

Ben Ledi View

Jun/July 2020

Issue 312

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**STAY HOME
PROTECT
THE NHS
SAVE LIVES**

**A Big Thank You
To
All Essential Workers**

Ben Ledi View

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Hello Readers

Callander in lockdown, what a strange place. We've just had two months of predominately dry and sunny weather, unheard of in this part of Scotland. Yet the town has been eerily empty. No tourists, no day trippers, just locals walking their dogs and getting their daily form of exercise. I think the community of Callander has behaved admirably during this crisis. The food shops have been calm and orderly throughout with little of the panic buying that has been prevalent in larger towns and cities. When out and about people have been socially distancing well, but always with a cheery smile and hello. Vulnerable neighbours have been kept an eye on.

I'd like to extend a massive thank you to all the NHS and social care workers that either live or work in Callander. You people are doing tremendously valuable job in the face of risks to your own health and wellbeing. Likewise, thanks to the other public service workers in our midst, police, fire and rescue personal and other emergency personnel who are doing essential tasks in these difficult times. And not to forget postal workers and the many hard-working people who have kept the various food and hardware shops open in the town, again with an element of risk to themselves.

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**CALLANDER COMMUNITY NEWS-
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When the trustees of the Ben Ledi View met, on Zoom of course, in April we were worried about the feasibility of producing a magazine in the midst of a global pandemic. As the town was in lockdown and its people were staying at home how would we find anything to write about? Most of the businesses in Callander had suspended all trading, so why would they want to advertise with us?

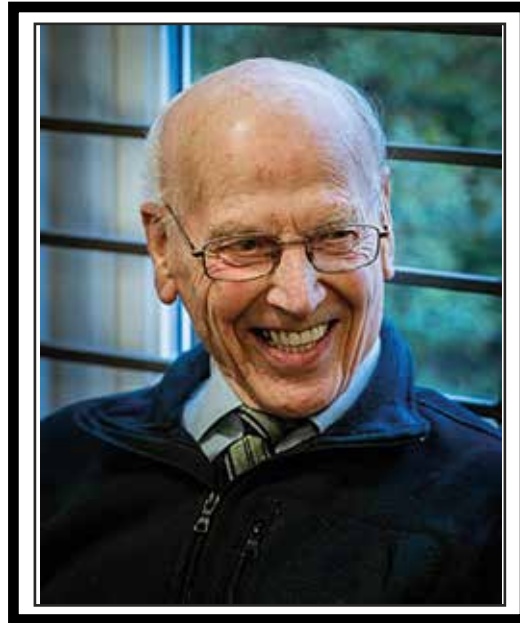
Well, we have been cheered if not surprised, about how well the Community has risen to the challenges it has faced over the last couple of months, including producing another excellent copy of the Ben Ledi View. With contributions from children in primary four and older citizens who can remember the first VE day celebrations we have had input from all sections of the Callander Community. An overriding sense of optimism has prevailed. It seems that most of us are quite rightly counting our blessings, supporting each other, and looking forward to normality being slowly being returned. The business people of the town have also taken a positive view and have continued to support the Ben Ledi View by continuing to advertise with us. A big thank-you to them for this. And finally, I'd like to extend thanks to all the volunteers who have worked so hard to ensure that the magazine has come out this month.

Convenor

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HAMISH MENZIES



Hamish Menzies died suddenly, at home, on Sunday April 5th aged 86. He is survived by his wife Marion, son Calum, daughter-in-law Mairi and grandchildren Morven and Lachie.

He was Postmaster in Callander for many years. Hamish started working for the Post Office, aged 15, as a telegram boy, cycling to deliver important messages because few people had phones.

At 18 he was called up for National Service in the Army and posted to the former West Germany. There he was sent to work in the post office of the British Armed Forces.



Returning from National Service, he became a van driving postman for 20 years before becoming Callander's Sub-postmaster for the last 40 years.

He married Marion in 1962.

For a number of years Hamish also had a second career as the leader of the Hamish Menzies Scottish Country Dance Band, playing at dances all over the country.

Hamish worked for the Post Office for 71 years and was the longest serving post office worker in the UK.

Sadly, because of Covid-19, the community was not able to say goodbye to Hamish in the usual way, but many people lined the route to the cemetery to pay their respects by clapping as the funeral cortège passed by.

Kath Millar

To The Community Of Callander

On behalf of all the family, I would like to express a sincere thank you to the whole community for the overwhelming number of cards, messages, personal condolences and offers of help following Dad's death on Sunday 5th April.

We were truly humbled by the number of locals who lined the streets and expressed their support at Dad's funeral despite the dark times we all find ourselves in. It was very much appreciated and a real honour to realise how much he meant to everyone.

We would also like to extend a special thanks to Ross Anderson for his care and attention with the funeral arrangements, the Rev Jeff McCormick for his sermon, Garry Fingland for arranging the musical tribute going along the street, the piper Calum Hall for his excellent playing, Callander Police for their help and finally our postmen and women who joined the cortège and have helped get us through this difficult time.

*Calum Menzies
Callander Post Office*

Hamish –personal thoughts.

I have known Hamish all my life. Along with Willie, Frank and Johnny, he was one of the posties who delivered the mail to the farm. Six days a week, rain, hail or shine, the wee red van came bouncing up the road. In the winter when the snow was deep the posties walked to deliver the mail. They even delivered on Christmas Day. It's difficult today to describe how exciting it was to get a card or parcel on the actual day. Of course Christmas then wasn't the BIG holiday it is now. The big holiday was New Year's Day – but don't celebrate too much because it was back to work on the 2nd.



The posties didn't just bring the letters. They brought all the local news. When Mum was in hospital the postie brought a basket of scones and pancakes from one of the neighbours. If there was time and Dad was around, Hamish and he enjoyed 'discussions' on many topics which always seemed to involved references to past events. When Hamish moved on to work in the Post Office their 'discussions' still continued over the counter. After Dad's death my brother took his place and the discussions continued, although the subject matter changed. Hamish liked a good chat.

Over the years the Post Office moved, as it relocated from the building opposite Tesco, to the corner of Main Street and Station Road (the clock is still in the window), to its present location in Station Road. Hamish was the ever present face behind the counter. He always asked after my parents, brothers and sister. He had a great memory for faces and names. Perhaps being a postman helped. When my sister came back to stay in Callander after being away nearly 40 years, she was surprised and delighted, on her first visit to the Post Office, to be greeted by her name. Hamish remembered her.

Hamish treated young and old equally. A friend tells me how her daughter felt grown up when banking her savings because Hamish treated her the same as the adults.

The Post Office was not the only important part of Hamish's life. There was, of course, his family, of whom he was very proud, but Hamish was also well known in the world of Scottish dance music. For many years he had his own Country Dance Band and wrote a number of dance tunes. For local dancers his best known tune is the main tune to a popular dance called Trip to Bavaria. It does have an official name but we know it as Hamish's tune.* This is the tune that was played over the loud speaker as the funeral cortège made its way through the town. Knowing the composer of the tune always added to the enjoyment of the dance for me. Now it will have even greater meaning. Each time I hear the tune, or when we dance Trip to Bavaria, I will remember Hamish.

* Calum tells me that the original tune was called 'Remertts of Hereford' after a German family his dad befriended while on National Service in Germany. The band leader Andrew Rankine recorded the tune on one of his albums, but not knowing the proper name titled it 'Hamish's Tune' and that's how it became best known. Hamish also wrote tunes called 'Ancaster Two Step' and 'Marshall Crescent'.

Kath Millar

Hamish Menzies Drive

We were all saddened to hear about the loss of Hamish Menzies and our condolences go out to the family. But one bit of good news is that, with the agreement of the family, the Community Council applied to Stirling Council for a road on the new Claish Farm housing development to be named after Hamish.

I have just heard that this has been approved and the road off the Mollands Road will be called: Hamish Menzies Drive.

Richard Johnson

A tribute from Charlotte Frost

Hamish, I'll miss our chats in the Post Office and you apologising for taking your time! Such a gentle man! What a send off! Not a dry eye in the street! Keeping the people of Callander connected once more!

If we could have, I'm sure we would have all danced together to your tune!" I've only lived in Callander for 1.5 years and work from home, selling online,

hence a lot of visits to the post office. I only know a handful of people in the community.

The people at the post office are probably the people I see the most and are all lovely in their own way.

Yesterday I went to post more parcels and couldn't help feeling for Calum coping with the loss of his dad at the same time as keeping such a vital service going, whilst dealing with disgruntled impatient customers. But what I saw the most was his gentle / calm nature that I also saw in Hamish and that made me smile!



Post office vans following the funeral cortège. Due to Covid-19 people showed their respect by lining the street at safe distances to clap as the cortège passed by.

Callander Community Support

Before Callander and the country were in official Covid-19 lockdown, Callander Community Council, (CCC) and others, including Callander Community Development Trust, (CCDT) and the Town Coordinator, were thinking about ways to help the community, especially those who were self-isolating, in lockdown and/or vulnerable. Jenny Snedden posted on Facebook suggesting the town had a volunteer group to help vulnerable, self-isolating people. Many local volunteers offered their services, then CCC made an approach and offered to give official backing to such a group and to provide administrative support from within the town's official organisations. Unfortunately Jenny had to back out for personal reasons but the idea had caught hold and was being progressed by CCC anyway. A sub-group was then formed of three CCC members, plus the Town Coordinator and a local resident, with the original Facebook supporters becoming some of the first group of volunteers on the rota.

It was decided to set up a volunteer help line to collect groceries, prescriptions, help with any post, carry out local collections and deliveries, take people to appointments or just be there on the end of a phone, which was kindly donated by a CCC member. Leaflets were organised with a contact phone number and swiftly delivered to every house in Callander, thus Callander Community Support was formed.

About that time CCC heard about FETCH.scot. This was a great idea from Alistair Cantlay, a pupil at McLaren High School, for S4 to S6 pupils to help those who were unable to get out by fetching groceries, posting letters, and carrying out any other reasonable task that the person in isolation could not manage. Each task would be carried out by two pupils carrying identification cards and on bicycles to provide reassurance and security for all parties. A website was set up to take on-line grocery orders and arrangements were made to pick up the money, buy the goods and deliver them in an allotted time. So rather than having two groups doing similar tasks, the workload was shared, with FETCH managing the grocery orders and Callander Community Support (CCS) for all the other activities such as collecting prescriptions, out of town journeys and pastoral care. The Town Coordinator, Helen Terry, was leading the Callander Community Support team and, with the newly appointed manager of the Visitor Information Centre, was running the phone service on a day-to-day basis with a large team of volunteers.

Meanwhile FETCH, supervised by Ken Milligan, the I.T. teacher at McLaren High School, was finding that pupils were handling a lot of cash and having to make two journeys for every task if that included any financial transactions. To reduce the money contact, an alternative payment system was devised, mainly by Brian McKay, treasurer of CCC, with support from Ken, another CCC member and an Airtricity grant.

In summary, this involved CCC effectively acting as a banker to the service, whereby the shops would complete a voucher for every 'sale', the FETCH volunteers then would deliver the shopping together with a copy of the voucher, the customer would either pay the volunteer using cash or cheques, which would be passed to CCC or they would pay CCC direct using online or telephone banking. CCC would then settle with the shops on a daily basis. This system was introduced with the two local supermarkets, Co-op and Tesco's, as most of the grocery requirements came from one of these two stores. Both shops have been very supportive and the process has been working well. A subsequent grant from Stirling Council was obtained to cover the costs of running the scheme.

However, quite a few of FETCH's customers have indicated that it would be easier to pay by card and wanted to use their card 'remotely'. Again, Brian has come up with a solution with help from the CCC bank, Bank of Scotland. The bank provides a service which they call a 'Virtual Terminal'. Essentially this is a piece of software that sits on a PC/laptop and works in the same way as a card terminal in a shop. Card details are keyed into the virtual terminal resulting in the customer's card account being debited and our account being credited.

Stirling Council has confirmed that CCC can go ahead with this payment scheme and has offered funding to support the scheme if required. It is good to have such support from Stirling Council and Bank of Scotland.

How many people have asked for help with their groceries due to self-isolation? To date there are (about) 50 plus users with most of them now using the payment voucher system and the rest using advance payment. The alternative scheme using the Virtual Terminal is about to be launched as I write, so no figures are available for that service yet. Since the scheme started in mid-March, about £1500 worth of groceries has been purchased through the FETCH scheme and about 150 jobs undertaken with 13 of the original pupil runners still involved every week.

FETCH are always looking for more runners to help provide cover – see <http://callanderonline.com/get-involved.html>

If you are vulnerable, self-isolating and unable to get out, the FETCH on-line support website is: <https://callanderonline.com>

The Callander Community Support Phone Number is: 07557 774253

Callander Outreach Citizens Advice Bureau

The Citizens Advice service continues to operate throughout the lockdown. While all face-to-face meetings with clients stopped in March 2020, the service has been busier than ever through our local and national telephone advice lines. We have received an unprecedented amount of calls from people requiring advice and support about employment, debt, housing, relationships and more. Food and fuel poverty have becoming increasingly commonplace and, with continued uncertainty, these issues could be set to rise further. Please contact us if you need assistance and advice on any issue – we can help and/or signpost you quickly to appropriate support. At time of writing, we are unsure when the Callander Wednesday drop-in service will resume at Callander library.

However, you can call Maggie Magor on 07931 334828, or email: Maggie.Magor@stirlingcab.casonline.org.uk.

sparc


CBT Therapy

 Sparc - CBT Therapy  www.sparc-cbt.co.uk
sparc.cbt@gmail.com 07731 440 200

I'm a fully qualified Cognitive Behavioural Therapist (CBT) Stephanie McKenzie BA PgDip BABCP COSCA.

During the COVID-19 situation I am offering remote access for CBT. I'm currently available for online sessions via Zoom or by telephone. If you are experiencing difficulty during this extraordinary time, please let me know and we can start by having a chat by telephone.


Please contact me for an initial chat where you can ask me questions to help you decide if you want to book a CBT session.





Glen Finglas Events 2020

Join us for a walk, learn a new skill or have a little fun with friends and family at Glen Finglas, Brig o' Turk, Callander, Stirlingshire FK17 8HR.

For more information or to book your place for any of these events:

-  **Black grouse safari** Friday 17 April
-  **Bee wise in woods** Sunday 26 July
-  **Fungi Foraging Walk** Friday 11 September
-  **Light up your lantern** Friday 30 October
-  **Wildlife tracks & signs** Saturday 21 November

woodlandtrust.org.uk/events/
 central@events@woodlandtrust.org.uk
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The preparation of a Will is often a simple and inexpensive process but failure to have a Will in place can pose major difficulties for those left behind. We can ensure your Will clearly expresses your wishes and how your estate should be distributed, ensuring that those individuals that you cherish will benefit.

Powers of Attorney

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

Estate Agency

McLean & Stewart are long established Estate Agents in Dunblane and formerly of 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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VE Day 75 - 8th May 2020

Despite not being able to hold our 1945 style tea party, Ronnie Forbes, our Citizen of the Year, recited Winston Churchill's speech on the steps of St Kessogs. And what a fine job he did. This was followed by the Toast to Peace. "To those who gave so much, we thank you".

Hope you all managed to raise a glass or a cup of tea and sang along to "We'll Meet Again".

My thanks to Monica Holloway of the Heritage Society, Bill Holloway, Ruth Barrie, Sue King and Ronnie Forbes. Also, to Angela Dickinson who was due to sing. Finally, my thanks to Julie Carmichael and to her wonderful knitters for the red, white and blue bollard covers.

Elaine Watterson



Tread Softly.....

As detailed above, Callander Community Development Trust, (CCDT), has secured the approval for the asset transfer of Coilhallan Wood and received an invitation to submit a purchase application by October. I would like to take this opportunity to urge them to tread softly in this serene and stunningly beautiful place. No one really owns land, but if their application goes through, the wellbeing of Coilhallan Woods will be entrusted to them for the foreseeable future. They will be taking on the huge responsibility as caretakers for the wildlife whose home it is. Remember, we are at best honoured guests and, if we do not respect them, unwanted intruders. Walking through the woods yesterday in early May, it looked at its Spring best. The trees are clothed in their new soft, green leaves, that vibrant colour that only lasts a few days at this time of year, the gorse with its subtle coconut scent, the bees, butterflies and a myriad of insects, a shy deer taking cover...and I'm just passing through on my way home from Callander. How lucky and privileged are we to live nearby?

I am no naturalist, but I love this unspoiled woodland, particularly the trees. I love the dead trees, the fallen trees, those leaning against each other for support or jostling for space, and those that are so old that they have seen much more of life than any of us and will still be here long after us.

My plea to CCDT is that, as you take on this huge responsibility, you tread softly. Please be good landlords for the wildlife whose home it is and keep this as the quiet, unspoiled area that we are privileged to visit.

Thank you.

Coilhallan Wood Update

At the end of April, the Callander Community Development Trust (CCDT) heard from FLS (Forestry and Land Scotland) that they had approved the asset transfer for Coilhallan Wood. Various points of clarification are still being discussed with them by CCDT. The decision was posted on both www.forestryandland.gov.scot/CATS and the CCDT website.

The next step is to submit a formal offer for the purchase of Coilhallan Wood by 22nd October based on an updated valuation. This purchase would be funded by the Scottish Land Fund.

This project has been under discussion with the community as it has evolved and has been amended as various opinions were raised at open meetings, through surveys and more directly with individuals who were both for and against it. CCDT is very grateful to the original and current volunteer members of the Woodland Group for their time spent on discussing and feeding in to the application and above all to Chip Lima for revising the Management Plan at incredible speed in reaction to various questions raised by FLS. CCDT looks forward to moving on to the next stage before October and working across the community. Updates to follow

Susan Holden

Best Kept Garden Competition

At the annual horticultural show in August, Callander Community Council makes an award for the best kept garden. This year's award will still take place, even if we have to ask people to submit photographs of their gardens. Due to the lockdown we expect many more people will have spent time in the garden so, for this year, we have expanded the number of classes to the following:

Class 1: Best Kept Large Garden

Class 2: Best Kept Small Garden

(both of the above all ages)

Class 3: Best Kept Garden Area (under 12 years of age)

Class 4: Best Kept Window Box

Class 5: Best Kept Wildflower Area

Class 6: Best Evening Cocktail Patio

Entry details will be published in the next edition of the BLV but this gives you time to work on your gardens.

Richard Johnson

Callander Community Council



Susan King with a little help from W.B. Yeats.



Policing Lockdown Update

I hope this finds the members of our community safe and well during this challenging time.

As the local Community Policing Inspector, I wanted to take this opportunity to offer some reassurance and explanation about the work your local officers are doing during this period of Covid-19 restrictions. I hope that by the time this is published, we may well have moved to a position where we are starting to resume life as we knew it. However, as I write this, we are still in a period of restrictions and I thought it may be of interest to have a police perspective on the journey so far. When we heard on the news that there was a new virus outbreak in China, little did I (or many others) ever think that only a few weeks later we would find ourselves in a position where our ability to travel or to leave our homes would be so curtailed. Add in the warmest April since records began and it is fair to say that adhering to these guidelines has not been easy. Thankfully, many people have been responsible and stayed at home unless undertaking essential journeys. Sadly, there have also been those that felt that these restrictions did not apply to them and put themselves and others at unnecessary risk.

I think it would be fair to say that the guidelines issued by the UK and Scottish Governments have been interpreted differently by many people and the guidance issued on travelling for the purpose of exercise is one that has caused a lot of confusion. The Scottish Government's advice is that people should exercise locally. However, this message was overshadowed by the publication of the National Police Chiefs' Council guidance where they advised that people should not be sanctioned for travelling a reasonable distance to exercise. What was not immediately clear in the media coverage was that this guidance did not apply to Scotland.

Since this began, Callander and the surrounding areas continued to see an influx of visitors, which understandably caused frustration for the local community. We saw car parks filled, whilst shops were emptied. Unfortunately, some visitors took the closure of schools as an opportunity to start their summer activities early and without considering the vulnerable people within our area that they were putting at risk. Our partners in the National Park and the Forestry Commission closed their facilities, whilst our local officers along with Stirling Council made efforts to close car parks to deter people from congregating. Despite this, we still found visitors parking outwith these areas and we received numerous complaints about people flouting the guidelines daily. Since the start of the Covid-19 crisis our officers have worked day and night to engage with and encourage the public to adhere to Government guidance and the associated legislation, only reverting to enforcement action in a small number of occasions and only when absolutely necessary.

One question that I have been asked several times is "why are we not doing roadblocks or routine vehicle checks?". The answer is that the legislation brought in to tackle Covid-19 does not provide the police with powers to take such measures and neither the UK nor Scottish Government have asked for such measures to be undertaken. Police Scotland would only take such measures under their specific direction and with the appropriate legislative provisions. I would stress that the vast majority of people, when engaged with, heeded the advice and went back to their own local areas with no further enforcement action required. Overall, we found that people positively engaged with us and were simply trying to enjoy the stunning locations we have on our doorstep. Each day we were faced with a new wave of visitors, but with the assistance and reports from the public, your councillors, elected members and partners, we were able to identify areas where patrols could be focussed and I hope that we responded to community concerns in a manner that maintained a high level of confidence.

During this challenging period, the support from the local community has been exceptional. It is only with the efforts of many that we have been able to continue to meet the local day to day policing demands and I would sincerely thank everyone who has rallied round to help us, our partners and the more vulnerable members of the community.

Prior to this public health crisis, we had several initiatives lined up with our partners including the National Park, Fire and Rescue and local mountain rescue teams to name just a few. Hopefully, we will still be able to deliver some of these; however what the short-term future holds is uncertain. I hope we can still enjoy a productive summer and make up for the time lost. We will continue to work to keep the community safe and, when the time comes, welcome back the visitors. I am sure that with the continued community support and newfound resilience, we will move on and rebuild stronger than ever. Please continue to support each other, look out for your family, friends and the vulnerable.

Both myself and your local policing team remain available to assist you so please do not hesitate to get in touch via [101](tel:101) or email TrossachsTeithCPT@scotland.pnn.police.uk

*Andy Bushell
Community Inspector*

A Self-Isolating Duck

My name is duck, mallard duck if you must, no fancy Jemima Puddleducks here.

Like some of you I am self-isolating too, but for completely different reasons. I have decided to build my nest up this rotting old tree in one of its numerous holes. Not to hide from coronavirus but hopefully to escape the attentions of the crows and the mink.



photo David Cooper

When my 8 to 12 children hatch, they should be quite safe up here. It is when their time to depart the nest comes round that things start to get a bit more precarious. They will jump straight out of the hole onto the ground or even the water. Fortunately they are almost like large cotton-wool balls and their impact with the solid ground should not cause them any damage.

It is then that my work will be really cut out. Trying to herd them all together, keeping to the relative safety of the riverbank, whilst keeping a lookout for predatory crows and gulls, I teach them how to feed in the reeds and sedges. If you look carefully you may even spot me and the kids but sadly a week later you may see me again but this time with perhaps with fewer than half my original charges, the others having gone to feed the young crows in their nests.



photo David Cooper

So the next time you come down the water's edge with a bag of stale bread, just spare a passing thought for me and my trials to bring up my family safely.

David Cooper

Callander River Project Update- We Need Your Help!

As many readers will be aware, the Ben Ledi View and the Forth Rivers Trust have teamed up to undertake a small survey on the River Teith. The project since the last issue of the BLV has grown and adapted slightly to fit the current restrictions. We have three primary ways of getting any wildlife sightings (Birds, fish, deer, camels, or elephants) into our project:

- Email us at- callander.riverproject@gmail.com
- Tweet us- [@CallanderRiver](https://twitter.com/CallanderRiver)
- Use our online form- <https://forms.gle/dsyRuQWasJYTDtrY6>

In which ever way you get your sightings, we need them! We specifically need the following 4 things;

1. Date of sighting
2. Location (as specific as possible - we suggest using WhatThreeWords <https://what3words.com/> or give us the latitude and longitude)
3. What you saw and how many (describe or name the animal you saw or email us a picture if you cannot describe or name it)
4. Notes on observation (optional)

Remember to stay safe and follow every government restriction whilst making observations. This means that you must only complete observations during daily exercise.

Aidan Cronin

Callander Toad Patrol 2020



Across the country the number of frogs (they are smooth and hop) and toads (they are warty and crawl) is reducing, believed due to loss of habitat and disruption of migration routes. Frogs are found in almost any habitat with suitable shallow water for breeding and tend to migrate slightly earlier than the toads which prefer deeper water bodies. Newts undertake a similar migration but are much harder to spot. All can benefit from garden ponds and damp corners of the garden in payment for which they will eat slugs. However, no adults or spawn should be moved between water courses and ponds due to potential for spreading diseases such as the ranavirus in frogs.

When the railway ran through Callander, a tunnel under the A84 near Tulipan Crescent allowed frogs and toads to migrate safely from Callander Woods to the ponds in the Meadows. However, when the railway closed this was blocked, forcing them to run the gauntlet of traffic. Dozens every year were too slow so Angela and Robin Harvey spent 6 weeks a year for 10 years helping them to cross safely. For the last 3 years, the Callander SWT group has picked up the organisation of a registered Toad Patrol from mid-February to late March/early April. The beasts start to migrate just after dusk which is when you may have seen pairs of the 24 volunteers with torches and buckets patrolling along the A84 between Leny Feus and Tesco.

In just over 3 years, we have seen a dramatic reduction from 142 toads + 42 frogs + 17 newts + 16 dead in 2018 to 39 toads + 23 frogs + 1 newt + 1 dead in 2020. In a similar pattern to 2019, cold weather continued through February and March, frequently below the minimum 6C to tempt them to move. Also Coronavirus stopped formal patrols in mid-March. However, a few volunteers chose to take their allowed exercise just after dusk and did catch a peak of 31 toads between 24 & 25 March. Throughout 6 weeks, only one dead animal was reported so hopefully we didn't miss many – or did they manage to cross safely after traffic reduced significantly? The Froglife collated report will show whether this trend is widespread but it is worrying to see a local drop of 72% in toads and 45% in frogs in 3 years.

Many thanks to all of the volunteers who persisted through cold, wet evenings and the disappointment (and boredom) of so many nights with empty buckets. Hopefully, all will be willing to try again next year. Special recognition to Carol and Steve McGowan who sorted out the volunteer rota.



Lesley Hawkins

Red squirrels need your help



The native red squirrel is in danger in the UK with approximately 140,000 individuals remaining, of which 75% reside in Scotland. With red squirrels found locally, it can be hard to remember how lucky we are to see them here on our doorstep.

The reduction of the red squirrel population is a result of the spread of non-native grey squirrels. They not only compete for food and space but are also unaffected carriers of a disease called squirrelpox which is fatal to red squirrels. Over a period of decades, the spread of the grey squirrel across the UK has led to dramatic declines in red squirrel numbers. However they are making a comeback, particularly in Scotland.

The Loch Lomond and the Trossachs National Park is now almost a grey-free zone, thanks to a concerted effort since the start of the Saving Scotland's Red Squirrels (SSRS) project in 2009, and the efforts of local residents and landowners. Today only a few places see grey squirrels and these are key focal areas for SSRS.

One of these areas is Callander. Locally both red and grey squirrels are present and the focus is on actively reducing the grey squirrel population to protect the local reds and to stop greys spreading north and west towards pristine red squirrel populations. One way everyone can help is by reporting their squirrel sightings (red or grey) on the SSRS website scottishsquirrels.org.uk. This year reporting sightings is even more important. Usually SSRS runs an annual spring survey but in light of the current pandemic all surveys are suspended and so the only way to continue monitoring squirrel populations at this time is for people to report their squirrel sightings, either in their garden or on their daily exercise.

The Saving Scotland's Red Squirrels (SSRS) project is led by the Scottish Wildlife Trust in partnership with Scottish Natural Heritage, Scottish Forestry, Scottish Land & Estates, RSPB Scotland and the Red Squirrel Survival Trust. For more information, visit: scottishsquirrels.org.uk Twitter: @ScotSquirrels; facebook.com/savingscotlandredsquirrels



photo Fraser Cronin

Harmony in the Garden

My wife and I retired back to Scotland some six years ago. We wanted a quiet country location with a piece of land so I could have a decent sized garden to pass my retirement years. Whilst the property on Invertrossachs Road suited most of our requirements, the garden was simply a boggy old field that would not support gardening of any type. Lots of drainage and the laying of gravel paths around the field turned it from a bog to the makings of a garden. Now the exciting part, start planting and growing the garden. Due to our location we knew that the red deer would present us with problems, so before starting we fenced the whole site with a 2-metre high deer-proof fence. As the laying of lawns and planting of flower beds commenced we noticed that someone or something else had taken an interest in gardening on our site. We would wake up in the morning to find newly planted specimens had been dug up and sections of lawn were pock marked where something had been digging. My first thought was badgers but we had never seen one in the short time we had lived here.

Out came the trail camera; next morning clearly badgers, a family of five doing their very best to dig up the lawn to get to the worms. What to do to resolve the problem? We could place an electric fence around the whole garden to completely eliminate them but this action appeared to be a little drastic and possibly very expensive. Stones were the answer, lots of large heavy stones placed around the whole garden to prevent the badgers from lifting the fence wire and crawling through. So, out came the trusty old Quad and the hill trailer and off into the forest to collect large stones. Day after day stones were carried from the forest to the garden where they were strategically placed to render the fence badger proof. It very soon became apparent that a two acre plot takes an awful lot of stones to completely encircle it but never daunted we continued until the whole garden was encircled. The place, when completed, bore a striking resemblance to a mini Fort Knox. Let us hope it would be as secure?

The next day, full of anticipation, I checked the garden over very care-



photo Walter Anderson

fully, not a sign of badger penetration. We had done it. We had evicted the black and white striped faced nocturnal gardeners. The garden was checked each morning for three days and no signs of badger penetration were discovered. Oh what joy, another gardening problem resolved.

On the fourth morning we were met with a garden that had been well and truly excavated by the badgers. Flowers were out of the ground and the lawns pockmarked with badger nose holes. We discovered two stones that had been undermined and moved back just far enough to let the fattest of the badgers into their dining room.

I always knew that badgers were very strong creatures but until this point never knew just how strong and determined they could be. The pattern was set; the badgers would work hard and secure an entry to the garden, I would find the offending hole, spend a considerable amount of time repairing the damage and off we would go again. They almost always opened two locations as if they were ensuring their escape route. I even took to going out with the dog (securely on the lead) at 11 pm to chase them away in the hope that my presence would deter them. I think my activities only succeeded in making them more determined.

At this point my wife intervened and suggested we were getting nowhere with this escapade and what started off as the construction of a garden had developed into all out war between the badgers and myself. On reflection I had to agree. A new plan of attack was required. The first plan was to change the layout of the garden, to only plant things that would stand up to the badgers' behaviour and accept that the lawn would, from time to time, be excavated. I was not in favour of this as I wanted to garden on my terms and not on the terms of the badgers, so another solution had to be found and found quickly. Back out with the

trail cameras to try and determine how we could find mutual ground.

Following a couple of nights of trail camera work we discovered that when the badgers came into view they always went for the peanuts that the birds had knocked off the table. Once they had cleared them up they moved to other parts of the garden and did their own thing. A lightbulb moment, what would happen if we left out peanuts for the badgers at each bird feeding station? Would they eat them in preference to digging up the garden for worms?

The experiment was duly set up, more cameras were purchased and the experiment commenced. To our surprise and utter pleasure they feasted on peanuts, went from feeder to feeder and then departed the garden. Success at last, we hoped.

This arrangement has now been in operation for almost two years and almost without exception it has worked for us. Each night nuts are placed on the ground around the feeding stations (along with the occasional fat ball as a treat) In the morning the peanuts and fat balls have been completely cleared and the garden has been left intact.

As one would expect with such an arrangement with wild animals, from time to time there are little mistakes. On the odd occasion we do find the odd little hole in the lawn where a group of tasty worms has been hiding but it is never a multi animal excavation and is not a problem to us. Whilst it might be a little expensive in terms of nuts, it is well worth the cost to have harmony in the garden between man and wild animals. That, coupled with the wildlife photographic opportunities this arrangement affords us, we are more than a little pleased with ourselves.

Walter Anderson



photo Walter Anderson



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Here are some supported exercises to help with your fitness. Use a chair or a table for balance.

Exercises for leg muscles to help sitting, standing, walking and climbing stairs

Back knee strengthener.

Holding on to your support, stand tall. Bend 1 knee and bring your foot up towards your bottom slowly. Hold for a slow count of 3 with the knee of the bent leg slightly behind the knee of the straight leg. Return to the starting position slowly. Repeat with the other



leg. At first do this 5 times and gradually build up to 10 times.

Front knee strengthener Sit on a chair. Straighten 1 leg, lift it 1 inch. Hold for a slow count of 3. Slowly lower it. Repeat 5 times with this leg. Now lift the other leg 5 times. Build up to 10 times per leg. Progress by sitting away from the back of the chair but keep your back straight.



Knee bends Holding the chair or table put your feet shoulder width apart. Squat down 4 inches, slowly, by bending your knees but keep your back straight and don't let your knees extend over your toes. Repeat 5 times and build up to 10 repetitions.



Sit to stand Use a chair that is not too low. Sit then move forward to the front third of the chair. Put your feet flat on the floor; slide them back slightly. Lean forward over your knees; keep your head and shoulders high. Push up through your heels to standing, try not to use your arms, just your legs. Sit



down and repeat the exercise 5 times. Build up to 10

Exercises for calf and foot muscles - help you reach things, balance and stepping backwards

Calf raises Stand tall, hold your support and look straight ahead. Put your feet hip width apart and come up slowly on to your toes. Hold for a count of 3 then lower your feet. Repeat this 5 times building up to 10. Try holding with 1 hand or finger tips.



Toe raises Stand tall, hold your support and look straight ahead. Put your feet hip width apart and come back slowly on to your heels and lift the front of your feet off the floor. Hold for a count of 3 then lower your feet. Keep your body straight. Repeat this 5 times, building up to 10. Try holding with 1 hand or finger tips.



Reducing stress

For many of us, our lives will have been permanently changed by recent events. This causes fear in some people and they find it hard to cope.

Getting a good sense of being grounded can help.

1 Sit on a chair. Notice the sensations, the weight of your upper body pressing you down. Feel the solidity of this. Notice your feet on the ground and the sensations of touch there. You can enhance these by using your imagination. Imagine you are

growing roots through your feet. Let these roots grow right to the core of the earth giving you strength.

2 Breathing is a powerful way of regulating distress and anxiety. A simple technique: Breathe out longer than you are breathing in. It doesn't have to be a deep long breath, all that matters here is that you extend the out breath so it is longer than the in breath. Count to get a feel for it, e.g. breathe in on the count of two and breath out on the count of three. After a few minutes see how your body feels.

COOK'S CORNER

by Audrey Corrieri

CHICKEN FOR FLOYD Serves 4.

Ingredients:

4 chicken breasts
8 rashers of smoked back bacon
11/2 tbsp red wine vinegar
11/2 tsp sweet smoked paprika
2 cloves of garlic, crushed
2 tbsp Worcestershire sauce
2X400g cans of chopped tomatoes
200g grated mozzarella cheese

Method:

Preheat the oven to gas no.6, 200c, 180c fan. Put the vinegar, paprika, garlic, Worcestershire sauce and chopped tomatoes in a large, shallow, flame-proof casserole dish. Place over a medium/high heat, bring to a simmer and cook for 20 minutes. Meanwhile, wrap 2 rashers of the smoked bacon round each of the chicken breasts. Nestle the chicken breasts into the tomato sauce and spoon a little sauce over the top. Divide the grated mozzarella over the chicken breasts and bake in the oven for 20 minutes, or until the chicken is cooked through. Serve with green vegetables, mashed potatoes or baked potatoes

Side hip strengthener

Standing tall to the side of your support. Keep your exercising leg straight with the foot pointing forwards. Slowly lift the leg to the side keeping your body straight and upright. Just move the leg, hold for a count of 3 then lower it. Repeat 5 times on each leg. . Work up to 10 repetitions.



3 Focus on what is good. We have such wonderful surroundings. We had an exceptionally nice spring. There is so much beauty here. And so many people are doing good things. Research has shown that appreciation and gratitude are powerful antidotes to depression. Start a journal and daily jot down all the good things that you have noticed. As you do this the more good things will draw your attention. When it all seems too bad, look back and reconnect with what has been good before.

Britta Schuessler

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We asked the young BLV readership to tell us about their experiences of lockdown and had a fantastic response. Here are some of their stories.

A Family Perspective

I could talk all day about the pros and cons of being in lockdown whilst being a young person: schoolwork, no socializing, restricted food etc... But why should I, when so many young people are (virtually) thriving and banding together to support each other? This being the most researched article I have ever written for the BLV, during the 5th week of 'lockdown learning', I carried out a survey and sent it amongst my peers from across the Stirling Council area.

The survey was completed by over 50 young people, ranging from Strathyre to Callander, Dunblane to Stirling. The survey took a primary look on how supported young people felt during lockdown. I looked at both mental and physical support given by schools, local authorities, governments, and other organisations like youth groups. But for this article I want to focus on support given by young people to other young people and I hope my reasons become clear to you as you read.

Many respondents are using video

calling to stay connected with friends: nearly 90% of respondents are using video calling to stay connected with friends. Of that 90%, about one third are video calling friends primarily to chat about issues and concerns. Video calling has also been used for crafting, baking, and hosting quizzes & movie nights. This all in the effort to fill a void of real-life interactions.

It is also important to highlight the maturity many young people have shown during lockdown. One respondent has made it their mission to lift the spirits of their friends every Friday. The young person said "Every Friday without fail I send a long message to each of my closest friends telling them about how much I appreciate them and how/why they should appreciate themselves. Each week I try to write something different. I just want to lift people's spirits a little bit, to be a light on a potentially dark day. This theme was seen across many responses. Lots and lots of young people have also been able to reflect on what they really do appreciate. One young person had this to say when asked "what do you want someone in

100 years to know about"?: "you really start to value simple things like hugging people and small talk". Another said "If everyone works together and supports one another everything will work out, but if everyone panics and becomes selfish that will be our downfall." These responses are a testimony to the maturity shown by young people.

One young person put it perfectly "... don't take anything for granted. HUG YOUR FRIENDS AND LOVERS, PEOPLE". I am sure that all young people will remember this time, the time when we were stuck at home with nothing to do, but they will also remember the heroic work that was carried out by millions of people without fail to keep us safe.

Many, if not all, young people have struggled to keep their own spirits high, but I personally was amazed by the support networks that had been strengthened by young people. I had to share the amazing support effort given by young people!

Stay safe and remember to support one another in these times,

Aidan Cronin

My experience as a student during lockdown

With people in the streets declining every day, Callander starts to look like a ghost town. You could almost imagine residents of Main Street peeking out their windows at the sounds of a distant engine. But, even though people become more and more sparse everyday, the mounting pile of work gets ever bigger. Teachers have put effort into piling up the work during lockdown.

But you eventually get through. What else is there to do anyway? In a more peaceful time before this all started I can imagine grumpy teenagers willing the outside world away so that they might stay in bed forever. Now all anyone wants to do is escape the four walls of their rooms.

Just like during the World Wars people had to adapt, adapting is also true for this generation. However, this time we are fighting a war without bounds: no frontline, no physical back and forth on the battlefield. No, this kind of battle is everywhere. All around us at all times.

Will we look back on this time with pride at our national effort? Just like we do looking back at WWI and II, I believe I will look back at this time with pride at everyone coming together to support the frontline troops. Who knows when this will end? I don't think anyone does but what I do know is that everyone has a part to play in keeping everyone safe, even if it is just staying home. Know that that is important too.

Fraser Cronin

Over the past month now, I and millions of children across the UK have been home schooling! Which by the sound of it, sounds fantastic but it has been very challenging to get settled into the new routine. It's been very weird to wake up, get dressed, do schoolwork, eat, socialize etc... all under the one roof.

I think, now, that I have settled into the 'new normal'. I have really enjoyed being my own boss, but it is very easy to lounge in my bed in the morning rather than working. But I have been able to wake up and keep to my usual

routine as much as possible.

Teachers have kept work coming in, sometimes a little too much! I have also taken this opportunity to do some extra work and to get organised for my next school year. Recently I have signed up for two online courses hosted by Keep Scotland Beautiful and e-Sogil. I have also taken lots of time to do other online training and courses to fill my time.

It's been very tough not seeing friends every day and being able to have face-to-face conversations but I've been staying connected with regular video calls. I have also managed a few video calls with my gran and grandpa, along with a family quiz, which is certainly a 'what happens in lockdown stays in lockdown' moment. But despite all the challenges at home, it is keeping neighbours safe and protecting our heroic NHS. Stay safe.

Aidan Cronin



Life in the Hub!

Our parents are key workers so we've been coming to the hub at McLaren High School on the days they're at work. At the hub we do work



but we also do fun things. We do crafts, we watch movies and play games. We also go on the computers to do work from our teachers. We also go outside and play.

It's exciting to be in the High School without all the pupils and it's very

quiet. We still make sure we wash our hands before and after we eat, when we go outside and when we go into different rooms because it's important to be safe.

We're being looked after by some of our teachers from Callander Primary and we've also met different teachers from other schools. Everyone is very nice and they've got good ideas for activities to keep us having fun. We have also made friends with other pupils from other schools in our area which is really cool.

Even though we're enjoying the hub and having fun when we're here, we really miss being in school and we miss seeing our friends and our teachers. We want to say a big thank you to everybody who's working hard to keep the hub going, and all the other people out there working hard to keep us all safe and healthy.

By Lille & Lucy from Callander Primary and Tom & Sophie from Strathyre Primary

Covid -19

Like the click of a finger, schools, restaurants, cafes and toy shops were shut. All over the news, there are people ill and people dead.

Suddenly I am at home and having school lessons in my living room. Every time you look at some people you see that they are scared. Scared of what? You feel like saying,

At the shops you have to keep 2 metres away from people, and there are plastic screens all over the shop counters.

Now there are new laws. I asked my mum and dad "why a new law just for a virus?"

I am a bit sad that I'm not at school and not seeing my friends in person.

We are not allowed out of our local area because if we have Covid -19, we can spread it to other towns and cities.

By Emma Spiers (P4)





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We would like to thank all our customers for their custom and hope that everyone has managed to stay safe and healthy in these strange times we are in.

Once there is some clarity from the government on the ending of lock down we will be opening in line with government recommendations. I would very much appreciate all existing customers and anyone wishing to use our workshop to try and give us as much notice as possible when booking services/tyres/etc. The MOT exemption is in place for 6 months from the 30th of March but please be reminded that your vehicle MUST be kept in a roadworthy condition as part of the exemption.. You can still get your vehicle Mot d though if you wish.

I think the COVID-19 pandemic has reminded us all of a basic simple truth, we are one humanity who all share the same Planet all with hopes and dreams sharing the same destiny.

Please stay safe and we look forward to seeing you all in the future.

Kenji Willis

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Lockdown tales of inspiration

Hi readers, I hope you are all doing well in these strange times! It's safe to say that the outbreak of Covid-19 has impacted all of our lives in many ways and it is a sad time in the world at the moment. However, I wanted to share with you some of the more positive things that I have observed during my time in lockdown, both within our local community and beyond.

Although we are not able to see each other face-to-face at the moment, people have been coming up with ingenious ideas to virtually keep in contact with each other. One of my favourite examples is from local couple, Brian and Iris Gooding. The couple run a weekly evening service in Callander called "Sundays at Six" as part of Stirling Baptist Church where they share fellowship, music, a short sermon and of course some home baking! Currently, whilst the congregation are unable to meet in person, they are conducting their services online.

The services have been very well planned, as the musicians play their music through Zoom, so that everybody watching can sing along at home and Brian and Iris share a short sermon and of course a scone or two! They have admitted that using Zoom has been a "learning curve" for both of them, but I really want to thank them for all they are doing for those in the Callander community and beyond, whilst also stepping outside their comfort zone!

The Callander Messy Church community has also been making good use of online platforms. Whilst we are not able to be together at this time, they have been posting a Virtual Messy Church once a month. Lara and Rob Rawson have been sharing a video featuring a prayer, a few songs, a short talk and some craft activities that children and adults can carry out together. Although we are not able to see each other face-to-face, it's almost like being back in the same room together, as we all listen to the video and carry out the activities.

Lara and Rob have also managed to

come up with activities and recipe ideas that are accessible to everyone, as they use everyday ingredients and materials. As well as that, they are keeping everybody entertained and



having fun, so I wanted to say a huge thank you to both of them for all their hard work in preparing and delivering these sessions.

During lockdown, I have also found that there have been a whole host of online activities to take part in and one of my favourites has been the daily "PE with Joe" videos. Joe Wicks has established his dream of becoming the "Nation's PE Teacher" and 5 days a week uploads exercise videos for all ages and varying levels of abilities. Although, as I have found from personal experience, when your dog tries to join in too, it's a whole different story...

Bethan Jones

Child Minding in Lockdown

What has COVID-19 meant for childminders across Scotland?

Some childminders have closed due to someone in their home having underlying health issues.

Some remain open but are not allowed to work, due to lockdown rules, and therefore cannot provide a service to non-key workers. This is causing severe financial pressure in many instances. Some others are providing early learning & childcare and/or out of school care for key workers as determined by the Scottish Government. Crucially, this allows these key workers to keep working. In

many areas where there is no childcare hub like we have/had in McLaren High School, childminders have stepped in to plug the gap. We are thankful that the Scottish Government has recognised the quality of provision being made available by childminders throughout Scotland. Their settings are deemed safer because of the small numbers of children involved.

Lynne Murray

University undergraduate view

As a final year student, my last semester of university will not be ending as I had imagined. In February, I was entering coursework season thinking about how exciting it will be to finish university with my peers and celebrating at graduation and other end of semester occasions.

By March I was confined to my flat, having had my last day at university without knowing it was the last. Luckily for us, our university has postponed our graduation until a later date instead of cancelling like other universities have. Although this still means that we will all be finishing our dissertations at home, taking photos with our dissertations in the garden, and having celebratory drinks over a Zoom call.

Although the celebrations aren't the most important thing, we will miss getting to commemorate what many of us have spent the past few years working towards.

Hannah Michael





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High School waste rant.



We all hate waste don't we? Just look at this lot festering away around the back of McLaren High that I discovered the other week whilst taking my once a day exercise period. Compost bins that certainly cost a fair number of pounds that have not seen any fresh compost in many a month, in fact they look as though they may be self composting themselves. I am sure there must be a good few gardeners round here who would gladly give them a home.

But the star of the show has got to be the chicken coop. Judging by the state of the vegetation in the enclosure, it certainly has not been occupied for quite some time. Out of curiosity I looked up the coop itself on the internet. Made of recycled plastic by a company called Solway Recycling it presently retails at £338.40 including V.A.T. Their products are made from the likes of used silage wrapping or other used plastics. Well made, I have one of their picnic tables and it is bullet proof, but certainly not cheap to purchase. The fencing, now about to fall down, round the enclosure must have cost another few bob, as we say. What a dreadful waste! If it is no longer needed give it all to someone who can make good use of it. Obviously I don't know how this was all funded, whether it was from the school budget or self funded by pupils and / or parents but waste it most certainly is. Please tidy it up or dispose of it to a deserving home.



Homo Vulgaris.

Unbelievable, unforgettable, the start of change?

Right up until the nightmare weekend it seemed as though we were doing well with our Social Distancing, sometimes nearer 1.5m, not the now regulation 2.0m now mandatory. We had not got around to painting plague crosses on front doors. Life was not quite normal but under control.

Then came the invasion. How many cars was it possible to crush into every car park? How many passing places could be used for abandoning vehicles? Such nice white diamonds on sticks to mark the spot, "what does Passing Place mean?" How many roads 'just' going to a farm could be blocked, so if the farmer had to work elsewhere a journey home to the lambing was impossible? How many people actually achieved their 'Darwin Award' by scrumming in supermarkets, fish and chip shops or take-aways so they could block the pavement as they chatted in close packed groups?

This just showed how brainless homo sapiens really is. Locals knew the tiny viruses spread quickly, we knew we had to keep apart. Even when the 'Lock Down' came into place there were still people who could not understand 'walk from home'. Camper vans could still be seen lurking where they thought they could not be seen. When a car park was taped off it was still possible to squeeze a car or two in front of the tape. How do those cans and plastic bottles travel to the Bracklinn Falls? People still seemed to be travelling to parties, judging by the frocks worn by those whose excuse must have been they did not speak English, as they lurked in Tesco's carpark.



Callander folk have usually been up for a smile or a chat. Now the chat was how peaceful it was! How this was as it should be! Was Scotland a victim of its own tourist industry success? Wouldn't it be good if visitors might want a quality experience of beautiful things? Don't we want them to enjoy the place and avoid damaging it? What could we put in place to help them?

One small step might be bus access only, apart from residents, to the remoter parts of the Trossachs? Mobility scooters, bikes and walking would be alternative methods of transport. This could benefit the towns where the buses would start. It could create jobs. It might encourage greater use of public transport generally. It would reduce the problem of the 'wild campers' who put up the huge tent to get drunk and use the loch as a toilet, then leave their rubbish. Much more difficult to carry the enormous load of stuff on a bus. It might reduce the problem of traffic jams on narrow roads caused by some cars that have been made without reverse gears. It could improve the visitor experience, a chance to look at the view instead of driving on a 'dodgem trail'.

In the past, visitor numbers were smaller, transport was more limited and places to stay were fewer, so it could be freedom for all. Now everything has changed, there are problems and not just here; so many isolated 'World Heritage' sites are looking for ways to control visitor numbers.

P.S. - 2nd May. All car parks to Bracklinn Falls and Craggs taped and barricaded. Still people from Govan thought they were allowed to drive to walk. They were not the only ones who were far from local. There must have been some very creative car parking somewhere.

Grumpy

Scottish Ambulance Service

At the writing of this article, we find ourselves in the midst of one of the most challenging periods in living memory. People are restricted in their movements, businesses are closed and everyone has had to adapt to a new “normality”.

On the whole, though, the people of Scotland have accepted the necessity of the restrictions by the Scottish Government as the most effective way of restricting the spread of the disease; but not everyone shares this approach. Ambulance crews daily experience examples of some individuals and small groups of people who consider that they will not be subject to these impositions and the virus will not affect them. This is incredibly difficult for ambulance crews to deal with, as they not only have increased physical demands placed upon them with the compulsory requirement to wear extended Personal Protective Equipment (PPE) with every patient, but they also have to deal with the emotional demands of increasingly regular situations where an embrace from a loved one to a patient being taken to hospital may be the last one they share. With this in mind, staff at Callander Station and all stations throughout Scotland are acutely aware of the importance of these interactions, and endeavour to ensure their care and compassion goes some way to helping with a very difficult situation.

This in turn does take a huge toll on the health and mental well-being of staff members, particularly when most are accepting extra shifts to ensure emergency cover remains high, and it therefore makes it less certain that staff get time away from work to reflect and to be with their own families. This has particular relevance of late as, sadly, the Scottish Ambulance Service has just lost one of its own Paramedics, Robert Black, to the virus.

This disease cannot be underestimated; the numbers of those lost worldwide are a daily reminder of this. Amongst the dark moments, however, there are many bright rays of humanity which restore our faith in the people we serve, and the communities in which we live and work.

Two staff members from Callander Ambulance Station, Leisa and James, said “People continue to show their



Leisa Devine, James Mounter, Callander Ambulance Station

support regularly with the Clap for Carers, including impromptu musical performances, and this goes a long way in keeping the spirits of all essential workers high. A simple thank you to a crew can help turn a really bad day into a manageable one, and the letters, cards and small tokens of gratitude deposited at ambulance stations around Scotland are both humbling and hugely appreciated”.

We still have no clear indication as to when this situation will ease, so, to protect those important to you, and to help the NHS continue to care for those in need, please remember:

- Wash your hands thoroughly and regularly
- Be aware that wearing a single pair of disposable gloves to do the shopping, drive the car and touch everything in between only helps to potentially spread the disease; regular hand washing and using hand sanitiser is much more effective
- Maintain social distancing as per guidelines
- Only travel if required for essential shopping or travel to work
- If necessary, you should still call 999 in an emergency, or consult your GP.

On behalf of the Scottish Ambulance Service, the doctors and nurses, the care staff in nursing homes and the community, our colleagues in Police Scotland, Scottish Fire & Rescue and the Search and Rescue teams, thank you for staying home. By playing your part you help us keep you as safe as possible through this, the most challenging of times.

Antony Devine, Scottish Ambulance Service Assistant Head of Education



Essential People

They are so busy, both mentally and physically. Most of us know about appointments over the phone or online. Some GPs have gazebos in the car park where fully dressed patients can be examined at arms-length by doctors wearing plastic pinny, goggles and mask; they may have a hot room for some examinations.

Care homes are short staffed due to sickness. Patients with the disease have to be kept in their rooms, even if it means blocking the door. Those with dementia and COVID find this disturbing. Relatives visit the outside of the home not the inside: staff find it difficult to make time for phone calls to them. Other care organisations are finding things hard. Staff are away. For example one organisation has gone from 7 staff to 2; demand for their help has certainly not decreased.

Essential workers and those who are disadvantaged need child care when working. All the families involved must stick to the social distancing rules. It only takes 1 family to ignore guidelines for COVID to get in and the staff get sick. The facility has to be closed and other front-line staff are no longer be able to go to work.

Selfishness by a few can cause problems for many!

Mountain Rescue Team *by Bill Rose*



It all looked so good. A late snowfall, produced the hard neve (snow) that climbers hope for each year to participate in winter mountaineering.

It all came to a sudden end mid March when Covid 19 brought lockdown and an end to trips to the hills

However, winter conditions must not be treated lightly, and winter mountaineering skills are required to stay safe. Prior to lockdown the team was called to assist in the recovery of hillgoers on three occasions in March.

On 6th March a walker found himself cragfast in whiteout conditions near Ben More Summit. Killin MRT lowered a team member down by rope, brought him to safety where a Coastguard helicopter recovered him. On 17th March the team and Coastguard helicopter again attended at Ben More to search for a missing hill walker. Unfortunately he was located by the helicopter crew, fatally injured after a fall. On 20th March two walkers stranded near the summit of Ben Lui called for help. Killin MRT members reached the location, which required ice axe and crampons to stay safe, and led both to the helicopter.



Covid 19 has had a considerable impact on everyone including our members; many are front line workers in the NHS, and emergency services. We have obtained PPE equipment to keep our members as safe as possible from Covid 19.

We are grateful that everyone has followed current guidance to stay off the hills, and exercise close to home when emergency services are fully stretched. We miss the hills as much as everyone but are confident that by staying at home we will bring the epidemic under control.

Quote: "The hills will always be there. STAY HOME SAVE LIVES" Chris Bonnington

Ordinary to Extraordinary

From around the country there are stories of help for the workers in the NHS coming from many different sources.

Firstly, there are area scrub making groups. Scrubs are the uniform that hospital staff wear when working with patients. In the current situation they are needing to be changed more often and more places need them, in many places there is a shortage. The fabric needs to stand frequent hot washing. Sewing machines to the fore, patterns ready, scissors on guard. Pity about all those pockets. Socially isolated volunteers have set to it's almost a home industry.

Nobody wants to travel home in perhaps soiled scrubs; a bag is needed to contain them, bag and scrubs go into the wash together. Again, sewing machines have been in action, bits of suitable fabric and 'string' have been found in cupboards

Face masks, can get very uncomfortable or even painful when worn for a long time, the ears suffer. Sewers have produced a band and button solution so the elastic does not 'destroy the ears'. The band and button team have again searched their sewing boxes for suitable materials. Next the safety goggles/visors. There is more than 1 GP who is very grateful to the local design technology or art department. Ever tried wearing goggles over glasses? The goggles can slip, taking the glasses with them: how reassuring if you have



to see your G.P. wearing these items over the nose.. The face shields produced on a 3D printer by these children who needed to be in school have been a wonderful solution. Teachers have used social media to access materials for the children to use. We have now heard the 3D printers in local libraries have become part of the production system. These face masks, already being used in many places are going to be needed by many more in the future.

You may have noticed a more butch activity. A known figure has been busy giving at least one friend's garden an extreme tidy and entertaining a bored boy at a social distance. Keeping busy prevents us from going stir crazy, with social distance for friend in need, and giving them a lawn with more grass than moss. Those shrubs, well, they know they have had a hair cut.

Callander's COVID Testing Site

The army are in town, if you were wondering why there were groups of soldiers walking away from the High School. Go to McLaren car park and you will see why! For 8 hours a day people can now be tested in the gazebo testing station.

If you have symptoms, you can go on line and book using the government website for a time slot for your drive-through test

A soldier will issue you with the number and bar code for your test and give you the test kit. You shove a swab right up your nose and well into your throat and then put it into the container. This is nasty rather than pleasant; you will not wish to do it again, so don't book just to reassure yourself you are well! A test today does not prevent COVID tomorrow.

Your sealed pack is then taken to Edinburgh Airport to be sent to one of the new laboratories. You will be informed if you are ill.

The aim is to help those who have the disease self isolate and then be able to return to work.



Deli Ecosse during lockdown

We had been following the news from China and then Austria of this new virus, not really taking on board what was happening.

On the evening of Monday 16th March, we were asked to start social distancing, not to visit restaurants and bars and it was recommended those over 70 stayed at home.

The next couple of days were a little baffling as the coaches continued to arrive in Callander, disgorging their passengers to wander around the shops and fill the cafes; no one seemed concerned. I removed chairs and tables to reduce the number of customers and increase the distance between people.

We cancelled our Mother's Day bookings. Watching what was happening in Italy and Spain, it would not be long before restaurants, bars and cafes would be TOLD to close their doors.

The evening of Friday 20th March we were told to close the café, but take-away was allowed. Saturday we adapted, offered take-away and deli stock. We still had stock people were looking for: bread flour, yeast and eggs, which soon sold out. Callander was busy with visitors enjoying the sunshine. Social distancing did not seem to matter, queueing for the chip shops and shopping in Tesco and Co-op. Nothing left!

I finished the day feeling uncomfortable, providing a service that may have been encouraging visitors to the area, when I wanted to support the local community with the little stock I had left.

On Saturday night I decided that we had to close, for the safety of staff and locals.

On Monday 23rd March lockdown started, and the enormity of the situation began to hit home.

How to pay the staff, rent and other bills? The 'right' thing was being done, but that did not remove the concern of the short-term future of the Deli.

Measures were put into place to provide support for businesses forced to close, although they would all take time to come online. These would still require tax being paid or loans to be paid back when we had no idea what the future would hold.

We were to be closed for our holiday, from 25th March to 2nd April, so I had a little bit of time to figure out what we could safely do. We had little to offer customers, as I could not source any flour or yeast.

But eggs were in short supply in Callander, so we opened for two hours on Thursday mornings to sell eggs and other items.

Over the next few weeks, I managed to source bread flour, then self-raising flour and hopefully yeast.

So I will open each Thursday morning, and possibly other mornings.

The next step is unknown. How do we move back to having the café open while maintaining social distancing? It will take time and thought

Julie

Lockdown at the Bookshop



We shut the bookshop two days before the official order came. Campervanners from the south were invading Callander, shopping at the Co-op before fleeing into the hills, and coming in the bookshop, not keeping their distance. We were both in 'at risk' categories – I'm well over 70.

We live above the bookshop, and still had plenty of space, but life was different. No more long chats in the shop with book enthusiasts from everywhere. No more trips away for me, doing my university degree at Lancaster. We couldn't go out to shop in the evenings as we had done before, the supermarkets were on shorter hours.

I normally struggle for time for the garden, but now time seemed not to exist. I hauled my husband out from his bindery to help in the garden with heavy jobs such as cutting down trees. A fox had got my hens, which hadn't happened in fifteen years before. I made a more secure hen house and guiltily fetched two new pullets from the farm, which was taking customers in half-hour slots. Travel restrictions had begun and nobody knew what counted as fetching food. I passed a police van on a country lane, waved to them and they waved back.

The weather was surreal. I basked in my greenhouse, grew tomatoes and courgettes from seed, exchanged seeds by post with friends. Everything grew. The countryside was eerily quiet. We gradually got used to the nearly empty street. I returned to studying via the internet, with the university staff working flat out to provide remote learning on Skype and Zoom. I could hang onto library books I had at home, whilst hundreds of extra books were made available online. My laptop crashed and I couldn't take it to the shop. I spent almost a morning waiting to get through to the helpful but overwhelmed PC World helpline.

The abnormal world began to feel normal. I tired of following the news. My brother in London recovered from the virus, which wasn't counted in the figures since he didn't go to hospital, and my son in Edinburgh suffered from 'breathlessness' and was advised he had had it. Both of them are now fine.

Visitors will return to Callander, despite the closed car parks and warning notices at Stirling, and we begin to think of the future. Will there be Americans, Germans, Dutch visitors who have bought our books and my husband's bindings before? There will probably be more from England. How many people can we allow in the shop at once, and when should we offer sanitiser, before or after they look at books or both? We will have to open shorter hours, to supervise the shop constantly. We don't have staff to worry about, as we did before our semi-retirement move from Edinburgh, twenty years ago, and have never regretted it. And we never retired.

Sally Evans

Lock Down Heroes

In one neighbourhood in our amazing community, it was not the Easter Bunny who showed up on Easter Sunday, but a real local hero! Having decided to cook himself a proper Easter Sunday lunch of roast chicken, roast potatoes, and all the trimmings, this public-spirited neighbour decided to cheer up a Locked-Down Easter for two of his neighbours, delivering platefuls of hot roast lunch to them, too, which must have brightened their day! Community spirit is alive and well in this neck of the woods.

Callander has local heroines. Three cheers for the initiative shown by our local Pilates teachers, Mairi and Anita, who have taken it upon themselves to deliver a weekly online Pilates session, to ensure that all who usually attend their weekly classes have no excuse for becoming lazy and stiff during Lockdown! For 8 weeks, Mairi and Anita have taken it in turns to put us through our paces, digging us out of our armchairs and cheering us up with a bit of exercise, and a few challenges (including The Toilet Roll Challenge.... but you'll have to join in the classes to understand that one!) Hurray for our Callander Girls! *Name Supplied*

Extreme lockdown

Five miles up a private road. The pace of life has slowed right down. Social interaction confined to Zoom and words and whatnots with odd names like "Whereby" and "WhatsApp". I'm becoming technically deft. But time now to notice the lichen on the kerbstone, the bluebells captured on camera before the deer graze them to the ground. The birds are my friends, newly recognised because I have time. And no distractions. Each tree has a different tree-song in the wind, and everywhere new life. Pale green, fractals of ferns, buds on the bushes, wildflowers I never knew I had in my lawn. My life has slowed, and shown me the vigour of life all around me. I am on the threshold of old age and I am content in a way I have never been before, except when watching my newborn children asleep beside me decades ago. *Name Supplied*

On the move?



Could I have chosen a worse time to sell my house? 1 week before lockdown I put my house up for sale, something smaller is needed! Nobody can look at it until government guidance changes. Now I'm working from home; those old clothes that have been in a drawer for years are being worn every day, wash, wear, then eventually bin. Less to pack when the time to move comes. The sun has shone and it has been possible most days to walk, during my lunch hour. Boy, I so appreciate living here. Things could be worse! *Lynne*

Stuck In Limbo



Friends ask me 'have you moved to Callander now?' The answer is rather complicated as yes, I've moved into my new home in Callander but no, I've not yet been able to move out of my house in Stirling. I've exchanged missives with the young couple who are keen to move in but until the lockdown restrictions are eased, I'm unable to move my furniture and there's a further complication in that Registers of Scotland are closed and they are involved at the final hurdle. *Peter*

Just in time

Well I put it down to monstrous good luck!!!! What I will say is that with this glorious weather the washing dries in minutes the air is like wine and my neighbours are just great. Gardening is an absolute pleasure and everything is bursting into life.

My family is all safe and well so far, and my son is in total lockdown in France. He works online so work remains the same.

I hope this experience will have some positive effects upon life and attitudes to frequent flying and the overuse of cars for shopping. My bike has proved invaluable. A time for reflection, thoughts for all who are on the frontline. *Noreen*



Positives

Although Covid-19 virus has devastating effects on the whole world, it seems also to be having some unexpected benefits. Many people are staying at home, driving less, walking more: people are stopping to talk to neighbours, helping more vulnerable people, where necessary. There is a greater sense of gentleness, less hurriedness and much more communication. On Thursdays with clapping and music to applaud the amazing NHS, there is a sense of togetherness. This will sink back when things gradually return to normal, but, hopefully, some benefits will remain

Trust Housing

We want to thank Helen Fay, who looks after everyone at the Trust Housing Complex, in North Church Street, Callander. As the manager there, she always goes above and beyond her job, to be helpful to the folks who live there, and to their families; our mother (in-law), Mrs Gretel Ashford, lives there.

Helen has taken on even more responsibility to keep residents safe, and support them in many different ways. If that girl had another pair of arms she would find herself yet another job to do, all to keep her residents safe. *Lucy Fraser-Gunn*

I feel very fortunate, because life has changed very little for me. Some might say my life has been very restricted by illness since I was a teenager but I have found ways to adjust and to make my life meaningful. In this present situation, I am content, I no longer have to push myself. I can take my time, live at my own pace. Pieces of work are emailed to me by my U3A French groups, which keeps me in contact with people. It helps me keep up my own learning which I love. Helen, our co-ordinator here at Trust Housing, is looking after us well. The only thing lacking is my daily stroll, but that would be too great a risk to my immune system, compromised by M.E. *From Alexandra for coping in crisis.*

The effect of lockdown on our canine friends and what we can do to help our own dogs.

Sadly, vets and charities are going to see an increase in dogs being given up due to:

1. Purchase of a dog made for the wrong reasons during lockdown
2. Behaviour problems due to lack of socialisation of young puppies during lockdown
3. Dogs developing separation anxiety when people return to work and school

Dogs Trust has changed its famous slogan “A dog is for life, not just for Christmas” to “A dog is for life, not just for lockdown” following a surge in online searches for pets during the COVID-19 crisis. The charity is concerned about a future spike in people giving up their dog when normality resumes and reality sinks in. Britain’s biggest canine welfare charity is asking people to weigh up if they are truly ready for the realities of dog ownership before taking the leap.

Lockdown sounds great for our four-legged friends: more walks, more playtime, more attention. Having their people home all day means that life for our pet dogs is pretty good right now! But there is a flip-side. Dogs are growing increasingly used to our company, and when the time comes for us to begin our return to normal, the sudden shift in routine will potentially be a big shock for them as well as for us. Some dogs will cope well, continuing their snooze on the sofa after a brief shrug of the shoulders. But for those overwhelmed by the abrupt change, separation anxiety is a real risk. Dogs may feel panic at their sudden solitude, which will not only be psychologically damaging for them, but may also lead to stress behaviours such as barking, howling, whining, chewing, destruction of doors, rugs and furniture and toileting. Some may even injure themselves trying to get out to find mum or dad.

You can help to prevent your dog developing separation anxiety by following a few simple rules now:

1. If you are leaving your dog alone and out of your sight, make sure you video your dog to make sure he or she is OK. You can do this by setting up a laptop or tablet and watching on your phone, using packages such as Facetime, Zoom or Skype.
2. Remember, just because your dog is not making a noise or destroying something does not mean they are settled. There are many other signs of anxiety which are silent, such as panting and pacing.
3. Encourage your dog to settle in their bed whilst you work from home. Initially you might need to put it by your feet, but gradually you can move the bed further away from you and reward your dog for staying in its bed. Eventually the bed can be positioned the other side of a baby gate and then a closed door.
4. Spend time in another room away from your dog, and in the garden with your dog inside.
5. If you are able to leave the house, aim to leave your dog on their own every day, if they’ve always tolerated being home alone even if it’s for 10 minutes whilst you pop to the shops or go for some exercise.
6. If your dog is used to being alone for longer periods, then try and leave them alone at least once or twice a week.
7. Provide your dog with lots of independently self-reinforcing activities that don’t involve you, such as homemade or commercial activity feeders (objects the dog has to manipulate to get part of their meal portions to fall out), chews, stuffed Kongs to lick at, and toys that the dog can play with by themselves.
8. Try to give your dog a similar routine (feeding, walks etc) to the one he or she had before lockdown and to the one you are likely to go back to when things get back to normal.

Cats, on the other hand, are spending every spare moment trying to come up with a cure for coronavirus so that their humans can get back to work and school ASAP then they can get the house back during the day!

The Riverside Veterinary Clinic team in Callander hopes you and your four-legged friends stay happy and healthy during these challenging times.



Looking after your best friend!

- Join our Pet Health Plan and budget monthly to reduce your pet care cost.
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What's it like to be a regular cyclist living in Callander during lock down?

Despite the restrictions that have been placed on us in terms of cycling there have been upsides to the present restrictions. For many years I have been of the opinion that cycling on the A84 for the average cyclist or touring visitor is not to be recommended, the volume of traffic and high speeds being the biggest risk factors for more vulnerable road users like cyclists, walkers and horse riders. Since the lockdown travel restrictions have been in force, the volume of traffic has significantly reduced. I have returned to using this trunk road in and around Callander, mainly to return home from rides from the east (Burn of Cambus, Doune) and the north (from the Stank Bridge area). It has been very pleasant to ride on the good quality road surface of the A84, unlike a lot of the quieter roads around the town and Trossachs area which I ride regularly that have significantly poorer quality surfaces and lots of potholes.

Another positive has been to experience the reduction in traffic noise particularly again from A84. Riding north on the Lochs and Glens north route (NCN 7) up to Leny Pass and Loch Lubnaig has become pleasantly quiet with less noise coming across the river and loch from the road. Mother Nature has filled this void with altogether much more pleasant sounds, bird song in particular. Their volume appears to have increased. I heard my first cuckoo of the season a few days before writing this piece. Another bonus of the present situation is seeing many more locals out and about walking and cycling, particularly family groups enjoying the recent fair weather and the safe cycling on the trails and quiet roads in and out of the town. This demonstrates that, given the right prevailing circumstances, people will use pleasant and accessible infrastructure for active travel and recreation when it's available. It also provides a lot of food for thought about how we might arrange for some of the positive experiences that have come about as a result of the corona virus restrictions. These positives should become a part of a more people-friendly town with safe and accessible streets and its roadside environment. This can only benefit the community of Callander and its future active visitors.

Colin Welsh



Hello from everyone at McLaren Leisure! We miss you all very much and we suspect you are missing us too. We have been here for twenty-two years, serving the community's health and wellbeing, supporting local training and employment and working with other local organisations to help toward the wider community's benefit.

We want you to know that we are still here for you, finding new ways to carry on supporting you in these different times and engaging with as many of you as we can. We have been reaching out through our newsletters, website and social media, bringing you lots of opportunities for live online fitness classes, at-home workouts, junior activities and much more to keep you active while at home.

We closed our doors temporarily to the public on March 21st and our team set about deep cleaning the building. However, due to the social distancing rules brought in on March 23rd we sent our team home for their own and the wider community's protection. For now, we are assessing risks, planning

future access and ensuring, when we are allowed to open to the public, we do this respecting guidelines on social distancing, keeping staff and customers safe.

We would like to thank all of you for your support during this difficult time. We have received wonderful support from our community. From members asking to continue their payments, donations on our GoFundMe page, support from those who are shopping local by scanning their membership cards at the Co-op, to likes, shares and comments on our social media. We will ensure that all donations go back into the leisure centre that you have loved and supported over the years.



If we come through this soon, we'll invest any funds raised in key projects. Over the years we have completed many projects including changes and upgrades to our facility. Most recently we completed a lighting and boiler upgrade throughout the facility. As a social enterprise it is our aim to be as sustainable as possible and this brings us one step closer to our goal. With the added bonus of a lovely, bright and welcoming pool and changing area, reduced running costs and environmental impact- this includes recycling all that was removed. We hope to be able to implement many more upgrades in the years to come and by supporting our fundraising efforts you will be able to help us do so sooner. If it takes a bit longer to open, then you'll be helping us to be sustainable and we'll get through this together.

We would like to convey our gratitude to all of you for your support of McLaren Leisure over the years and look forward to welcoming you back once things return to the new normal. Make sure you keep an eye out on our website and social media for updates, but for now, stay safe, stay active and we will see you soon.

Rachel McLean



Callander Target Sports Club

Club Update:

We have virtually completed all repair works as a result of the fire, with the installation of additional CCTV cameras. We now hope to carry out some additional work to our car parking area in front of the club. A Callander man has plead guilty to a charge of wilful fire-raising at the club on Christmas day. The Sheriff deferred sentence for a criminal justice social work report and restriction of liberty order assessment – full details in the Stirling Observer.



Perthshire Winter Competitions:

Due to the lockdown the Perthshire Association agreed to finish the leagues early on Monday 16th March.

25 Yard Prone (after round 18): "A" team beat Balerno & Curry by 3 points to win the top division 1 – Gordon Motion, Mike Buchanan, Gordon Winch, Cliff Ogle and Fiona Reid. Unfortunately, neither the "B" or "C" team did particularly well this year.

Individual leagues (after round 9): Gordon Motion, Mike Buchanan, Cliff Ogle and Jonathon Richards all finished in second place in their respective divisions.

Benchrest (after round 9): Div 2 - Willie Jenkins won the League, with Colin Tawse 3rd. Div 3 - Mark Griffiths won the League. Div 4 - John Johnston won the League with Jimmie Innes 2nd and Bob Farquhar joint 3rd. Juniors:- Sam Petrie came 2nd in the Junior League and Duncan Power 5th – well done, boys.

Well done to everyone who took part and well done to the winners of their leagues.

Perthshire knockouts:

Mike Buchanan has shot in the semi-final of the Burton Cup. However, again due to the lockdown, an extension has been granted to the other shooters.

Cumbria:

Callander had 16 shooters competing in Cumbria & Northumbria Target Shooting Ass. over the Winter 19/20. Medal winners were...Long Range Benchrest Div 10, 2nd---John Russell. Rapid Fire Rifle Div 2, 2nd ---Barry Docherty. 10M Supported Rest Air Pistol Div 2, 1st---Bill Moonie.

Lockdown Shooting:

The pubs may all be shut but one of the oldest pub and club sports in the country has set up a postal competition, - Lincolnshire Bell target agreed to run a league for pistol which can be shot and scored at home in a garage!

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

John Russell

The Missing Link - Cycle Route between Doune and Callander Update

NCN765 is a local cycle route (only 11miles long) starting at Stirling Railway Station and ending rather abruptly in Doune. For some time, there has been a hope that there could be a link on the National Cycle Network between Doune and Callander joining up with NCN7. This would provide locals and visitors with an active travel alternative into this side of the National Park from Dunblane, Bridge of Allan and Stirling.



Sustrans are custodians of the National Cycle Network and finally there has been some movement on this missing link and plans to extend NCN765. Two public consultation took place on Phase One of the route from Doune to Burn of Cambus. The first was at the McLaren Leisure in Callander and the second at the Woodside Hotel in Doune This was an opportunity for the public to see the proposed drawings and plans for the route and to give feedback.

The Callander event was very well attended with Sustrans workers on hand to answer queries and inviting comments on many aspects of the proposed route, including site design, path make-up, environmental considerations and landscape. Sustrans are also keen on community involvement with a plan to place artwork along the route. The room was buzzing and the technical presentations were very good. The only downside was the timescales. While Phase One is hoped to be completed in around two years, Phase Two, which will see the route finally link into Callander, isn't planned to be completed until 2027.

Maggie Magor

28 Charities and clubs

Callander and West Perthshire U3A



Due to the coronavirus lockdown, all U3A groups were suspended. Many of our members are in the 'at risk' age group. With no meetings to go to and restrictions on going out, some C&WP U3A members came up with a way to help us stay in touch with each other. It was decided to produce occasional emails which would give readers information but also include amusing articles to brighten up the day. The email, called 'Chatterbox', was edited and sent out to those members who are on email (over 270) by Phil Reece-Heal. Issue 1 gave the details of local groups that were being set up to help people who could not go out and a warning about scam emails. It also had amusing posters, a poem and a Spot the View puzzle. Readers were invited to send in contributions of their own and THEY DID!

The succeeding 'Chatterboxes' overflowed with information, ideas to keep us amused, book recommendations, links to websites and Youtube videos, posters, personal thoughts and experiences and much more. It turned out U3A members loved to communicate electronically. The email became something to look forward to. There was a feeling of anticipation when 'chatter box' appeared in the Inbox. What would this issue contain? No two issues were alike but every one brought a little brightness and variety into days which, of necessity, were very much the same. Thank you to Phil and all the contributors.

By early April we were up to 'Chatterbox' 9 but with several issues a week, who knows what the total stands at now?

K. Millar

Callander and West Perthshire Rotary Club

The Rotary Club like almost everyone else is in lockdown. Our events for the summer are cancelled, as are our weekly meetings. We have however managed to give some financial support to Start Up Stirling and Children's Hospices Across Scotland (CHAS).

Despite being unable to hold our usual meetings, the club has dragged itself into the 21st century by holding Council meetings and the Club Assembly online using Zoom. This has been a new and useful experience for most members.

We hope that by the time the next edition of the Ben Ledi View comes out we shall all know when we shall be back to normal. Meanwhile keep safe and healthy.

Derek House



CHAS

Thanks to the glorious weather I have been able to set up my usual table at my gate selling plants with an honesty box. All the money goes to CHAS.

To date I have raised £850 in just 6 weeks. Heartfelt thanks to all friends who have given plants, rhubarb, shed paint(!) to augment my supplies and to Nancy who left a bag of change on my doorstep (£18.06). I hope all plants do well and you all keep coming.

Fiona House. Invertrossachs Road (by the bridge)

Royal Voluntary Service

Royal Voluntary Service invites those looking to beat the boredom of lockdown isolation to visit our Virtual Village Hall - our new programme of online activities.

The Virtual Village Hall (royalvoluntaryservice.org.uk/VVH) is a programme of themed video sessions led by expert tutors and some well-known faces, Royal Voluntary Service activity co-ordinators and volunteers, and is supported by players of the People's Postcode Lottery. There are loads of activities including gentle exercise, arts and crafts, cooking and baking, technology skills and quizzes with beatboxing, laughter yoga and Zumba Gold planned too. Sessions will be available seven days a week with both live and pre-recorded activities for people to join in with. Some downloadable guides will be available to print and share and there will be links to official government guidelines and Covid 19 information.

Our hundreds of social clubs and groups are unable to meet during this time so the Virtual Village Hall programme is a way to bring us together to enjoy activities at the same time.

Lockdown is encouraging many people to try out new technology and to appreciate the benefits it can deliver. It's easy to access our sessions on the website link above and they will also all be available on demand on the Virtual Village Hall YouTube channel.

Dwelling in the Iron Age – excavations at Cambusbeg West, Callander

Callander's Landscape, in collaboration with the Callander Heritage Society, has been investigating archaeological sites ranging from Neolithic enclosures to charcoal-burning platforms in Leny Wood. Most recently, in October 2019, the enigmatic site of Cambusbeg West was studied by a team of volunteers with support from Clyde Archaeology and Northlight Heritage.



Lying in a small clearing amidst dense forestry, the site appeared to be a sub-oval enclosure measuring up to 19 m in diameter, sitting on a marked terrace. It comprised a bank, up to 4 m wide and up to 0.7 m high, most visible along its northern extent. It had been suggested this may relate to the remains of a monumental Iron Age structure, potentially even a Broch. Before excavation there was clear evidence the site had, in parts, been disturbed with two 19th century longhouses having been built on or up against the western and southern sides.



Volunteers digging the enclosure bank

The volunteers undertook an archaeological evaluation of the site to establish the chronology and character of the archaeological remains. One trench was hand-excavated to examine the main bank structure which potentially represented a massive wall construction. It revealed evidence for a probable collapsed inner-wall face. A further ten smaller trenches, each measuring 1m by 1m, were excavated across the level area and southern sides of the terrace. Some of these revealed where the large enclosure bank had been robbed out but also confirmed traces of walling were preserved below ground level.

The excavation showed at least three phases of activity were likely at the site. The first appeared to be a circular monumental structure, probably dating to the late first millennia BC and/or early first millennia AD. The second was a possible 17th and 18th century settlement, evident through a small assemblage of Scottish post-medieval pottery of Throsk-type form. A north to south running clay-bonded stone wall uncovered in the centre of the site may relate to this period but could also be earlier. The third comprised evidence of a 19th century farmstead, the construction of which also remodelled the prehistoric enclosure.

A few sherds of glazed medieval pottery from the 13th to 14th centuries provide a tantalising glimpse of another possible phase of settlement at Cambusbeg West, while a cast copper alloy object with torn edges was also recovered, but its purpose and date remain unclear. It was made of copper, lead, tin and zinc, a common mixture used from the Roman period onwards, but it had no diagnostic features to aid identification.



The top of the stone wall in the centre of the site

A spring within a triangular walled enclosure sits just south of the main site. Being a good source of water it may have been one of the reasons people first created the enclosure here. As is sometimes seen today, it is likely springs were associated with other special meanings, and the one at Cambusbeg West may have held particular significance for the people who once lived there.



Recording trenches on a frosty morning

The work was funded by National Heritage Lottery Fund and Historic Environment Scotland and forms part of the Callander's Landscape wider community archaeology project. It is hoped that the Callander Heritage Society will further explore this complex, multi-phase site in the future. We would like to thank the landowners, Cambusmore Estate Trust, for allowing us to access this fascinating site.

Gavin MacGregor and David Sneddon



More Main Street Wandering

Last time I left off our wanderings at the corner of Main Street and Ancaster Square.

On the corner of the Square and Main Street was Café Rex one of the flagship establishments of the town. In the immediate post war years, it enjoyed a boom with many coach tours booked for lunches and high teas, in addition to coffees, snacks and ice cream sundaes. The black and white clad waitresses were kept busy all day long hustling across the highly polished linoleum floors. The shop counter featured high class confectionery, out of reach of pocket money budgets and Luti's famous ice cream supplied by the Ben Ledi Café across the street. Owner Serze would often be seen carrying the stainless steel pails in anticipation of another busy day. No matter how busy, he would always take time to speak to anyone he knew. His wife Yolande was more in the background working away, the power behind the throne.

The oldest retail business in Callander is Campbell's Butchers in the Square. I believe it was established by Colin Campbell's great grandfather in 1947. He was followed by Colin's grandfather, Dougie and in turn his father, Neil, who spent his entire working life in the business and who is now enjoying a well-earned retirement. The business, now run by Colin aided by a friendly and efficient staff, is in good hands.

Beyond the vennel on Main Street was another butcher, owned by Stuart and Sheila Colquhoun. As a child I found Mr Colquhoun a little scary with an abrupt manner and a severe army-style haircut. Mrs Colquhoun was a florid faced, gentle matronly type.

Dick Young's greengrocers was next door. I seem to remember Dick as a small bald man with a glass eye who took a delight in tormenting us kids. Mrs Young would attend work in all her gold jewellery, looking as if she were off to the ball.

James Bayne fishing tackle, toys and fancy goods shop is little changed in 60 years. The owners may have changed over time, but they found no need to change a winning formula. In my memory, the owners were James Bayne, followed by James Allan, next my old pal Dougie Allan and his lovely wife Sheila and on to the present owner, Roger Draper.

William Glen's haberdashery occupied the shop where Cancer Research can now be found. An old fashioned businessman, Mr Glen stuck to his own business plan, supplying the needs of the local community and with little thought of cashing in on visitors. I think retirement came at the right time for him, for this was one old dog who was not going to learn any new tricks.

The Co-op had three retail units together on Main Street at this time. There was a baker's shop supplied with bread and cakes daily from the Co-op central bakehouse in Stirling. The shop was run single-handed by Chrissie McKiggan. She later married the coalman, Alan Stewart, who ran the coal delivery service in the town and surrounding area. The next unit was a shoe shop, run for many years by 'wee Jessie', a cheery lady who loved to share the local news. The Co-op butchers occupied the space which is now the Waverley bar. This narrow shop always had carcasses hanging against the wall on the customer side of the counter, a constant source of fascination for small boys, and opportunities for mischief. Jimmy Robertson was the butcher, his apprentice was Terence Scott and he was occasionally assisted by Duncan Campbell.

The Waverley has changed much over the years. At one time it was a temperance hotel according to old photographs. It was successfully run by Jimmy and Graham Ferguson with a fairly large live-in staff. The hotel had no bar in the 1950s but a small cocktail bar opened in the early 60s. This proving popular, Jimmy saw the opportunity, when the butcher's shop became available, to open the Claymore Bar, which under subsequent owners has grown like Topsy.

The last building on the block was originally Steve Corrieri's small two storey house. On the summer's evening when Macdonald's workmen came to demolish the same, it drew quite a crowd - we did not all have TVs at that time. It made way for the unit you see now, occupied initially by Macdonalds of Oban, retailing crystal and expensive souvenirs. It was later run for a time by Mr Cantlay who also took over Glen's on Willie's retirement.



Munro Electrical Services Ltd.

Advertorial

As we are spending more time at home, we may find that we are using more electrical devices than normal, including dusting off old gaming systems and laptops to keep everyone entertained. Unfortunately, some of our older equipment may be substandard or unsafe to use. Now it is even more important that we are aware of electrical safety and identify any potential problems. It only takes one small defect to spark a house fire or cause a deadly shock. Here are some checks that you can do to help keep safe:



- Check to see if the fuse box is up-to-date. It should have a residual current device (RCD) which will cut the current if there is a fault. It should not have a wooden back, mixes of different fuses, or iron switches. Ensure there is nothing blocking the fuse box or any flammable materials nearby.
- Follow the path of any cords. No cords should run under rugs, across doorways, or cause a trip hazard. Ensure the outlets are not overloaded and move electrical devices to closer outlets if possible.
- Check cables on electronic devices to make sure they are secure and in good working order. Inspect the device for excessive dust or wear. If you find an issue, unplug them and store them until they can be repaired or replaced.
- Inspect plugs, sockets, and light fittings. Any burn or crackling can indicate there is a serious electrical problem. If you see a problem, do not use that device or light.
- Inspect the kitchen for any fat build up on electric cookers or blocked air vents. Most fires start in the kitchen. Also be sure to inspect the fire extinguisher and ensure it's in proper working order.
- Register any new electrical device in case there is a product recall. This can be done at www.registermyappliance.org.uk. You can also check your older appliances against the safety repairs and recall list.
- Throw out any counterfeit or sub-standard electrical goods. Things like cheap phone chargers can be dangerous and start fires.
- Ensure electrical goods are being charged on hard, flat surfaces. Move any phone, computer, or electrical devices from your bed.
- Check any outside sockets and ensure they have RCD protection. Make sure anything that is plugged into outdoor sockets is made for outdoor use.
- Test smoke and fire alarms monthly and ensure you have multiple safe paths to exit your home.

Munro Electrical Services is open for urgent service calls during COVID-19, however, please give us a call if you have any general questions or concerns. We're happy to help. Munro Electrical Services, www.munroelectricalservices.co.uk. Ross Munro, phone number 07951913983

Our Tremendous BLV Distribution Team

The coronavirus pandemic dominated distribution of the April issue of the BLV but it all ended up well, thanks to the great help from many people. The magazines arrived at St Andrew's Church Hall as usual but because of coronavirus restrictions the hall was only accessible to the Church Rector - Rev. Richard Grosse. Richard very kindly helped to pack around half of the bags along with Distribution Co-ordinator Alan Davidson. The bags were then placed in the Church Car Park on the Friday morning and our Drop-off team collected them at 15-minute intervals.



Understandably, some of the distribution team declined this time but we were extremely fortunate that Susan Allan, Andrew Devaney, Barbara Davidson, Russell Drummond, Emma Fitzsimmons, Sheila Johnston, Alistair Johnston, Harris Kliskey, Fiona McAdam, Katy McGowan, Steve McGowan, Isla Routledge, Nick Parish, and Fraser, Aidan and Callum Cronin all carried out new or multiple rounds to cover the short-fall.

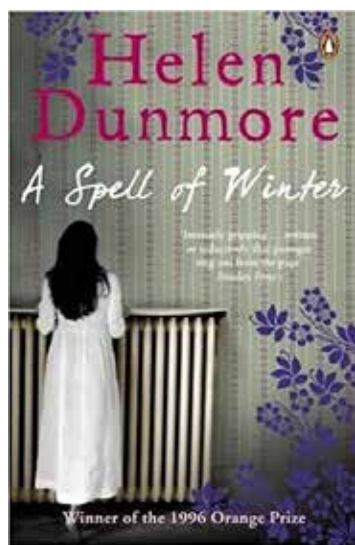
We are also very grateful to our regular distributors - Liz Black, Grace Brewer, Milan Cech, Bob Clough, Ivan and Gwen Condon, Annette and Dave Cooper, Audrey Corrieri, Alan Davidson, Alex Graham, Mark Griffiths, Hilary Gunkel, Elizabeth Haddow, Rosemary Harrison, Lesley and Mike Hawkins, Sue Hewitt, James Holmes, Fiona House, Toby Kliskey, Helen Little, Iain and Vanessa McAllister, Elaine Martay, Janice Mathison, Janette and Paul McKendrick, Kath Millar, Sheila and Kenny Morrison, Lorraine Pritchard, Ros Sannachan, Muriel Sinclair, Fiona Snow, Angie Stallard, Linda Sutherland and Jean Thewlis - who delivered the magazine in these difficult times.

By reading this, you hopefully will have received our latest edition in a similar way. Stay safe!

Alan Davidson

Book Club Review

This issue's book review title is *A Spell of Winter* by the late Helen Dunmore (Penguin, 1996 and 2019). This book was originally published in 1995 and won the 1996 inaugural Orange Prize for fiction. The book is described as gothic fiction. Now for those BLV readers unsure of exactly what this means (and I'd count myself as one), gothic writing is a mode of literature combining fiction and horror, death, and at times romance (source, good old Wikipedia).



And yes, *A Spell of Winter*, certainly does cover all these broad themes. The story begins before the outbreak of the First World War, and is set mainly on a farm in England where Cathy and her brother, Rob, live with their grandfather. Cathy and Rob's parents have left them - their mother has suddenly gone off to live overseas and their father - following his wife's quick departure - is sent to a local asylum. Meanwhile, their grandfather is uncommunicative and harsh to the children. As they approach adulthood, his main aim is to ensure they are suitably betrothed and he sets about less than subtle match-making. However, the siblings have other ideas.

A Spell of Winter is dark (also a key feature of gothic writing). In fact, the darkness is relentless with Dunmore creating a claustrophobic sense of foreboding with a storyline that is often shocking. It is winter on the farm (as the title suggests),

but the tale skips back and forth between episodes in the children's past and back to their present. As youngsters, Cathy and Rob explored the forests that surround the farm but their lives are small, focused only around the farm and local village. However, this life must end, and with the on-set of the war, boys now become young men, leaving the village to an uncertain future.

I really enjoyed my first taste of Helen Dunmore's work and will certainly be seeking out more. I recently discovered that she is a favourite author on the BBC's audiobooks website with her books often abridged and serialised - definitely worth checking out if your eyes need a rest.

The next BLV book club review will be *Things Can Only Get Better* by David M. Barnett (Trapeze, 2019)

Maggie Magor

Keeping Spirits Lifted

During this very difficult period, care homes have been under enormous pressure, as many of you will be aware, due to the impact of Covid-19. Residents have been unable to have family and friends visit, which is incredibly difficult for them and their loved ones. Additionally, the regular visits from entertainers and others have had to be curtailed.



The residents at Ashlea Care Home however have recently had an enormous boost to their morale from several visits made by Scott Methven playing pipes, Walter Hall playing saxophone and Jenne McClure singing songs (and getting the residents and staff singing enthusiastically too!), all from the safety of the garden grounds. This allowed for some much needed entertainment to take place whilst closely observing the social distancing practices that are currently in place.



Music is known for its healing power and the sense of community that it fosters, so it has never been needed more than at a time like this. We are now looking forward to some violin playing from local player Rhianna McIntyre-McClure and hope that this welcome venture will continue throughout lockdown and beyond!

CAOS



An almost empty stage – we so nearly did it!. Things were happening so quickly in March that, no sooner had we built the set for *The Sound of Music* than we were taking it down again, as it became clear that the show could not go ahead.

This huge disappointment was quickly followed by a more positive mood as both cast and supporters suggested ideas on how to move forward. Initially we wondered whether we might be able to stage *The Sound of Music* as early as September and the rights holders and suppliers have been very supportive. However, it is clear that this will not be possible and the future remains rather uncertain. Rest assured that, in this strange no man's land, the Society Committee have discovered 'Zoom' and are having regular video meetings to discuss what steps to take next. If at all possible we will aim to stage a show at some point in the future and that show might still be the *Sound of Music*. This will be a just reward, not only for the cast who have put in so much hard work over the past few months, but to all of you who are continuing to give us your support as we navigate our way through the current uncertainty.

We are conscious that so many of you have expressed that support through patronage, ticket sales and advertising and would stress that if anybody would like to be refunded then we are looking at the best way this might be done. In the first instance, please contact us by speaking to any society member or via our web site www.c-a-o-s.org.uk. Alternatively if you are happy to retain your tickets, these will remain valid for whatever production we put on next. Similar arrangements will be made for patrons and advertisers.

This isn't the first crisis we have encountered and no doubt won't be the last! We might not know what show or when, but we remain committed to that old cliché – it must go on!. Keep safe and well.

Steve Murphy for CAOS

Writing Group

Below are two poems from the Writing Group.

Lockdown - COVID-19

In our bid to outwit the COVID 19
We're told to self isolate
In the weirdest way to ever be seen
We await our terrible fate.

I'm stuck inside for all of the day
Checking each cough and sneeze
Feeling my brow every possible way
Listening for every wheeze.

At every chance I check the mirror
For signs of impending doom
At the slightest glimpse of any pallor
I'm locked in terrible gloom.

Take my pulse as the clock ticks by
O how the heart does race
Scared half to death and don't know why
But it's only the sight of my face.

O grave where is thy victory
O death where is thy sting
Isolation is mandatory
To escape this virus thing.

So I'll fill my time with telly and tea
And biscuits from the tin
And die instead of obesity
So Corona will not win.

Fiona Martin

Tell me please

Do they insulate the house
Or line a cage for a mouse?
Do they braid it in their hair
Or decorate the stair?
Has the toilet roll passion
Become the latest fashion?
Do they wear it on their heads
Or make sheets for the beds?
Does it wrap up precious presents
Of expensive porcelain pheasants?
Does someone sit for hours
Making bog paper flowers?
Does it decorate a carriage
For a christening or a marriage?
Is it stashed behind the door
Or simply sit upon the floor?
I wonder how it feels
To sit on it for meals?

What are they DOING
With all that bloody toilet paper?
Fiona Martin

Find your thrill with Blueberry Hill

Blueberry Hill Meals, a family-run frozen meals delivery service based in Stirling, was established in 2012 by Perthshire girl Emily Ogilvy. Before founding Blueberry Hill, Emily was on track to become a professional sports-star. She played golf for Scotland and was awarded a much-coveted sports scholarship to study and train in America. Tragedy struck just before Emily turned professional, when she dislocated her shoulder during training and was no longer able to play competitively. Undeterred, Emily set out to make another way in the world and, coming from a large family of excellent home-cooks, she sought an outlet for her passion for cooking. And so, Blueberry Hill was born.

Emily started off cooking meals in her mum's kitchen for a small handful of local people. The word spread that a local lass was creating tasty, home-cooked food and more and more people wanted to give them a try. In 2014 Emily set up a kitchen in Stirling Enterprise Park and was joined by Head Chef, John and General Manager, Sarah. From there the Blueberry Hill team went from strength to strength. Emily's sister, Victoria, joined the team in 2019 to help develop the business and they have been continually supported by their parents, Karen and Alistair, who are true business gurus – it's a real family affair! From their humble beginnings rattling pots and pans in mum's house,

Blueberry Hill is now a thriving independent company serving happy customers across much of Central Scotland and beyond.

A message from Emily and Victoria:

It has been our privilege and pleasure to do our bit to help support people across Scotland for the past few years, but never more so than during these unprecedented and troubled times; as it has for so many people, the emergence of the COVID-19 pandemic has been a true test for Blueberry Hill Meals. The demand for our service has skyrocketed but thanks to the monumental efforts of the Blueberry Hill team we continue to deliver all the meals needed to old and new customers alike. Everyone in the kitchen has worked tirelessly beyond the call of duty to keep the freezer stocked with much-needed meals, and our delivery drivers and office staff have gone the extra mile to make sure they're delivered safely to the people that need them. We can't thank them enough for everything they are doing to get proper, hearty food to some of the most vulnerable people in our society during one of the most difficult times we've seen in living memory. If you think we can help you, please don't hesitate to let us know.

About Blueberry Hill:

At Blueberry Hill Meals we prepare and cook a superb range of soups, main meals and desserts and deliver them for free to your door in a way that suits you. We're passionate about providing people with food that is not only nutritious, but also tasty, with that home-cooked flavour sorely missed by so many people.

From our kitchen in Stirling, our chefs cook meals from scratch using fresh, high-quality produce and freeze them immediately in individual portions. There are no preservatives or any other nonsense in our meals, they are simply cooked then frozen. Our small team of delivery drivers deliver them for free to our customers at a set day and time every week, meaning our customers get to know and trust the person who is delivering their meals. We can also tailor aspects of delivery to the needs of our customers and will do everything we can to accommodate any particular requirements.

Orders can be taken over the phone or email, through our website, or with an order form that can be handed to your delivery driver. We have a range of payment options including card payments, direct debit, Paypal, cash or cheque. There is no contractual commitment required – just order what you want as often or infrequently as you need it, all we ask is a minimum order of £15. And remember delivery is always FREE.

We have two introductory offers for new customers: our starter pack includes a soup, two main meals and a dessert for just £10 (including delivery) - this is a great way to try a few meals at a great price. Alternatively, if you'd like to try a wider variety of dishes simply choose anything from our main menu and specials menu, and we'll give you £5 off your first order when you spend £20 or more (use the coupon code NEW2020 if ordering through our website).



We would love to welcome you to the Blueberry Hill Family. If you would like a copy of our menu please don't hesitate to get in touch. Whether you're looking to take a break from cooking, you need help with independent living, or you'd just like some tasty meals without the fuss, we're here for you.

Contact Details:

Phone – [01786 357 560](tel:01786357560)

Website – www.blueberryhillmeals.co.uk

Email – hello@blueberryhillmeals.co.uk



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Rural Stirling
Housing Association

Do you need an affordable home ?

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

We currently have over 600 rented houses and flats. Around 40 of these become available for rent each year. We currently have properties in the following communities:

Aberfoyle	Doune	Killin	Strathyre
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Buchlyvie	Gargunnock	Kippen	Tyndrum
Callander	Garthmore	Locheamhead	
Deanston	Killearn	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.

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

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

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Please refer to our website for current service delivery information

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Carolyn Dunion from McKendry Dunion Financial provides a personal service to those looking to get on the property ladder or review their mortgage arrangements.

Carolyn says, 'It is amazing that our mortgage is usually the biggest expense we will have in our lives and yet often we forget to review our arrangements and that can cost us thousands of pounds unnecessarily.

Similarly, many would be first time buyers can be scared off by the overwhelming amount of information surrounding mortgages'.

McKendry Dunion look to help clients get the best solution for their circumstances. They aim to be approachable and as they offer evening appointments, they can help at a time that suits you.

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To have an informal no obligation chat to see if they can help you contact Carolyn on 07957252223 or carolyn@mckendrydunion.co.uk

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Local Council Office & Registrar:

01877 33004

Social Work: 01786 471177

Post Office: 01877 330267

Stirling Council: 01786 404040

National Health

Callander Medical Practice 01877

331000

Prescriptions 01877 331001 (10.00am till 3pm)

District Nurse 01877 330150

NHS 24 111 or www.nhs24.scotwww.nhsinform.scot

Callander Dental Practice 01877

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Chemists

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

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

Vets

Callander: 01877 381213

Doune: 01786 841304

Schools

McLaren High: 01877 330156

Callander Primary: 01877 331576

**Callander Kirk**

The Church of Scotland,

South Church Street, Callander

Sunday services**Every Sunday except last Sunday in Month**

See website for details for when Church re-opens

Details at www.callanderkirk.org.uk**St Joseph's Catholic Church**

Glen Artney Road, Callander

Weekly Masses

Monday, Thursday, Saturday Mass, 10.00am Callander

Tuesday, Friday Mass, 10.00am Doune

Wednesday Eucharist Service 10.00am Callander

Sunday 11.30am Callander

Rev. Leszek Wiececzek, S.A.C.

01877 330702

Bin Collections**June****Grey/Blue bins** Sat. 13th, 27th**Brown bin/Blue box** Sat. 20th**Brown/ Green bins** Sat. 6th**July****Grey/Blue bins** Sat. 11th, 25th**Brown bin/Blue box** Sat. 18th**Brown/Green bins** Sat. 4th**August****Brown/ Green bins** Sat. 1stwww.stirling.gov.uk/waste**Lagrannoch WRC Opening times**

- Monday - Friday 5.00pm to 8.00pm
- Saturday 9.00am-2.00pm
- Sunday 10.00am-2.00pm
- Lagrannoch 01877 330492
- Also for sand, gravel, etc. 08452 777000 (Functions as emergency number from 5.00pm to 9.00am and over weekends. Also use for non-collection of wheelie bins.)

Saint Andrew's

Scottish Episcopal Church,

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**Callander Baptist Fellowship****Weekly Services:**

Sunday Morning Family Worship at

10.30am in Pastor's homel

Sunday @ 6pm in St. Andrews' Church Hall

Prayer Time - Monday 8.00pm

Callander Home Group - Wednesday

7.30pm

Doune Home Group - Tuesday 8.00pm

Everyone is welcome to all our services

For venue details for our weekday services please contact

Pastor Brian Gooding tel 01877 331845

brian.gooding@stirlingbaptist.co.uk

Facebook: #stirlingbaptistatcallander

Recreation

Rail Enquiries: 0845 7484950

Bus Station (Stirling): 01786 446474

Travel Line Scotland: 0870 6082608

Leisure Centre: 01877 330000

Library: 01877 331544

Visitor Information Centre: 01877

330342

Floods & Environment

SEPA emergency: 0800 807060

SEPA website:

www.sepa.org.uk/flooding/index.htm

Floodline: 0845 9881188 Select option

1 followed by: 06213 121 (the Teith at Callander)

Scottish Water emergency

information re flooding from mains or sewers: 0800 0778778

Location of defibrillators

Dreadnought Garage

Callander Golf Club

McLaren Leisure Centre

The Post Office

Ancaster Square

West Dullater House and Grace Cottage

Invertrossachs

Mobile unit based in Callander with

Scottish Ambulance Service

BLV DEADLINESThe next issue of the Ben Ledi View will be published on **Friday 7th****August 2020.**

Advertisements copy & artwork

Please send all advertisement copy

for the August/September issue to our

Advertising Co-ordinator Wendy

Munro at advertising@benlediview.org**by Friday 10th July 2020** Full

details of sizes for advertisement and

artwork specifications are at www.benlediview.co.uk

under the Advertise

tab. Please call or email for advice if in

doubt.

We request full payment before we

can accept advertising material for

publication.

Editorial copy

All editorial contributions for the

August/September issue should be

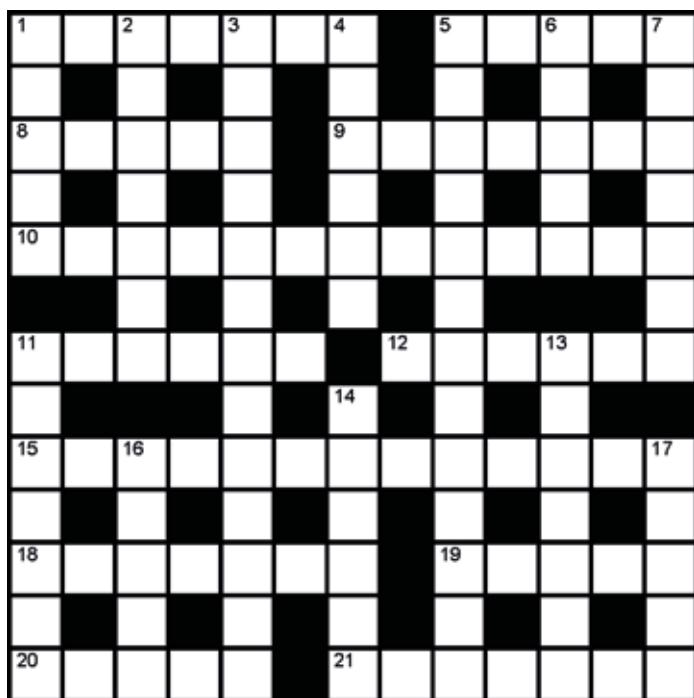
emailed to editor@benlediview.org

or handed in to the Callander Library

by **Friday 10th July 2020**

Items received after the deadline may

be held over to the next issue.



Across

- 1 Stop little rodents running wild throughout the community. (7)
- 5 Put in place when spoken to. "Do this to stop the joint going dry!" (5)
- 8 Consider move back? Not on! (5)
- 9 Worried disorder could get more out of hand (7)
- 10 Might what's done in parliament be action by ginger group to increase its influence? (5,8)
- 11 I decry its adaptation for theatrical effect! (3,3)
- 12 Dan's taking half of August to wander about in the country (6)
- 15 Can't wait for spin away from work. Perhaps to Arran by this type of boat? (4-2,4-3)

Down

- 1 Polish off new variety of tea in a good place (3,2)
- 2 Finish off gradually? (3,4)
- 3 Comes to sort or reorder means of transport (5,8)
- 4 Expresses surprise facing teacher in line (6)
- 5 Places for games left in foremost part of ship in old vessels (7,6)
- 6 Literary genre with a future! (5)
- 7 Area is, with first updating and review, geographically vast indeed (7)
- 11 Colour Rick, not in control initially, dared mix (4,3)
- 13 Coward's time for mad dogs (7)
- 14 Despicable person in time makes mistakes (6)
- 16 Banking the French will shelter first lady (5)
- 17 Retired after holding back device for controlling sound levels (5)

- 18 Rhone is one to carry one to a holiday destination (7)
- 19 Finished part of weekend edition (5)
- 20 Were used to settle scores when expected to confront empty lies (5)
- 21 Tester when old saving scheme meets resistance (7)

A Message from Paul Prescott

I hope you're all still getting out and exercising responsibly.



Mike Cantlay, who owns the meadows on the far side of the river from the town, has done some work to improve the riverside area, creating a clear footpath for the first time for many years. This will be of benefit to Callander residents in particular.

Paul

BLV CROSSWORD No. 144. Please return completed entries to The Library, South Church Street, Callander by no later than FRIDAY 7TH MARCH 2020 The first correct entry opened will win £5. Don't forget to supply your name and address below

NAME:.....

ADDRESS:.....

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.

THANK YOU

One of our stalwart Ben Ledi View deliverers - Ann Tweedie - has recently retired from her round after many years of helping out. We would like to thank Ann very much for her sterling service.

A Big Thank You

I would like to thank the Callander Community Council for their help and also give a big thank you to the girls and boys who brought my shopping.

My only other contact has been the daily visit of my pheasant 'asking' for food.

Nancy Stanners



Margaret Kennett

On the 29th January 2020 my aunt Margaret Kennett celebrated her 100th birthday.

She had a lovely party at Ashlea nursing home with her family.

Margaret would like to thank friends and family for the lovely birthday presents, flowers and cards, also the staff at Ashlea for all their help.



Margaret Maclaren

Val Lumsden

Valerie (Val) LUMSDEN, much-loved wife of the late Charles, died very suddenly in Forth Valley Hospital on Tuesday 31st March 2020. Latterly living in Bridge of Allan and formerly of Callander where she was the Secretary at McLaren High School for many years.

Sarah Lumsden

Sarah LUMSDEN loved and loving wife of the late John, died very suddenly and unexpectedly on 1st May 2020 in her 100th year. A much-loved Mum, Gran and Great-Gran and loving sister-in-law to the late Val. Sarah will be sadly missed by many. The family would like to thank Callander Fire Brigade and the Scottish Ambulance Service for attending to Sarah. Also to Sarah's friends and neighbours for always looking out for her.

Dot Ferguson

Dorothy McIntyre

Ian McIntyre, together with his daughters Jenne McClure and Louise McIntyre, would like to thank everyone for the help and support provided to them, following the very sudden and unexpected death of Dorothy McIntyre, beloved wife and mother, last November.

From the kind friends who visited, sent cards, flowers and helped in practical ways to the thoughtful funeral direction of Ross Anderson and the truly outstanding contribution by Dakem Tenzing-Jenkins, on behalf of Callander Kirk's Pastoral Care Group, by setting up the Kirk Hall so beautifully for the funeral tea, together with Tracy Blair of Puddingstone Place, who provided and served at the tables hot soup, sandwiches and delicious cakes – our Mum would certainly have approved. We are truly grateful!

Jenne McClure

(This was unfortunately omitted from the Apr May Edition)

Eileen Bell Remembers

I used to visit Grandpa Moore in Robertson House, Bridgend. Downstairs had two classrooms for McLaren High.

I remember two shoe shops. One owned by Maggie Don and the other, which had shoes more suited to Grandpa, was run by Miss Kettles, I think. Next door was newspapers. Next to Crams was Scales the fish shop. Screw It was the Co-op grocery. I can't remember the Co-op number.

Thinking maybe Miss Kettles ran the Stirling Observer shop. If so can't remember the name at the shoe shop.

I remember going to see a film upstairs above the old post office opposite the Dreadnought.

Later I worked for a summer at the Roman Camp and Fanny Craddock came with Johnnie to do a crit for *The Telegraph*.

I really enjoyed reading the magazine.

Eileen Bell (Now living in Glasgow)

May Cameron

Sandra, Maurice and family would like to thank friends and neighbours for the cards and flowers they received on the death of their much loved Mum and Gran.

Thanks to all the staff at Ashwood House and Dr G. Moffat.

To Rev J McCormick for officiating at the service and to Linda Cantlay the organist.

Lastly, thanks to Ross for the professional service he provided.

Sandra Thomson

An Inpatient at Forth Valley Royal Hospital

In this state of crisis I found myself having to be admitted to hospital twice in 3 weeks and all I can say is the staff, nurses, doctors, auxiliaries porters etc are doing an out-of-this-world job. Working in extremely hard and very taxing times. It was a surreal situation with isolation procedures in place and no visitors allowed during the two periods - the hospital being eerily quiet when being transferred from ward to scans. Covid precautions for both staff and patients were clearly in evidence with constant cleaning of rooms/use of sanitising products and PPE.

They all deserve a massive pay rise

keep up the good work.

A Grateful Patient

St Andrews Church Update

Coronavirus finds every hiding place and St Andrew's is no exception with lockdown preventing services in the Church and group meetings in the Hall.

Officially Richard Grosse has now retired. However, he remains in the Rectory and can still be contacted on [01877 382887](tel:01877382887) - he will be delighted to stay in touch. He has been authorised to continue his services online and if you would like to know more, please contact Mark Seymour (info@thornreebarn.co.uk) for details. We will have a service to

celebrate his ministry as soon as is appropriate.

Lockdown provides us all with both challenge and opportunity: It may delay the process of choosing a new Rector but crucially it provides us with time to assess all our relationships with the community and with the other Callander churches. This will lead to new initiatives for both the Church and the Hall and we intend to be proactive in exploring how we can all operate together in a changed environment.

Meanwhile we are sorry, and sad, not to be in a position to accommodate the local groups that use our Hall. We look forward to welcoming you back as soon as possible.

Peter Forrester

Treasurer, St Andrew's Church

Callander Baptist Fellowship Goes Online

The sudden arrival of lockdown regulations took the church by surprise and we had to create alternatives to 'church as we knew it'. In the last couple of months we have had a steep learning curve on IT and technology.

Our main service 'Sunday@Six' has been transferred to Facebook and YouTube 6pm on Sundays and changed to a magazine format with a mix of shorter items which we think works better on screen.

Our Prayer Times and Home Group are all transferred to Zoom and these are all working amazingly well.

Get in touch if we can help you and especially if you would like us to pray for you or support you spiritually [07885 465399](tel:07885465399) or briangoodingsbc@gmail.com

Brian Gooding

Pastor

Callander Baptist Fellowship

Tae a Virus

*Twa months ago, we didna ken,
yer name or ocht about ye
But lots of things have changed since
then,
I really must salute ye*

*Yer spreading rate is quite intense,
yer feeding like a gannet
Disruption caused, is so immense,
ye've shaken oor wee planet.*

*Corona used tae be a beer,
they garnished it wae limes
But noo it's filled us awe wae fear
These days, are scary times.*

*Nae shakin hawns, or peckin lips,
it's whit they awe advise
But scrub them weel, richt tae the tips,
that's how we'll awe survive*

*Just stay inside, the hoose, ye bide
Nae sneakin oot for strolls
Just check the lavvy every hoor
And stock-take, your, loo rolls*

*Our holidays have been pit aff
Noo that's the Jet2 patter
Pit oan yer thermals, have a laugh
And paddle 'doon the waater'*

*Canary isles, no for a while
Nae need for suntan cream
And awe because o this wee bug
We ken tae be..19*

*The boredom surely will set in,
But have a read, or doodle
Or plan yer menu for the month
Wi 95 pot noodles.*

*When these run oot, just look about
A change, it would be nice
We've beans and pasta By the ton
and twenty stane o' rice.*

*So dinny think yell wipe us oot
Aye true, a few have died
Bubonic, bird flu, and TB
They came, they left, they tried*

*Ye might be gallus noo ma freen
As ye jump fae cup tae cup
But when we get oor vaccine made
Yer number will be up.*

Written by Willie Sinclair - Thank you

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In the last issue the contact details were inadvertently omitted from the advert. Although the meeting was cancelled the Men's Shed would like anyone who is interested to contact them. A meeting will be held in the future

Please contact them on

Jim Simpson
01877330529
jsimpson390@btinternet.com

Mark Schimidzu
mshimidzu@aol.com

Ray Watkins
ray watkins2000@aol.com

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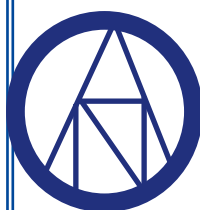
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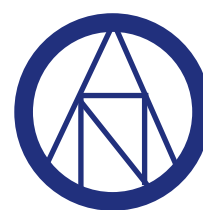
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