest.

The Moon can be an excellent guide to locating other objects in the sky. During the first three days of March the Moon will pass Saturn and Venus around 5.30-6.00am - a celestial spectacle in the south-east sky.

*Keith Wilson*



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### Walk in the Park



**W**alk in the Park is a friendly group of people who get together on a Tuesday morning to enjoy a short 45 minute stroll in or around Callander. At the beginning of the New Year we are often thinking how we can embrace a healthier lifestyle. Perhaps it could be as simple as getting out more for a walk. Walking is one of the best forms of exercise: it's completely free, does not need any special equipment (except comfortable shoes and a coat) and almost everyone can take part.

Walking with a group provides a safe and supportive environment for exercise in the beautiful countryside on our doorstep. We also enjoy a social time with the other members; there is an opportunity as we walk to catch up with old friends and make some new ones along the way. All our walks end with an opportunity for a cuppa, usually at the Deli Ecosse. Walkers pay for their own food, £2.75 for scone and tea or coffee although other costs may apply on the occasions that the group eats elsewhere.

Our walking routes are mostly on flat paths with good surfaces and are risk assessed prior to the walk. Supported by trained volunteer walk leaders, new members can start off at a slower pace or walk a shorter distance to build up confidence and stamina.

Along with the health walks, Walk in the Park runs a strength and balance programme. Weekly sessions combine strength and balance exercises with advice on walking to help older adults stay active and independent. Using very gentle exercises based on the Otago programme, we take part in exercises designed to help us to walk more confidently.

Walk in the Park welcomes new people to our walks and exercise sessions. If you are already a keen walker and would like to help other people enjoy a simple walk, then perhaps volunteering as a walk leader may be for you. Walk in the Park will be running a programme of Volunteer Walk Leader Training in the spring. This includes a First Aid Course, Friendly Walk Leading

and Strength and Balance Workshop.

Callander Walk in the Park walks and session times for the winter are: Tuesday Morning Walk, 10.20am, meeting at Ancaster Square Strength and Balance sessions, Tuesday afternoon from 2-3pm in the Fire Station.

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 [07852334272](tel:07852334272) / [01877 330055](tel:01877330055) or send an email to: [cathy.scott@lochlomond-trossachs.org](mailto:cathy.scott@lochlomond-trossachs.org)

### Cyber Safety Evening for Parents & Carers

**L**ast year the Parent Councils of both Callander Primary School and McLaren High School decided to host a Cyber Safety Evening – specifically for parents & carers. The objective was to provide parents with an up-to-date overview of the risks facing children in 'Cyberspace', but also to provide pointers to what we, as parents, can do to help mitigate these risks and keep our children as safe as possible. The format of the evening was to be informal, allowing for plenty of questions and discussions.

Unfortunately, the event (originally set for 27th November) was postponed due to a lack of response to the invitation and flyer which was communicated to parents using the schools' usual channels. However, we have since learnt that there was and indeed is a lot of interest in the event, but that not all parents had seen the flyer, or had simply not responded but had intended to come.

This is just to let everyone know that we will be rearranging the event and it will be advertised in the April / May edition of the BLV. The evening is strictly adults only, due to the nature of some of the hard-hitting material content.

*McLaren High School Parent Council  
Callander Primary Parent Council*

### Callander Cycle Group Meanders

**A**re you a cyclist? Or looking to return to cycling? Do you want some company on your bike and to discover new local routes? The Callander Cycle Group Meanders will be re-starting on Tuesday 19th February.

We meet in The Square for our weekly meander, which as the name suggests is a leisurely ride, usually between 8-12 miles. For our first ride back, we'll be doing the ride out to the Strathgryne cabins. We're so lucky to have this route on our doorstep with a great mid-ride coffee stop to boot. Please come and join us.

The meanders are led by qualified Cycle Ride Leaders and it's a safe and supportive environment so nobody gets left behind! We hope to see you on the 19th Feb 2019! Contact Colin or Maggie (details below) for more information or to get put on our email/messenger group alert lists. Don't have a bike?! That's no obstacle to us – we can organise one for you, so really, there is no excuse not to get on your bike in 2019.

*Colin Welsh (07963 736044)  
Maggie Magor (339074)*

### Diners wanted for Meal Makers!

**M**Meal Makers is a local neighbourhood food-sharing project that connects people who love cooking, and who are happy to share an extra portion of home cooked food, with an older neighbour who would really appreciate a freshly prepared meal and a friendly chat.

Do you know an older person who would appreciate a weekly home cooked meal?

Or would *you* appreciate a home cooked meal from someone who lives locally? Meal Makers is ideal at helping set you up with a volunteer cook who is happy to prepare a meal for you and come and have a chat too.



If you know an elderly person (55+ years) who could benefit from a home cooked meal and some company once a week then please complete a short referral form on <https://www.mealmakers.org.uk/Home/Contact> or you can alternatively call (please see below for phone details).

Meal Makers are particularly looking for diners in the local area. These include Callander, Doune, Dunblane, Kippen, Gargunnock and Stirling.

So how does the meal share work?

Our cooks would arrange a date and time with the diner to arrange their weekly meal share. Then they would plate up an extra portion of the meal they're making that night and deliver it to the diner to share.

What happens if I refer someone and you don't have a cook in the area?

We would contact you and notify you of this and add the diner to a waiting list. Once a suitable cook becomes available we'll contact them and arrange their first meal share.

Is there a fee for the service?

We charge a £5 per year membership fee which allows an unlimited amount of meal shares.

Can I refer someone over the phone?

Yes. Please call on **0800 783 7770** (9am - 4:30pm, Mon - Fri)

Thank you for your support

*The Meal Makers Team*

**0800 783 7770**

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

## Resolution Runs 2019

According to Professor Tom Robinson, research studies showed that moderate (walking) to intense (jogging, cycling) physical activity can significantly reduce your stroke risk by 20%. Importantly, activities should make you break into a sweat to qualify as physical activity.

The charity's Resolution Run campaign in Scotland is a series of 5K and 10K events (Dundee, Edinburgh and Glasgow.) Participants can choose one of the distances, improve their health, and reduce their risk of stroke whilst raising vital funds for the work of the Stroke Association in Scotland.

## What? Give up chocolate for February? Why?

This is a call out to all chocoholics, cocoa bean lovers and confectionary enthusiasts! A suggestion, a plea, an idea that will exercise willpower and strength whilst helping those in Scotland who are living with heart and circulatory disease.

Dechox! I'm asking the people of Scotland to forget the ordinary New Year detoxes, which attempt to banish all pleasure during the darkest months of the year, and instead just cut out one beloved item from your pantry throughout the month of February – chocolate and give the amount saved to the British Heart Foundation (BHF)

Each year, heart and circulatory diseases kill one in four people in the UK, 15,300 of which are from Scotland. Money raised by those brave enough to take on the challenge will go towards the British Heart Foundation's (BHF) life saving research into heart and circulatory diseases.

Last year, we saw over 18,000 chocolate lovers raise an astounding £1 million towards vital research, but with your help, we think we can raise even more in 2019.

We're all familiar with the struggle of saying no to the left over Celebrations sitting on the coffee table. But by standing up to heart and circulatory disease and saying NO to chocolate this February, we'll be one step closer to beating heartbreak forever! Sound like a battle you want to be a part of? Sign up here: [www.bhf.org.uk/dechox](http://www.bhf.org.uk/dechox)

*Adrian Adams*

DECHOX Warrior at the BHF

The charity has organised three runs across Scotland from 24<sup>th</sup> February – 10<sup>th</sup> March 2019. The events are open to all ages and abilities, and participants can walk, jog or run their way to the finish line. Entry fee is just £16. All runners receive a technical running t-shirt and medal.

## COOK'S CORNER

by Audrey Corrieri

### JEAN'S JAMAICAN RED PEA SOUP (Serves 4)

This soup looks and tastes very different from other soups. It's a traditional soup from Jamaica.

#### Ingredients:

- 1 ham bone
- 250g red kidney beans, drained
- 1 large tin of coconut milk
- 1 bunch of spring onions roughly chopped
- 1 handful of fresh thyme on stems

#### Method:

1. In a large pot, boil the ham bone in water which is covering the bone until the meat is soft and cooked. Place the bone on a plate and reserve the ham stock in a jug.
  2. Put the kidney beans in a pot with a pint of the ham stock, add the stems of thyme and the spring onions. Bring to the boil and simmer for 15 minutes.
  3. Meanwhile, remove the meat from the bone and add it to the pot with the kidney beans. Simmer for another 10 minutes.
  4. Remove the thyme stems from the soup and add the coconut milk. With a hand blender, liquidise the soup and bring it back to a simmer. Add more ham stock if required.
- Taste the soup before seasoning, as ham bones can be quite salty.

To enter or for more information on Resolution Runs in Scotland visit [www.resolutionrun.org.uk](http://www.resolutionrun.org.uk), email [resolution@stroke.org.uk](mailto:resolution@stroke.org.uk) or call 0300 330 0740. The money raised through your Resolution Run will help the Stroke Association to fund vital research and support people affected by stroke in Scotland.

*Angie Macleod*

## 18 Charities and clubs

### Callander and West Perthshire Rotary Club



Rotary

The club's winter programme of events started with filling shoeboxes. Every year Rotary clubs in the UK send Shoeboxes to families in Eastern Europe in time for Christmas. These are filled with gifts suitable for children and teenagers or household goods for the family. This year, with the help of a Facebook appeal and CCW and

Callander Co-op, we were able to send 60 boxes to Ukraine.

Next came our Coffee, Lunch and Crafts event as part of Winterfest. Despite the town not being busy there was a very good attendance and the 20 stalls did well. We were entertained by two sets from Shoogelele, the ukelele orchestra, whose excellent performance had the audience singing along. The day raised over £1000 which will go to Mary's Meals to help to provide meals in the school in Africa that we support. Finally for 2018, a busy day of bag packing at Callander Co-op on Hogmanay raised a few laughs and over £700 for local causes.

Our thanks go to everyone who has supported us throughout 2018.

*Derek House*



Despite all these achievements **HAS CALLANDER ROTARY CLUB REACHED ITS SELL-BY DATE?**

As this year's President, let me say immediately that I seriously hope not. And yet the Club is suffering from declining membership and is failing to recruit sufficient new members.

The community and local businesses are most generous in supporting our fundraising for good causes, and for that we are most grateful. Events such as our Games in the Square during Summerfest and our winter programme above show the success and popularity of our events.

However, if we lack the personnel we will be unable to continue as at present. You may ask, why should we care? There are many other charities all requiring money and other sources of funding. My answer would be that Rotary is in a unique position to support individuals or groups with small awards of money which might not be accessible elsewhere. For instance, we can respond to applications from youth groups who might require a small donation for a specific project, and in times of local emergency we can, and do, offer support. We sponsor two pupils from McLaren High School every year to go on a Rotary Young Leaders Course and we have sent pupils to Strasbourg to attend the European Parliament. We have donated to Start Up Stirling, the Citizens Advice Bureau and we sponsor an event at Summerfest.

At International level we contribute to the Rotary Purple for Polio project which aims to eradicate polio worldwide, and is within a hair's breadth of success. We have supported clean water projects in Africa and are partners in feeding school children in Liberia, through Mary's Meals.

We have links with the local schools and run a popular Primary Schools Quiz annually. We reach out to the local community to support our Charity Golf fundraiser in the summer.

If Rotary collapses, all this will be lost. At present we enjoy valuable help from Ladies Circle and Friends of Rotary. We could not operate as we do without them. I am therefore asking the community at large: do you still want us? If the answer is 'yes', will you consider helping us in our work, either by coming along to one of our meetings (held at Callander Golf Club on Tuesdays at 6.00 for 6.30 pm) and seeing what we do, or becoming a Friend of Rotary? Please do not think Rotary is exclusive, or simply a self-satisfied 'old-boys' club. We are anything but. For further information find us on Facebook or at [www.callander.rotary1010.org](http://www.callander.rotary1010.org) or contact me at [Petermireland@aol.com](mailto:Petermireland@aol.com) or to find more about membership please contact Jen Shearer on 01877 330446.

*Peter Ireland, President*

**VERSUS  
ARTHRITIS**

Arthritis severely impacts on people's independence, family and social lives, and ability to move without pain – contributing to an average 5-year reduction in quality of life.

Half of the people with arthritis in Scotland feel those without it do not understand what it's like to live with the condition.

Lack of public understanding of arthritis, which can strike at any age, is creating an "epidemic of isolation".

This new charity sets out the Versus Arthritis Action Plan as part of a nationwide campaign to create a better environment for the 10 million people with arthritis in the UK.

<https://www.versusarthritis.org>

### Callander and District Arthritis Club

Welcome back after the Christmas break.

On Tuesday 19th February at 7.30pm in the Kirk Hall we are running 'A Matter of Opinion', with four people giving us their views. Please think of interesting topics we can discuss.

On Tuesday 19th March, again at 7.30pm in the Kirk Hall, we will have a flower arranging class presented by Elaine MacIsaac.

Visitors are always welcome to our meetings, where there will be a raffle and refreshments.

*Fiona Snow, Secretary*



## Cancer Research



All of us at Cancer Research UK, Callander, would

like to thank everyone for their support during 2018. We have had a fantastic year, beating trends and raising much needed cash for Research into Cancer. In our two most recent campaigns we have raised the following cash donations in our shop:

- Stand up to Cancer (October/ November) £1819
- Kids' and Teens' Cancers (10<sup>th</sup> – 24th Dec) £650

Additionally, approximately £6,700 extra was raised via Gift Aid. We get an extra 25% from any UK taxpayer who signs up to be a gift aider, so if you are eligible please sign up. It really does make a difference.

If you are looking for something to do in the New Year, why not give volunteering a try? We always need help organising / sorting / pricing books, DVDs, CDs, clothes, bric à brac etc. as well as helping with lots of other general jobs in the shop. Call in and have a chat, try a taster session and see if it's for you. We would love to have you on board.

We wish everyone a Healthy and Happy 2019 and look forward to seeing you.

*Mary McDiarmid, Manager.*

## CHAS

Thank you to everyone who supported our Coffee Morning last November when we raised £921. The children of Doune Primary Gaelic Choir were a joy to listen to. Thank you to Mhairi McKay for bringing them. We also did very well at Callander Co-op and raised an additional £360.67. Thanks to the staff and shoppers for their support.  
[www.chas.org.uk](http://www.chas.org.uk)

*Fiona House, 01877 330103*

## Lodge Ben Ledi



This has been a very busy time of year for us. We started in early December with a children's party. Not only was it a fun filled afternoon with lots of food but we were lucky enough to persuade Santa to find a slot for us in his busy schedule. On the 10th December we went to Strathcarron Hospice to present them with a cheque for £2000 most of which came from our Sportman's Dinner. Finally on the 3rd January we held a dinner, with an entertainer, for residents of Callander, some of whom have had links with the Lodge in the past.



## Callander & West Perthshire U3A



After a short break over Christmas and New Year, our groups are all well underway.

Wondering who we are and what we do?

U3A is the University of the Third Age where we offer newly retired and semi-retired people opportunities to make new friends while following new interests or picking up old ones. There are over 30 groups which include Languages, History, Art, Current Affairs, Scottish Country Dancing and Table Tennis. Based in Callander we have over 300 members spread over all the surrounding villages. The current session runs from January to June and the membership fee is only £5 with the option of visiting two groups as a trial before you decide to join. To see the full list of our groups together with the timetable please visit our website 'Callander and West Perthshire U3A' and if you have any queries contact can be made via an e-mail to our Secretary direct from the website.

*Marguerite Kobs*

## Callander Heritage Society

At our November meeting Paul Bishop gave a talk entitled 'Local Scottish Water Wheels and Mills'. There were mills locally at Kilmahog, Killin, Braeval and Burn of Cambus. Paul told us how mills powered by horses or other animals were replaced by waterwheels which were stronger, cheaper (no feeding required) and did not need a rest. Estates owned the mills and the law forced people to use the landowner's designated mill and pay Thirlage. (Ed: Thirlage ensured that all the grain tenants produced was measured and taxed. The millers were obliged to enforce the thirlage laws, since their income was based on the portion of the tenants' grain that they were legally entitled to take for milling it). Thirlage ended in 1779 and people could choose which mill to use.

Our next two meetings are in the Masonic Hall, Callander on Wednesday, February 27th (speaker to be confirmed) and Wednesday March 13th when Matthew Knights will talk on Bronze Age Exhibits at the National Museum of Scotland. Door opens 7.00pm for a 7.30pm start.

*K. Millar*

## RNLI Savoury Supper

Trossachs Branch is holding our annual Savoury Supper at the Callander Hostel, Bridgend on Friday 1st March at 6.30pm for 7.00pm. In addition to a sumptuous buffet there will be a film show, speaker, raffle and souvenir stall. Tickets are available from the Honorary Secretary or any committee member. We will once again seek the generosity of individuals and retailers in providing foodstuffs for the buffet and prizes for the raffle.

*Dudley Robertson, Honorary Secretary, tel 01877 331429*





Sir Alex Douglas-Home & the owners at the quarry opening in 1965.

As early as 1955 research was carried out to find sand and gravel reserves that could supply the local and regional building and construction industry. One area identified was on the Cambusmore Estate, located to the south east of Callander.

Springbank Quarries Ltd were a local company owned by the Symington family and were already operating sites in the central Scotland area, including one at Doune which now forms part of the Doune Ponds area, before commencing quarrying on the Cambusmore Estate in the early 1960s.

Cambusmore quarry was officially

opened by Alex Douglas-Home, the local M.P and former Prime Minister (1963 to 1964) in 1965. The new production unit was one of the more modern plants of the time. The machinery provided an efficient system which washed, crushed and screened the raw materials from the excavation into the sizes required by construction companies at that time.

Sadly, the owner of the Springbank Quarries Ltd and his son both passed away and the decision was made to sell the company on to the Alexander Russell company, a Glasgow-based family-run business with many years of experience in the industry. They operated the quarry from 1984 until 2001. The RMC group purchased Alexander Russell PLC and operated until 2005 when they were purchased by the current owner, CEMEX.

The first production unit was located on the Stirling side of the Keltie Water and operated from 1965 until approximately 1984. The unit was moved to the Callander side of the Keltie Water where it still stands today,

although over the years it has had several upgrades. The first plant area is now a restored forestry area with walking routes.

The aggregates from Cambusmore have been used on some of the biggest construction projects in the central belt of Scotland, including the motorway networks, hospitals, sewage systems, Faslane Naval base and, more recently, the new Forth Valley Hospital at Larbert. At its peak, the demand for aggregates from Cambusmore Quarry was in excess of 500,000 tonnes per annum, although with the decline in building projects this tonnage has reduced to around 350,000 tonnes per annum.

### Quarry Operations

Prior to the commencement of any new quarrying operations, the quarry operator requires to gain approvals from the authorities, such as planning permission. In order to gain planning permission, the operator must design a quarry working and restoration scheme which will ensure the development does not cause any



The original processing plant in the 1960's



significant environmental effects. For example, workings are designed to be located outwith the functional flood plain to protect the habitat and species of water courses such as the River Teith.

CEMEX has recently completed the construction of a new crossing over the River Teith, for which planning permission was approved in 2016 (see the previous issue of BLV for photos). The new bridge was designed to be located outwith the floodplain. The bridge itself has cost in the region of £900,000 to build; and will link the existing quarry to workings located to the western side of the River Teith with a conveyor system.

Ground preparation works on the western side of the River Teith are underway. Soils have been stripped from the new area of extraction, and along the route of the temporary access road, and bunded around the new quarry area for future use during the restoration phase. The soil handling operations were undertaken prior to the winter period to protect the integrity of the soils. Once extraction commences, it will be transferred to the existing quarry processing plant via a conveyor belt over the new River Teith bridge crossing. Here it will be processed into various products by washing and screening and then stored prior to dispatch to the market. The water used for washing is fed through a system of settlement ponds and reused. The silt is then used for the restoration of the site.

The quarry has been a significant employer within the local area since the 1960's and currently supports 12 full time jobs, with many other businesses and jobs within the local and wider area supported through the operations, such as cleaning, haulage, fencing and the electrical, mechanical and building trades.

### Health and Safety

As a result of the nature of quarrying operations, quarries are home to many hazards such as silt ponds, deep water, uneven ground, excavation voids and the operation of large plant and equipment. CEMEX's overriding priority at all its sites is the health and



safety of its employees and contractors and of the general public.

The boundary of the quarry is clearly marked with fencing and signage and as a result of the dangers within quarries and in the interests of public safety, unauthorised access is strictly prohibited.

### Restoration

Restoration of the quarry is undertaken progressively as extraction operations progress through the mineral deposit. Cambusmore quarry is being restored to a mixture of mixed woodland wetland areas which already enhance the site's biodiversity and species rich grassland areas. Upon restoration, parts of the site will also be used for agricultural grazing. A restoration guarantee bond is also required to guarantee the restoration of the site.

A range of consultees, in particular the RSPB, are involved in the design and physical quarry restoration works. Quarry restoration provides excellent opportunities to create new habitats, such as wetlands, which can encourage new wildlife.

CEMEX also take a variety of steps to further enhance the biodiversity of its

sites, through for example the installation of nesting boxes for species such as bats, birds, pine marten etc.

### Future of the Quarry

Planning permission for the quarry currently requires all quarrying operations to cease and the entire site to be restored by December 2023. There are however potential opportunities to extend the quarry workings, which would prolong the life of the quarry for a number of years beyond the current December 2023 end date.

CEMEX is progressing a proposal to extend the quarry into an area located to the east of Keltie Water, known as Policy Park (area shown in red). It is envisaged that a planning application for this extension area will be submitted to Stirling Council in Spring 2019, with a separate planning application being submitted to the Loch Lomond and The Trossachs National Park Authority to extend the life of the quarry processing plant site until 2027.

*Donald, Christopher & Andrew  
(CEMEX)*



# What's on in February and March

## REGULAR MEETINGS

### Mondays:

- 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 Waverley Hotel (1st and 3rd Mon)
- Highland Dancing 4.00pm Kirk Hall (not 11th Feb, 11th March & 1st April)
- Cubs 6.15pm Primary School
- 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:

- Craigard Club 10.30am to 1.00pm Kirk Hall
- Walk in the Park 10.20 am (see schedule by date below)
- Callander Cycle Meander meet 10.00am Ancaster Square (contact 01877 339074)
- Strength and Balance exercise sessions 2.00pm Fire Station
- Army Cadet Force training 7.00pm Kirk Hall
- Badminton Club 7.30pm McLaren Leisure Centre

### Wednesdays:

- Callander Kids 9.30am Kirk Hall
- Citizens Advice Bureau 10.00am-12.30pm Callander Library
- Teapot Café 10.30am Kirk Hall Library
- Yoga 11.00-12.30pm Callander Golf Club
- ESOL classes (beginners) 3.00pm Burgh Chambers
- YES beginners 6.00pm intermediate/advanced 7.30pm McLaren Leisure Centre
- Bridge Club 6.50pm Old Bank
- Song Squad 7.15-9.15pm Fire Station

### Thursdays:

- Weekly drop in I.T. & ME 2.00-4.00pm Callander Library
- Scottish Country Dancing 7.00pm Masonic Hall
- Texas Hold 'Em Poker 7.30pm Waverley Hotel
- Kwik Cricket and Hardball 5.30-7.00pm McLaren Rugby pitch
- Callander Brass practice Training band 6.30pm, main band 7.30pm Primary School
- Family Yoga for age 8+ 4.30-5.30pm Callander Golf Club
- Family Yoga for age 5+ 5.30-6.30pm Callander Golf Club
- Yoga (adults) 8.00-9.30pm Callander Golf Club

### Fridays:

- Craigard Club 10.30am to 1.00pm Kirk Hall

### Saturdays :

- Trossachs Tigers Training 9.15 - 10.00am McLaren Leisure Centre

### Sundays :

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

## February

### Friday 1st

Opening of Fishing on the Teith:  
Parade from 9.15am from Ancaster Square

### • Ben Ledi View published

### Saturday 2nd

- Lodge Ben Ledi Burns Supper 7.30pm Masonic Hall

### Tuesday 5th

- Walk in the Park NCR7 at Strathyre meet 10.20am Ancaster Square (car share)

### Wednesday 6th

- Ramblers Stroll: Strathyre Forest (5miles) 9.30am contact [01877 384227](tel:01877384227)

### Thursday 7th

- Kirk Guild 2.00pm Kirk Hall

### Sunday 10th

- Film Society 'Hereditary' 7.30pm Callander Hostel

### Monday 11th

- Community Council meet 7.30pm Callander Hostel

### Tuesday 12th

- Walk in the Park Bridgend and Meadows meet 10.20am Ancaster Square
- SWT talk Duncan Orr-Ewing RSPB on 'Red Kites in Scotland' 7.30pm Kirk Hall

### Wednesday 13th

- Conservation Volunteer Day (Landscape Partnership) 10.00am on Craggs (phone Julie [01389727723](tel:01389727723) to book)

### Thursday 14th

- Thursday Club meets 2.00pm Kirk Hall

### Friday 15th

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

### Saturday 16th

- RamblersHill: Doughnot Hill(374m) 8.30am contact [01877 339080](tel:01877339080)

### Tuesday 19th

- Walk in the Park Black Park Forest walk meet 10.20am Ancaster Square (car share)
- Arthritis Club meeting 'Matter of Opinion' 7.30pm Kirk Hall

### Wednesday 20th

- Concert by Mike Vass 7.30pm St Andrews Church Hall (reserve tickets at [www.mikevass.com](http://www.mikevass.com) or phone Fiona on [331098](tel:331098))

### Thursday 21st

- Kirk Guild meets 2.00pm Kirk Hall

### Sunday 24th

- Target Sports Club Clay Pigeon Shoot 10.00am Callander (contact Bob Farquharson on [07721 744229](tel:07721744229))
- Conservation Volunteer Day (Landscape Partnership) 10.00am on Craggs (phone Julie [01389727723](tel:01389727723) to book)
- Film Society 'Film Stars Don't Die in Liverpool' 7.30pm Callander Hostel

### Tuesday 26th

- Walk in the Park NCR7 Kilmahog to Leny Falls meet 10.20am Ancaster Square (car share)

### Wednesday 27th

- Ramblers Ramble: A Loch Ard circuit (10miles) contact [01877 382803](tel:01877382803)
- Heritage Society talk speaker tba 7.00pm for 7.30pm Masonic Hall

### Thursday 28th

- Thursday Club meets 2.00pm Kirk Hall



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

## March

### Friday 1st

- RNLI Savoury Supper buffet and talk 6.30pm for 7.00pm Callander Hostel

### Saturday 2nd

- Ramblers Hill: Moncrieffe Hill (223m) contact [01786 823086](tel:01786823086)

### Tuesday 5th

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

### Thursday 7th

- Kirk Guild meets 2.00pm Kirk Hall

### Friday 8th

- **Ben Ledi View copy deadline**

### Monday 11th

- Callander Community Council meeting 7.30pm Callander Hostel

### Tuesday 12th

- Walk in the Park Golf Club Walk meet 10.20am Ancaster Square
- SWT talk Jonathan Lewis on 'Management of Healthy River Systems' 7.30pm Kirk Hall

### Wednesday 13th

- Ramblers Stroll: Denovan and Dales Wood (4 miles) contact [01786 825682](tel:01786825682)
- Heritage Society talk by Matthew Knights 'Bronze Age Exhibits at National Museum of Scotland' 7.00pm for 7.30pm Masonic Hall

### Thursday 14th

- Thursday Club meets 2.00pm Kirk Hall

### Friday 15th

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

### Sunday 17th

- Film Society 'Shoplifters' 7.30pm Callander Hostel

### Tuesday 19th

- Walk in the Park Loch Venachar meet 10.20am Ancaster Square (car share)
- Arthritis Club meeting Elaine MacIsaac Flower-arranging class 7.30pm Kirk Hall

### Wednesday 20th

- CAOS production 'Annie' 7.00pm doors open for 7.30pm show McLaren High

### Thursday 21st

- Kirk Guild meets 2.00pm Kirk Hall
- CAOS production 'Annie' 7.00pm doors open for 7.30pm show McLaren High

### Friday 22nd

- CAOS production 'Annie' 7.00pm doors open for 7.30pm show McLaren High

### Saturday 23rd

- Ramblers Ramble: Inverrossachs & Loch Drunkie (11 miles) contact [01877 382682](tel:01877382682)
- CAOS production 'Annie' 7.00pm doors open for 7.30pm show McLaren High

### Tuesday 26th

- Walk in the Park Doune Ponds meet 10.20am Ancaster Square (car share)

### Thursday 28th

- Thursday Club meets 2.00pm Kirk Hall

### Sunday 31st

- Target Sports Club clay pigeon shoot 10am contact [Bob Farquhar on 07721 744229](tel:07721744229)
- Film Society 'Sweet Country' 7.30pm Callander Hostel

## April

### Tuesday 2nd

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

### Wednesday 3rd

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

### Friday 5th

- **Ben Ledi View published**

## Non Executive Trustees Needed



### We need 2 new Trustees

The Ben Ledi View is a charity and as such has to be overseen by a number of trustees. At the moment all our trustees help

produce the BLV.

We need to have two members who are not involved with the magazine directly. This would help keep an independent eye on the magazine.

- As a non executive trustee your obligation would be to attend one meeting on a Tuesday evening once every two months
- To have an independent view of the magazine, to give feedback and help develop policy.

We would like you to be from Callander and to have an interest in what is happening in the town but you may not have been able to be involved as much as you would like with any of the other organisations in the town.

If you are interested, please contact us by emailing us at [blvconvenor@gmail.com](mailto:blvconvenor@gmail.com)

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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**

*The President is Missing* by Bill Clinton and James Patterson (Century 2018)

To illustrate the lure of this issue's book review title, I took the book home, left it on the kitchen table, where it was promptly scooped up by my thriller-loving husband. He devoured it in two days and then, in contrast to my 400-word ramble, gave me one word to sum up his view of the book (I won't tell you this one-word but it did give me a good idea of what was to come).

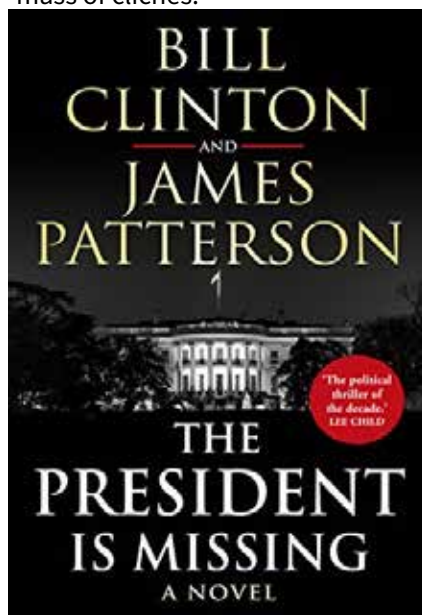
*The President is Missing* is the coming together of ex-US president Bill Clinton (this is his first novel) with James Patterson (one of the most prolific thriller writers of our generation). The book is written from the perspective of fictional US president Jonathan Duncan and is an action-packed thriller that takes place over a 48-hour period. A dangerous cyberattack is threatening to destroy America and destabilise world order. President Duncan has a weekend to essentially save the world.

What follows is an oddly-styled, slightly frenetic book, which despite its attempts to inject speed and drama into the narrative (for example, by unnecessarily using very short chapters) still managed to be quite underwhelming. There's the usual mix of western world goodies (Europe, Israel, America), the baddies trying to destroy them (Russia, Eastern Europe, the Middle-East), with a mix of assassins, secret service police and corrupt politicians.

The blurb reads that the world is in shock, but there's no sense of that.

There's actually no sense either that the President is missing, as he is present on almost every page of the book. There is a focus on a traitor within the President's small team but because we don't get under the skin of any of these characters particularly, it's hard to care.

I found myself imagining the writing process that Clinton and Patterson adopted. Apparently, the insider secrets of the former and the storytelling genius of the latter was to produce the political thriller of the decade. However, dare I say, that writing from the perspective of President Duncan seemed to be one of the main problems, as the book lacks a unique voice, whilst characterisation and plot are just a mass of clichés.



I'd argue that this book was written with 'movie-deal' at the forefront (and given the big-name authors, I'm sure that's already negotiated). Maybe it would work - a Bourne-style fast-moving forgettable thriller - great if that's your bag. I think I'll be giving it a miss though.

The next BLV book club review will be *Now We Shall Be Entirely Free* by Andrew Miller (Sceptre, 2018).

Maggie Magor

**Life's Defined Path**

During my school days, I struggled with English and thought I was incapable of sensibly putting two words together. Instead I pursued a career in Civil Engineering until retirement. I enjoyed my working life and wrote many reports during this time, but not a story was ever penned. I never dreamed of writing until my wife suggested we join a new Creative Writing group in Callander. I was nervous. Our first session started fine but then we had to write from a prompt suggested by the tutor, so I started planning and made a few notes. "Let's read out what we've done" the tutor smiled and looked for someone to start. I saw that everyone had written completed stories. I was gob-smacked. I assumed we would return the following week with our finished work. But no! Stories were read out, some good, some nearly good but all penned in a short time. Spontaneous, off the cuff, no planning. How could they do that? But they did and soon I threw off my writing shackles and found I was catching up. My stories improved and I enjoyed our get-togethers. I've learnt to just write and let ideas flow, weird but true, and I can now, sensibly, put words together.

I now see that children, at an impressionable age, are easily influenced. The three Rs are important but the three Es – Excite, Enthuse and Encourage are just as crucial.

My first novel – *The Fisherman's Daughter* – a tale of a feisty woman born near the turn of the twentieth century, journeying through the tempestuous times of her early years to 1918 – is now being published. This would not have happened without my wife Clare's encouragement and the influence of my fellow writers.

Those interested in reading this book can get a copy from the PO in Callander or let me know via Facebook (I.J.Workman). An Amazon e-book option is also available.

I.J.Workman



## Rusty Strings Christmas Concert

Christmas celebrations began for me on Saturday 1st December with the Rusty Strings concert at Callander Kirk. The Kirk was nearly full as the audience eagerly anticipated the happy evening ahead which promised a selection of beautiful music, highlighted by the voice of the special guest tenor, Jamie MacDougall.

We were not disappointed. Rusty Strings gave us a glorious concert, ably led by their director (or as she says – Boss) Jean Thewlis, who hosted the evening with a delightfully relaxed style and soon had us all chuckling! Ron Thewlis had arranged several of the pieces for strings and piano to suit the line-up of musicians, led by Joan Clarke. Much of the music was Christmas themed but also included pieces such as Palladio (Karl Jenkins), Rondeau (Henry Purcell), and Waltz No 2 (Dmitri Shostakovich). Jamie, in his own humorous style, entertained us with lively chat and beautifully performed Christmas music, along with songs from the shows and light opera. We were also entertained by Joan and Andrew (Jean's son and partner) who recited some poetry and threw us an interesting brain teaser!

After tea, coffee, home baking, and a raffle during the interval, the second half sped by and the evening finished all too soon. We all wished that the music could go into the wee small hours but of course it couldn't – however, what a wonderful start to the Christmas festivities!

*Marilyn Moore*

## CAOS and Callander Kirk Junior Choir



Once more it gives CAOS great pleasure to sponsor an edition of the Ben Ledi View. Like the magazine, we depend on, and have really appreciated, the support of the community over the past few years. Last year's show, *Oliver!* was a resounding success with packed audiences on the Friday night and Saturday matinee. That success has given us a strong base from which we will be able to continue staging top quality performances at affordable prices. This year we have continued our collaboration with Callander Kirk Junior Choir and have also recruited several new adult members. *Annie* is going to be another great show.

Our concert at the beginning of December was a great success and about 200 people packed the McLaren High School hall for a wonderful mix of show favourites and seasonal songs. Once again, CAOS was totally upstaged by the Callander Kirk Junior Choir. A special thanks to Linda Cantlay for preparing and leading us through the evening.

Show week itself is now only a few weeks away and, after a short break over Christmas and New Year, the cast are back to the hard work of learning lines, songs and dance. We are now rehearsing up to three times a week and, whilst it can also get a bit stressful at times, it is really great fun! As usual the show will be staged in the main hall at McLaren High School over three nights – Wednesday 20th to Friday 22nd March with a matinee on Saturday 23rd. For the evening performances, doors open at 7.00pm and the drama begins at 7.30pm. On the Saturday, the doors open at 2.30pm and the show begins at 3.00pm. As last year, seats will not be numbered so it might be wise to arrive early to ensure a good view!

Tickets for the show are £14, with a concession price of £11. For those aged 12 and under, tickets are £5. Please note the lower prices are not available for the Friday show. Tickets will be available from early February from various outlets around Callander or from Society members. There is still time to become a Patron of the Society and one of the benefits of this is reserved seating. For further details see our web site: [www.c-a-o-s.org.uk](http://www.c-a-o-s.org.uk)

Enjoy the show!



*Steve Murphy for the CAOS committee*



Rusty Strings, together with Jamie MacDougall, raised £1700 for the Cancer Unit at Larbert Hospital! Huge thanks must be given to: the very generous audience; the Winterfest team who dealt with teas and the raffle; friends and relatives of Rusty Strings who helped with tickets; entertainers Andrew Wilson and Joan Mitchell; the hard-working string players, and, of course, to Jamie MacDougall who freely gave his time and his considerable talents.

(Photo l to r: Ron Thewlis, Janet Shimidzu, Robert Vanhegan, Jean Thewlis, Jennifer Wilson and Eve Patterson)

### Callander Shops and Shopkeepers : in the 50s/60s



**A**s children we were only interested in shops which sold sweets & ice cream, or toys, but I will try to recall as many as I can.

Entering Callander from the Leny Road, first was Pinewood Hotel which was a popular watering hole for local young bucks. Archie Ferguson I believe was licensee, followed by Mrs McLellan/ Waugh who ran the hotel through the late 60s & 70s. I remember Mrs Waugh as being very welcoming and tolerant of young people, probably due to the fact she had two sons herself.

The Coppice Hotel, run by Bob & Nan Fothergill, had its own loyal following. Bob was ex RAF and sported a magnificent handlebar moustache, much loved by his contemporary ex servicemen. I believe he was a great raconteur but I never had the pleasure.

The Caledonian Hotel, I cannot remember who had the hotel in the 50s It changed hands several times in the 60s and eventual owners Tom &

Janette Brown ran it for several years before converting it to a care home.

Opposite the Caledonian was the Dreadnought Garage on the site where Tesco now stands. This garage was run by brothers Adam & Jock Campbell. The premises had originally been stabling for horses and storage for carriages, servicing the route from Callander Railway Station to Loch Katrine Pier.

The building now occupied by the Riverside Inn, was at that time Callander Main Post Office and manual telephone exchange. I got some stick from operators as a teenager, trying to arrange dates and getting more knockbacks. The upper floor of the same building housed the Caledonian Cinema or Picture House as referred to by locals. This was a great treat for us on a Friday night. If there was a U certificate showing, my mother would give my sister and me 1/3d each, 1/ for a front stalls ticket and only 3d for an ice lolly: we felt like millionaires.

We were warned to go straight there and return immediately after the film. On some occasions, if the film was particularly good, we would stay for the second showing, just for a little bit. Inevitably we lost track of time, only to

have mother storm in to remove us by the ears. This resulted in loss of privileges for a couple of weeks. Mother would then weaken, as I think she enjoyed her Friday evenings of peace and quiet.

Mr Smollett's Toys and Fancy Goods, in Station Road, on the site of the Physiotherapist. Mr Smollett was a small rotund red-faced man and always smiling. He had two distinct markets: local kids for toys and tourists for fancy goods and gifts. He always welcomed kids in to inspect new toys and play with them on the floor. He knew we had no money, but was shrewd enough to know a birthday would come around, and mother would be dragged into the shop. On occasions we would be fascinated to watch Mr Smollett go into full sales mode: he could put Arkwright to shame. He would display a range of gifts, before performing his party piece, of getting a tune out of plastic made in Hong Kong bagpipes. He must have sold hundreds of these.

This is stretching a bit and

I have not even started on Main Street yet!

To be continued.

### Fun Facts -

#### Paricutin - Mexico's 'young' volcano



**J**ust for a minute imagine this: you are out tending your fields, expecting nothing untoward to happen and things to continue as normal, and then a volcano starts popping out of it. Well, this is exactly what happened on one February day in 1943 in the state of Michoacán in Mexico.

To give some background to this, Mexico lies in a very active zone of volcanoes and earthquakes, which forms part of the Pacific Ring of Fire, and is covered by mountains across much of its central plateau. People choose to

live near volcanoes because, as in this case, the volcanic soil makes for very productive farmland.

In the weeks leading up to the volcano's appearance, near the village of Paricutin, which later gave the volcano its name, people could hear thundering noises, but thought nothing of it. Then, one day, farmer Dionisio Pulido saw a 47-metre (150 ft.) long crack as he was tending to his crops, which then swelled up to 6ft. in height and then, as he testified, he heard the sound 'of the ground shake'. His account goes further: "Immediately more smoke began to rise with a hiss or a

loud whistle, loud and continuous; and there was the smell of sulphur."

The formation of Paricutin then came at a price, as a team of oxen disappeared. Pulido then rode a horse to the nearby village to alert people there. Soon after, as the volcano grew further, the residents were forced to abandon their homes. The volcano continued to produce lava flows that travelled to the nearest town until June, and grew to an elevation of 2800 metres, with a height of 424 metres above the valley. It continued to be active over the coming years, but has now been dormant since 1952. Despite the loss of his livelihood, Dionisio Pulido didn't lose his sense of humour, and the last words in this column go to him: "This volcano is owned and operated by Pulido".

*Mario Creveceour*



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Once you start writing a column then it can take on a life of its own.

I have had letters, what's more I have been upbraided for my lack of thoroughness in dealing with Soapboxes in my earlier article (BLV 302). I have been, somewhat forcefully, reminded that a good old soapbox could also be used for many other household purposes. You could grow carrots in one, it would also be a good crib for a baby and, when the child got a bit bigger, the addition of skids or wheels could turn it into a magnificent downhill racer. Anyone else remember Soapbox Derbies?

There is also the Soapbox Guitar. I would love to start wondering if the soapbox could possibly have been the forerunner of the guitar, but the guitar came first by several hundred years. Now for a segue – or is it Segway? The first is from the Italian: a link to transport you from one place to another most generally used musically to seamlessly link two different pieces on a

theme. Whereas Segway is the trade name for a two-wheeled, gyroscopically balanced type of electric buggy to transport people from one place to another. Back to a proper segue, to a transport of delight.

Long ago, when I was young and even Noah was still in short trousers, the world seemed a bit simpler to comprehend. A world war had been won, we were helping Europe to reconstruct itself and we were also doing a fair bit of reconstruction ourselves. There was major



investment in the nation's infrastructure - the national health service was established, the coal mining industry and the railways were taken into public ownership.

Am I becoming just another grumpy old pensioner? Maybe, but for all sorts of great technological and medical advances, there have been backwards moves. When you take your pet to be 'Doctored' we all know that means a permanent removal of the ability to reproduce and regenerate. That's what 'Doctor' Beeching did to our rural railway services. It seems crazy that the Scottish Government and most public bodies have an agenda of reducing energy consumption and carbon footprints but are unable to regenerate an effective rural public transport system. Well done that they have managed to re-open part of the Waverley line in the Borders, but beyond Galashiels people are still protesting at the lack of a railway service. What would help this neck of the woods is a regenerated line between Dunblane and Crianlarich and on to Oban. This would be a great stimulus to the regional economy, encouraging local business and tourism and with the potential of reducing much of the heavy goods traffic on our roads. Just imagine – a world with fewer potholes! As well as the practical and economic benefits this could be one of the most beautiful train journeys in the world. There is joy in the landscape all around us, let's just make it more obtainable.

*The Old Grey Whistle Protester*

## Callander Community Council Meeting - 14th January 2019

The meeting started by allocating the various roles needed on the council to individual members. Business moved on to a request from the Round Table for financial assistance to enable them to run a Highland Games this year, apparently a very generous anonymous donation had given them heart that indeed they may be able to run the games. The Council were in favour in principle, subject to a proper formal application being received - decision deferred until next meeting. Callander Primary School Parent's Council applied for a grant of £3000 to build a fitness trail (cost £9000 to £10,000). As details were sparse, it was decided to ask a representative to attend the next meeting when a decision would be made. McLaren High School Pipe Band asked for a grant of £1450 to allow them to purchase matching pipe covers etc. to make them feel more like a band. It was agreed to pay the full amount.

Two members of the public were from the organisers of the Callander Jazz & Blues festival who were looking for support for this year's festival which, with the sad death of leading light Graham Oliphant, they wanted to make even better than previously in his memory. It was agreed to support the festival in principle and that the Treasurer would talk to the group and report back for the next meeting, where the request would be considered. It was decided to request that Stirling Council arrange to remove the Smart Board in Ancaster Square. The ongoing problems of traffic in Bridgend were then discussed. There was a feeling that this was just drifting, with Stirling Council not pushing on it. News that new lamp-posts were due to be installed during January/February was tempered with a warning that they may be utilitarian lamp-posts out of keeping with a conservation area. Agreed to approach the council for assurances on this. It was said that there was £60,000 available to improve the Camp Place Playpark and that Asset Transfer to the Development Trust was still being looked at. A discussion on the proposed Asset Transfer of Coilhallan woods then ensued, with again it being strongly emphasised by some councillors that it should not proceed without full consultation with the community. The Leny Falls project has hit an impasse with the National Park and Transport Scotland failing to agree on a road crossing. It was brought to the Council's notice the mess left in Ancaster Square after the recent tree work by Stirling Council workers.



**J MCPHAIL  
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Callander	Gartmore	Locheamhead	
Deanston	Killeam	Strathblane	

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

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## Spay or not to Spay?

**W**orld Spay Day is on 26th February 2019. The whole month of February is Spay/neuter awareness month. The aim is to highlight the importance of neutering your pet to help prevent unwanted litters of puppies and kittens, and to reduce certain risks to your pet's health.

### What is spaying?

Spaying is a method of sterilisation of female animals where we remove the uterus and ovaries. It involves a general anaesthetic and is a day procedure. In dogs we make a wound on their belly and in cats the wound is on their left side.

### Why should we spay?

Spaying your dog or cat is not just beneficial for population control, there are a lot of health benefits as well!

### Mammary Tumours:

Dogs are the species most frequently affected by mammary tumours or cancer, and are three times more likely to develop mammary tumours than women. Unspayed female dogs (or those spayed after 2 years old) have a 26% risk of developing mammary tumours.

It has been well documented that spaying your female dog before their first season reduces the risk of mammary tumours to 0.5%. Spaying after their first season reduces the risk to 8%.

Cats spayed before 6 months of age have 91% reduced chance of developing malignant mammary carcinoma (cancer) compared to unspayed cats.

### Pyometra:

This is an infection of the uterus (womb) that occurs due to hormonal changes in the female reproductive tract. It is a very serious and life-threatening condition which in most cases requires emergency surgery to remove the ovaries and uterus. At this stage this surgery is not just a simple spay. Your pet will be critically ill and

will most likely require intravenous fluid therapy and antibiotics, and possibly even overnight hospitalisation.

### When can I spay my dog or cat?

We recommend spaying your cat anytime from 4 ½ to 5 months old.

For dogs we can spay them from 5 months old before they have their first season, or if they have had a season already we spay them 12 weeks after the season. Discuss with your vet which time will be most suitable for your dog.

### What about my male dog or cat?

Neutering or castration is the procedure we carry out on male animals in which we remove both testicles so they cannot breed any more. This is very important for population control, particularly for outdoor male cats!

There are a number of health benefits to castrating your pet. Castrated dogs have reduced risk of prostatic disease and cancer compared to non-castrated males. Removing the testicles also removes the risk of testicular cancers.

There can be behavioural benefits to castration. For example, castrated males are less likely to roam, castrating male dogs can improve certain undesirable behaviours, and castrated male cats are much less likely to urine spray in the home.

To discuss spaying or neutering your pet, please call the practice or book in to speak to one of our vets.

Best wishes to all our 2 and 4 legged friends from all of us at

*Riverside Veterinary Clinic*



## Porthos Welcomes 2019!

Porthos is now about 11 months old and time is going by fast. The teenage months can be quite a challenge for a guide dog puppy and his walkers, and it is proving to be no different this time around.

He is growing bigger by the day, legs and paws everywhere, his tail wagging extending to his whole body, his energy boundless, his appetite enormous, his loyalty unquestionable, his antics hilarious. His first real moult left us feeling our way in a fog of black hairs and his wee trip to the vet for his big boy operation, far from being traumatic, was embraced as yet more fun- apparently he entertained the nurses for a whole day!

At the same time we are seeing him push boundaries, question our commands, make lots of mistakes and generally behave as though the world is his on a plate!

We are blessed in Callander with a wealth of wonderful places for a dog to run free, and Porthos certainly makes the most of it. As a guide dog puppy we are ever mindful of his ongoing training, so always start a free run with the command to sit and wait, walk away and practise a recall. He excels at this, his whole body quivering with anticipation while he waits. On the command 'come' a black and tan streak hurtles up to us, over shoots and then sits beautifully right behind! So we are refining this each day and teaching him to put the brakes on as he approaches, gently touch us, and then sit, which is exactly what a blind person would require when free running their guide dog. It is hard for a puppy to then wait for yet another command to 'go free' before setting off. He has learnt to leap as far as Ian in this last period and also found he can do an 180 degree turn in the air, which is so funny in such a big dog.

There are several other things we are working on as we head towards his more formal harness training, such as



'find the kerb' and avoiding distractions. However, we are confident that within our very special lad there is definitely great potential for success and this was echoed by a recent visit from our supervisor.

We are becoming as always, very fond of our handsome boy, and he returns this love several times over. He loves being close to Ian, though completely obliterates him now when he plonks down on top of him. He has respected and welcomed many human and four legged visitors to our home and generally endeared himself to all he meets. He continues to take everything in his stride, including fireworks, a lengthy hiphop performance at the Albert Halls, a beautiful Carol Service at the same venue and a trip to Holyrood Palace, just after Christmas. He was quite excited about a visit to a trampolining venue with our grandsons, but oh how he longed to bounce! Still very much a puppy, he has increased his cloth collection and now has two orange, one yellow and one green one. Did we ever think we would have a dog whose bed resembled a fruit bowl?! Maybe he will end up guiding a greengrocer!

Marilyn and Steve Willett



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### HOCKEY - TROSSACH TIGERS

Hockey players and coaches at Trossachs Tigers are eagerly anticipating their return to the pitch at McLaren after the Christmas break, following an action-packed first half of the season.

The Juniors section (P3-P7) have displayed their usual gusto for tag warm-ups, skills development and also building up game play under the capable leadership of Kiwi hockey whizz Grant East. As well as our traditional local derby with Stirling Wanderers, U10 and U12 teams were entered into a West District tourney (a first for TTHC), where they more than held their own against larger Glasgow clubs.

Seniors (S1-S6) continue to benefit from the expertise of local hockey legend Jim Frail. We have seen some quality hockey on a Saturday morning, culminating in a great run out against Stirling Wanderers during December. Our U14 team also tackled their first West District tourney and a number of the senior players are now enjoying additional competitive hockey following selection for the Stirling Wanderers squad - well done guys!

In another first for the club, Juniors and Seniors players benefitted from an inspirational training session with members of the Scotland Women's squad as part of Scottish Hockey's 'Super Series' - great fun had by all.

The term was rounded off on a festive note with a visit from Mrs Claus, who brought along her best gardening gnome to dish out the traditional selection packs. Further competitive outings are planned for both Juniors and Seniors in the coming term.

Friday night Social Hockey continues to grow in popularity - this is open to all aged 13+ and is a great option for adults



wanting to return to the game, or keen to try a new sport. As well as the regular Friday night social game, there have been mixed gender friendlies with Dunblane Duikers and home and away fixtures with Flashers from Glasgow and during the summer this year we will have at least 4 games to enjoy and some off-pitch fun too, with post-match pizzas and the odd visit to the Waverley.

Want to join in?

From absolute beginners to more experienced players, everyone is welcome

We'll be back on the astroturf at McLaren Leisure Centre from Friday 11th / Saturday 12th January.



Enjoy your first session for free. Club sticks are available to use.

Childrens Juniors / Childrens Seniors runs every Saturday morning during school term from 8.45am to 10.15am. £25 subs for Jan-May block.

Adult Social hockey is on Friday evenings from 7-8.30pm. Pay as you play, £5 a session.

Find us on Facebook at Trossachs Tigers Hockey Club or contact us via email at [trossachstigers@gmail.com](mailto:trossachstigers@gmail.com)  
Murray Parsons

### MCLAREN BADMINTON CLUB

**M**claren Badminton Club in Callander recently held its annual club competitions and the results were as follows:

#### Ladies Doubles

Winners – Jean Cowie and Natalie Underwood

Runners-up – Eleanor Hamilton and Debbie O'Hara

#### Mens Doubles

Winners – Roger Drapper and Denis Lee

Runners-up – Max Roy-Chowdhury and Oliver Underwood

#### Mixed Doubles

Winners – Fiona Tickner and Steve Neal

Runners-up – Natalie and Oliver Underwood

#### Ladies Singles

Winner – Natalie Underwood

Runner-up – Jean Cowie

#### Mens Singles

Winner - Denis Lee

Runner-Up Alastair Hughes



McLaren Badminton Club is a friendly club, meeting at 7.30pm every Tuesday in McLaren Leisure Centre, Callander and new players are always welcomed. Dust off your racquet and come along!

*Jean Cowie*





## FOOTBALL - CALLANDER THISTLE

In 2018 after a change in Management at the club, Callander Thistle had a strong finish to the year. In our last 6 games we won 4, drew 1 and lost 1 (against top of the league) and also narrowly lost out 2-1 in the ¼ final of the League Cup to East Kilbride. On 17th November, we qualified for the last 16 of the East of Scotland cup. The next round for this tournament will be played on 19th January 2019.

In 2019 our big aim is to introduce Youth Football teams to Callander Thistle. We will be working in partnership with McLaren Leisure, Active Stirling and the Scottish Football Association. On Wednesday 30th January, we shall be holding a meeting for parents and players of children born in either 2010, 2011 or 2012 with the intent to create football teams at each age group and in the next edition of the BLV we look forward to reporting on our progress.

If anyone is interested in either playing for, coaching or supporting the running of Callander Thistle, either within its amateur team or the full club, please get in touch by emailing: [callanderthistleafc@gmail.com](mailto:callanderthistleafc@gmail.com) or find us on Facebook.

To get up to date information on the club please visit our Website – [www.clubwebsite.co.uk/callanderthistle](http://www.clubwebsite.co.uk/callanderthistle).



*David McLean*

## CALLANDER TARGET SPORTS CLUB

It has been a very trying time for our club committee, especially with the requirement to either replace our club roof or close the club. However, thanks to some very generous sponsors and great efforts by our members we managed to totally complete the necessary work in replacing the faulty roof.

Now that we have completed the outside work, we are now determined to upgrade the inside and have begun replacing our lighting system with LED lights thus reducing our carbon footprint. We will also install some new additional CCTV cameras.

This work is now paying dividends as we have secured extra training hires from the British Shooting Schools and the Scottish National and Commonwealth shooting squads. We currently have two 4 day hires for January, one 3 day hire in February and several more throughout the year. This in effect brings shooters from all over Britain staying in hotel or bed and breakfast establishments in Callander, together with dining in some of our local eateries.

The club has now become so popular with new members from surrounding areas, together with numerous local youths, both male and female, that the club is now open five nights per week. To this end we are now running new coaching courses for some of our established members. This will result in more members being fully qualified, both to work with children, and to pass on their experience to our new and younger members.



**Cumbria** Long Range Benchrest after 4 rounds:

In the Individual Leagues: Colin Tawse and John Gardiner lead their respective leagues.

**Perthshire** Short Range Benchrest:

A total of 11 members are shooting this discipline, with Jonathan Morton in first position in Div 5.

**Perthshire** Prone results after 6 rounds:

Division 1: The "A" team are in equal 1st place with Dunfermline "A", but ahead in gun score.

Division 4: The "B" team lie in a close 2nd place behind Sands

Division 6: Our Junior team lie in 5th place, but are coming on in leaps and bounds.

In the Individual Leagues: Gordon Motion, Hamish Rae, Jonathan Richards, Colin Tawse and Alasdair Buchanan-Winch all lead their respective leagues.

For further club details, contact our secretary Bob Farquhar [07721-744229](tel:07721-744229).

*John Russell*

### MACLAREN LEISURE CENTRE

#### Climbing Wall

By the time you read this, we hope that the refurbishment of our climbing wall will either be complete or nearing completion. We received nearly £8k from Stirling Council's Your Place, Your Priorities fund in 2018 to go towards the refurbishment and have used our own funds to complete the project.

We also ran a competition on social media in December to come up with a new name for the wall and are delighted to announce that the winning entry is... Uamh Bheag! The name means "little cave" and is also a local Graham (a mountain between 2000-2500 feet high). Congratulations to Phil Lee who came up with the name and has won a year's worth of free climbing. Thank you to all those who entered.

We are developing a joint induction process for our climbing wall with The Peak, so that climbers using both walls will follow a standardised procedure. We look forward to welcoming you all to Uamh Bheag to try it out!

#### Sensory Equipment

Thanks to our Golf Day and other fundraising during 2018 we have been able to purchase some new sensory equipment for our Woodland Kingdom soft play.

The SENSE Mini system creates colourful, engaging floor projections which respond and interact to body movement. The SENSE Mini creates a complete sensory zone by allowing even those with limited movement to alter many aspects of their immediate environment.



SENse Mini

**McLaren Leisure**

Swimming pool  
Soft play  
Fitness suite/Gym  
Fitness classes  
Birthday parties  
Cafe  
Climbing wall  
Kids' sport & swim classes  
Indoor & outdoor courts  
School holiday activities

01877 330 000

www.mclarenleisure.co.uk Mollands Road, Callander, FK17 8JP

We will be trialling some monthly SENSE Mini and autism-friendly sessions, so please get in touch if you are interested in these or look out for more information on our website and social media.

We now have a MyDonate page set up and hope to add more sensory equipment during 2019. <https://mydonate.bt.com/charities/mclarenleisure>

#### Kids' Camps

We will be running our popular kids' camps again during the February (11th-15th) and April (1st-12th) school holidays, so make sure you book early to secure a space. Details will be available on our website or from reception.

#### Training

We would like to congratulate Stephanie Boyd, Michael Douglas, Jamie Nixon and Grant Craig for passing their Level 2 Fitness Instructor qualifications - they are looking forward to putting you through your paces in the fitness classes

#### New Fitness Classes

After listening to feedback from members and centre users, we are pleased to bring you some new classes in 2019, Box FIT and Step FIT. Due to popular demand, we are also offering two extra Cycle FIT classes per week at 7pm on a Monday and 8pm on a Thursday. This is in addition to the existing classes at 8pm on a Monday and 7pm on a Thursday. Our weekly timetable is:

Mon	Active Life	09:30-10:30
	HIIT Circuits	19:00-19:45
	Cycle FIT	19:00-20:00
	Cycle FIT	20:00-21:00
Tues	Box FIT	19:00-20:00
	Hatha Yoga	19:30-21:00
Wed	Aqua Therapy	09:00-10:00
	Body Blitz	19:00-20:00
Thurs	Active Life	10:00-11:00
	Cycle FIT	19:00-20:00
	Step FIT	19:00-20:00
	Cycle FIT	20:00-21:00

#### Transition Stirling

We hosted a series of Transition Stirling workshops during the Autumn/Winter last year on sewing, furniture upcycling and a repair café. We received positive feedback and hope to host some more in 2019, Stirling's Share and Repair project was awarded a grant of £299,786 from the Government's Climate Challenge Fund (CCF) to help the local community reduce the amount of waste sent to landfill, through initiatives such as a tool library, repair cafe events, and a variety of educational workshops. <https://www.transitionstirling.org.uk/>





## MACLAREN LEISURE CENTRE

### Grant Fund Applications

McLaren Leisure has put in another application to the CCF for the 20/20 Vision Project, covering upgrades to our building, such as LED lighting, and community initiatives, including assisting other community building managers and hiring out ebikes. We applied to Transport Scotland's ebike Grant Fund for 5 ebikes and are waiting to hear the outcome from both grant panels, which should be by the end of February.

### Yoga workshops

Winter Warming Yoga with Julia Osfield will be held on 23rd February and we hope to bring you further workshops later in the year. Keep an eye on our website and social media for more details.

## CALLANDER GOLF CLUB – RIPPLE RETREAT

Callander Golf Club junior captain Liam and his younger brother Aiden present a cheque of £1,000 to Lynne at The Ripple Retreat, Loch Venachar.

The money was raised by the Junior Section's annual Prize Draw. Callander Golf Juniors fund-raise throughout the year. Their next fundraising event will be the Family Fun Day at Callander Golf Club on 27th April, where children of all ages are welcome to come along and join in the fun. Look out for further details.

*Johnny Gold*



## ArtRoots funding of up to £5000 available to community groups across the National Cycle Network in Scotland

Community groups across Scotland are being given the opportunity to apply for up to £5,000 in funding towards artistic and visual improvements to their local National Cycle Network routes. The ArtRoots fund, funded by Transport Scotland and delivered by Sustrans Scotland, seeks to empower communities in creating and implementing improvements to make journeys on the National Cycle Network more attractive and enjoyable. The fund supports local enterprise and culture, and aims to encourage community groups to participate in shaping their local environment and increase their levels of physical activity. "The National Cycle Network provides an opportunity to showcase the very best communities have to offer, and residents should exploit this to the full. Sustrans Scotland are able to offer lots of ideas and suggestions about actions for those interested in making the

most of this amazing facility through the ArtRoots fund."

Community groups throughout Scotland who would like to benefit from funding of up to £5000 are encouraged to submit an online expression of interest form through the Sustrans website, where more details and guidelines for applications are also available.

If you have any questions about the fund, please get in touch with Cosmo Blake at [cosmo.blake@sustrans.org.uk](mailto:cosmo.blake@sustrans.org.uk). Here is an example of what can be done - is anyone interested in doing even better?



## Changing Life Through Sport

Stirling Councillors are implementing research that shows how physical activity can combat isolation, mental health problems, crime reduction and unemployment among many other areas. The new strategy was developed by a partnership group involving a number of organisations. These include: Active Stirling, Club Sport Stirling, Forth Environment Link, Forth Valley College, McLaren Community Leisure Centre, NHS Forth Valley, Scottish Disability Sport, Loch Lomond and the Trossachs National Park, sportscotland, University of Stirling, and Plus Forth Valley, which are coming together to encourage people to participate in sports of all kinds and through this become fitter and healthier

## Fishing Season

Salmon season prices remain the same as last year, with the 1st week being free, although you still need to get a day permit, though at no cost! Available now in store.

*Roger Drapper*



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

**Local Council Office & Registrar:**  
**01877 33004**  
**Social Work: 01786 471177**  
**Post Office: 01877 330267**  
**Stirling Council: 01786 404040**

#### Doctors' Surgeries

- Drs Scott & Strang: 01877 331001
- Drs Mathewson & Gibson: 01877 331000
- Health Clinic: 01877 330150
- NHS 24 111 or [www.nhs24.scot](http://www.nhs24.scot)
- Health Information You Can Trust
- [www.nhsinform.scot](http://www.nhsinform.scot)

#### Vets

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

#### Schools

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

#### Travel

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

#### Bin Collections

##### FEBRUARY

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

##### MARCH

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

##### APRIL

**No information available at present**

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

#### Lagrannoch WRC Opening times

- Monday - Friday 5.00pm to 8.00pm
- Saturday 10.00am-2.00pm
- Sunday closed
- Lagrannoch depot 01877 330492
- Also for sandbags and grit
- Stirling Council Main number 08452 777000 (Functions as emergency number from 5.00pm to 9.00am and over weekends. Also use for non collection of wheelie bins.)

#### Recreation

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

#### Floods & Environment

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

#### Location of defibrillators

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



#### Callander Kirk

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

#### Sunday services

**All February, March and 7th April**

10.00am Early Service

**Morning Service at 11.15am**

Every Sunday except 24th Feb (All-Age Service) and 3rd March (Communion Service).

Informal Communion follows Morning Service on 17th Feb and 17th March

**Every Sunday**

8.00pm Time for Silence

**First Sunday of every month**

Trossachs monthly service

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



#### Weekly Services:

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

**Prayer Time** Monday 8.00pm

**Callander Home Group** Wednesday 7.30pm

**Doune Home Group** Tuesday 8.00pm

Everyone is welcome to these services

For venue details for our weekday services please contact

**Pastor Brian Gooding** tel 331845  
[brian.gooding@stirlingbaptist.co.uk](mailto:brian.gooding@stirlingbaptist.co.uk)

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

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

#### BLV Deadlines

The next issue of the *Ben Ledi View* will be published on **Friday 5th April 2019.**

#### Advertisements copy & artwork

Please send all advertisement copy for the April-May issue to our Advertising Co-ordinator Isla Routledge at **[advertising@benlediview.co.uk](mailto:advertising@benlediview.co.uk)** by **Friday 8th March 2019.**

Full details of sizes for advertisement and artwork specifications are at [www.benlediview.co.uk](http://www.benlediview.co.uk) under the **Advertise** tab. Please call or email for advice if in doubt.

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

#### Editorial copy

All editorial contributions for the April/May issue should be emailed to **[editor@benlediview.co.uk](mailto:editor@benlediview.co.uk)** or handed in to the Callander Library by **Friday 8th March 2019.**

Items received after the deadline may be held over to the June/July 2019 edition



#### St Joseph's

*Catholic Church  
 Glen Artney Road, Callander*

#### Weekly Masses

Monday, Thursday, Saturday Mass,  
 10.00am Callander

Tuesday, Friday Mass, 10.00am Doune

Wednesday *Eucharist Service* 10.00am Callander

Sunday 11.30am Callander

tel 330702

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

**Come along to your Councillor's surgery – no appointment needed .... all welcome.**



## LOCAL SURGERIES

### WARD 1–TROSSACHS AND TEITH



Councillor Tweed



Councillor Earl



Councillor McDonald

#### 2019

One of these Councillors will be available on the following dates this year in the Callander Youth Project. If you have any issues to bring up relating to Stirling Council then this is your opportunity to bring them up with one of your representatives.

Each Surgery is followed at 7.30pm by a meeting of the Callander Community Council,

Date	Time	Venue
11th February	7.00pm	CYP
11th March	7.00pm	CYP
8th April	7.00pm	CYP
13th May	7.00pm	CYP
10th June	7.00pm	CYP
8th July	7.00pm	CYP
12th August	7.00pm	CYP
9th September	7.00pm	CYP
14th October	7.00pm	CYP
11th November	7.00pm	CYP
9th December	7.00pm	CYP

#### MAIN SERVICES PROVIDED BY STIRLING COUNCIL...

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Playgrounds  
Libraries  
Economic Development  
Cleansing  
Recycling  
Register of Births, Marriages & Deaths

#### For information contact

Councillor Tweed on 01786 233101 [tweede@stirling.gov.uk](mailto:tweede@stirling.gov.uk)

Councillor McDonald on 01786 233117 [mcdonaldjr@stirling.gov.uk](mailto:mcdonaldjr@stirling.gov.uk)

Councillor Earl on 01786 233114 [earlm@stirling.gov.uk](mailto:earlm@stirling.gov.uk)

Or by writing to them at Stirling Council, Viewforth, Stirling, FK8 2ET

#### Crossword

Unfortunately due to Christmas and New Year there will be no Crossword this issue.

This is the answer to the last issue's crossword No. 140 the winner was Nick Down,



#### Citizen of the Year

The Community Council are looking for nominations for the Citizen of the Year award.

If you believe there is someone who either lives, works or is involved in other ways in the Community of Callander that deserves this award then please forward your nomination to the Community Council at MNV office, Stirling Road, Callander. FK17 8DW or email to [rcjohnson9@aol.com](mailto:rcjohnson9@aol.com).



## 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.*

### ANNIE WALKER

**A**NNIE WALKER of 43 Lagrannoch Drive, Callander, passed away at home on Tuesday 20th November 2018.

Her family would like to say a sincere thank you to all the people who were so kind to Annie and her immediate family, both before she was ill and during her time requiring care.

These people include:  
Liz at Mackay's Hair Studio, and the Morgan Taxi firm  
The Doctors and Reception staff at Leny Practice  
The District Nurses and the Health Centre Pharmacy  
And a very special thank you to the Mears Carers

We would also like to thank:  
The Minister of Callander Kirk,  
Rev. Jeffrey McCormick and Ross Anderson and Pat Martin of Andrew Anderson & Sons.

### PETER MACPHERSON

**B**etty and Sheila wish to thank all relatives and friends for remembering Peter MacPherson at his funeral service in Callander Kirk on Monday 19th November.

Our special thanks to the staff in Ashwood Nursing Home, Callander, for their wonderful care of Peter over the last few years and to the doctors of the Leny Practice, Callander Medical Practice.

Many thanks, too, to the Rev Jeff McCormick for his comforting service and tribute to Peter, and to George Currid of Somers and Currid for his support and attention to detail.

Donations to Alzheimer Scotland amounted to £334.10.

*Betty Miller*

### GRACE FINDLAY

November 1925 – November 2018



**G**race moved to Callander in her mid-sixties from Easter Tarr farm near Thornhill, following the death of her husband Jock. She took to small town life very quickly and within a short time had joined various clubs which reflected her interests.

First of these was the Horticultural Society. Her beautiful little garden at Waterside Cottage was entered in the Best Cottage Garden contest most years, tourists regularly asked if they could come in to take photos and hanging baskets adorned the walls out to the street. Grace was thrilled when the Frerichs Memorial Garden was created just outside her gate and on occasion helped the council with a spot of maintenance there!

Her second passion was walking, always accompanied by her beloved dogs. Favourite routes included down the river, round the Meadows and along the Lower Craggs. In addition, Grace was a keen member of the Rambling Club, frequently impressing her less sporty daughters with tales of eight to ten-mile hikes. "You don't notice the distance when you've got good company", she used to say.

When it came to more indoor pursuits, the Heritage Society was her choice because history, especially local history, had fascinated her ever since her school days. She was exactly the right sort of person to appreciate the historic background of her little cottage by the river.

All in all, Grace was an enthusiastic "Callanderite", eagerly supporting as many aspects of town life as she could, including delivering the Ben Ledi View for as long as she was able. In later years she was much helped by Liz Black, her "fourth daughter", and by her neighbour Mrs Georgie Rhymer. When poor health forced her to leave her home and move into care near Dingwall, she would often reminisce on her happy days in Callander.

She will be sadly missed by her three daughters: Nessa in the Highlands, Hilda in Germany and Grace in Texas, as well as her three grandchildren Lewis, Leonie and Tommy.

*Hilda Findlay*

### GRAHAM OLIPHANT

**W**e are very saddened to hear of the recent death of Graham. Graham was for 13 years the driving force behind the very successful Callander Jazz and Blues festival which has brought many bands to perform in the town. This has encouraged many people, not just from Callander, but from all over the world to visit Callander



Graham was a drummer who had played in a variety of jazz bands over the years. Friends say that this year's Festival has to be as successful as in previous years as a tribute to the memory of Graham

## Terry and June Brown

Celebrate their 50th wedding anniversary in March. They came to Callander for their honeymoon from England and stayed in the Bridgend House Hotel. After their wedding they drove from England, arriving late at night where there was a Ceilidh in full swing. The hotel boasted its own Steak House and a charming 17th century olde worlde house standing in its own grounds, excellent Scottish cooking, home baking and using own garden produce. A large comprehensive steak house menu at reasonable prices and meals were served until 10.30pm. A log fire creating a homely atmosphere. At the time when Callander was known as Tannochbrae in the familiar TV programme Dr Findlay's Casebook, Bridgend House Hotel was advertising and it looked like a lovely honeymoon venue! They still have the brochure and the bill, which was for £12 each for the week. Little did they know that some years later they would be living in Callander.



Dear Editor BLV,

## Some Personal Thoughts on Our Woodland.

Some 5 years ago, just before Christmas during a particularly violent storm we were huddled up in bed, electricity having failed, quaking

gently. The first tree to come onto our property was a large beech which had been trying to root into the bedrock. It missed the house, ending up in the garden. The second tree did not. It came to visit us right into the bedroom via the ceiling. A large oak, it had been bothersome in the past, twice having dropped substantial boughs into our garden, the second having missed me by a twig and just grazing the gable end. On both these occasions a phone call to the Forestry Commission (FC) and the mess was cleared up. Another time, same tree, a long overhanging branch was removed by the F.C. We were assured that the woods were inspected regularly for any "dodgy looking" trees. Anyway this time the old oak finally got us.

Out of our home for nigh on 6 months we learnt lots of new terms like insurance claims, loss adjusters, 'work will begin soon' and 'we'll ring you back later', the true meaning of the latter being the opposite of what is said. However, despite all this we survived intact. Developed a new outlook on life. Found out who our true friends were, getting wonderful support from a local churchman and our medical practice plus the lovely lady who provided our 'digs'.

What concerns us now is this proposed take-over of these woods adjoining us. A number of worries immediately come to mind :-

- 1 Who will check out these trees with a professional background and how often?
- 2 Who will we telephone should a problem arise ie a tree falls or looks as if it is about to?
- 3 Using volunteers for the easier / safer tasks like undergrowth clearing is fair enough but who will scale the bigger tree to remove a rotting limb. Tree surgeon fees are very substantial .
- 4 Volunteers are always plentiful at the start of something new but can vanish like the early morning mist

after a short while as enthusiasm wanes.

Even as I write this I can see some trees that will require work or help. There is a very tall birch probably coming to the end of its days that I am sure has a list on it that is increasing, not that the red squirrels seem to notice or mind. A large common ash and the fairly substantial saplings it gave birth to are clustered around it, trying hard to grow in a boggy bit of ground. Still, if they come down before ash die-back gets to them maybe they will only take out the garage along with the car.

As to cycle tracks, I hope they will be sited well away from us woodside dwellers so we may enjoy our gardens and the wildlife in peace and not be disturbed by the noise from legions of lycra clad lemmings whose only real concern about the environment is the next tree-stump in their path, they being governed by the computer strapped to their wrists and the timing shown thereon.

Hope these remarks will give rise to some serious thinking and discussion before action is commenced in earnest. Do we really need to purchase these woods and should the F.C. not be encouraged or made to look after them more assiduously?

*Dave and Annette Cooper.*

## Planning next year's Christmas Decorations

Owing to cancelled trains, I found myself with time on my hands in December to explore Dunblane. How lovely I thought it was looking under its festive lights. I wonder if Callander could out-compete it next year and put on an even more dazzling display?

A sparkling winter entrance to the Highlands for all our Winterfest visitors. Who's up for it?

*Carol McGowan*



## J.D DRUMMOND & SON

Building Contractors  
For All Your Building Needs  
Estimates & Advice Free

Contact Cameron

01877 330732 or  
07811869212

To advertise in the Ben Ledi View

contact our  
Advertising Co-ordinator

Isla Routledge at:

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

or telephone: 01877 339388

## BUILDER HANDYMAN

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Dougie Campbell  
13 Lubnaig Drive, Callander

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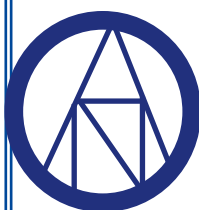
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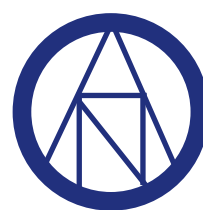
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