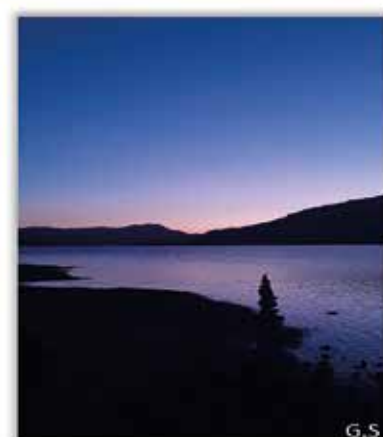


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Oct/Nov 2020

Issue 314

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Cover Photo by Frazer Cronin



Hello Readers
I'm writing this as the tourist season in Callander is now slowly winding down. It started late, for reasons everyone is aware of, but it has certainly has been busy over the last couple of months. While many of us enjoyed the peace and quiet lockdown brought, we all realise that Callander is a tourist town and depends on visitors for its economic lifeblood. One type of visitor that hasn't really returned, however, are foreign tourists. In previous years I enjoyed seeing, hearing and talking with visitors from Europe, Asia and North America, all over the world really. They seemed to be genuinely interested in the beautiful environment we have here and would invariably respect it. For example, they would never park inconsiderately and block the Bracklinn Road, or the south side of Loch Venachar. They wouldn't leave a trail of litter throughout the beautiful places they visited. They wouldn't wild camp and then leave the site in a mess, not to mention chopping down nearby tree branches for firewood. No, I'm afraid that many of the Scottish and English tourists that have visited the Trossachs this year have not behaved very well. I'm hoping that they are able to holiday in Spain again next year!

One piece of bad news that we highlight in this edition is the cancellation of the Jazz and Blues Festival. For me this is one of the

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highlights of living in Callander. To have such a great array of talented musicians in our little town for three days is very special and will be sorely missed. I'm looking forward to 1st-3rd October 2021 already.

Some good news is the plan to re-open St Kessogs. It's high time such an iconic and central Callander landmark was open again. Thanks to Richard Johnson, Elaine Watterson and Sue King for leading this endeavour and thanks to the many other people who have been helping them. Don't forget, you can still give them your view or volunteer to help with this. The contact details are on page three of this edition.

In my report in the last edition I tried to encourage readers to get in touch with me, giving feedback about what they would like in the magazine, what they may want not to be included and any criticisms, hopefully basically constructive. I have received nothing! Although I think we produce a pretty good magazine given we are all volunteers and we distribute it for free, I don't for one minute think we are perfect. So please, it's your magazine and we want you to have a greater input into what goes into it. Please contact me with your suggestions/criticisms at convenor@benlediview.org

Finally, I would like to thank the many volunteers who work in our editorial, advertising and distribution sections. Their skill and dedication continue to ensure that Callander has a community magazine to be proud of.

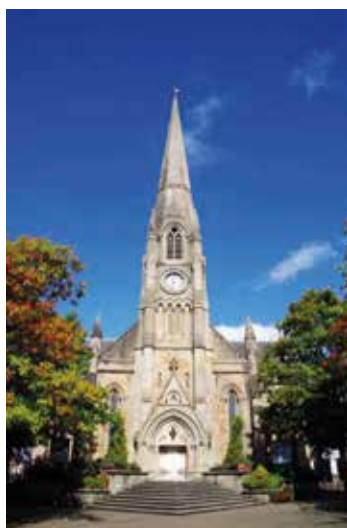
Convenor

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St Kessog's Update

In the last issue we wrote about plans to re-develop St Kessog's. A small group of volunteers, set up by your Community Council, has prepared an exciting proposal for a collaboration with Stirling Council to re-open St Kessog's. They will retain ownership of the building and relocate some of their services there. The remaining space will be rented out and run as a community hub for the benefit of all of us and our visitors. Pre-Covid, we would have had one or more public meetings to discuss this face to face but currently that's not possible. We asked you to contact us with your comments, suggestions and questions, so that we could determine if this was something that you thought was a good idea for Callander. We have had lots of messages of support, some really good suggestions, offers to volunteer and others asking to become members of the Friends of St Kessogs, (an independent charitable organisation we plan to set up, focused only on running the community hub). Thank you to everyone who got in touch, we really appreciate you taking the time to comment. For those of you who didn't read the last Ben Ledi View, the leaflet we posted through your door, or just plain forgot, but would still like to comment, it's not too late. We want to give everyone the chance to have their say. Please phone or text [07591 312227](tel:07591312227) or email StKessogs.survey@gmail.com. Thank you.



Richard Johnson, Elaine Watterson and Sue King

Stirling Citizens Advice - Callander Outreach Service

Stirling Citizens Advice has taken an unprecedented number of calls over the last six months, assisting the local population with many issues exacerbated by the lockdown, such as benefits, employment, housing, debt and more. Whilst unable to see clients face-to-face, the service has successfully continued to support hundreds of residents over phone and email, and the numbers needing support continues to grow.

Callander has its own designated Outreach Advice worker, Maggie Magor. While operations at the Wednesday drop-in at Callander library have (as of the beginning of September 2020), yet to resume, please do call or email for support, advice and assistance. Maggie Magor can be contacted on [07931 334828](tel:07931334828) or email at Maggie.Magor@stirlingcab.casonline.org.uk. Additionally, you can call the Stirling service on [01786 470239](tel:01786470239).

Coilhallan Wood Update

CDT have now received confirmation from the Scottish Land Fund, (SLF), of the result of their application for a grant to purchase Coilhallan Wood on behalf of the community. They say: "I am sorry to inform you that your application to the SLF for a grant to purchase Coilhallan Wood was unsuccessful. Competition for SLF funding is extremely high and the SLF has very limited funds. The Committee were only able to support those applications that demonstrated the strongest fit with the programme outcomes and criteria". The result, although disappointing, was no great surprise to the team, given that they knew the SLF was heavily over-subscribed. The fund finishes this year, and no replacement fund has yet been announced.

Susan Holden

Callander Youth Project Update

The first major stage in CYP's return from lockdown has been the re-opening of our hostel. This has required a lot of preparation and changes, but it has been great to be able to welcome our staff back after such a long hiatus. We have been open since the beginning of August and during that time one member of staff has already successfully completed the final components of their Hospitality SVQ. Through the past months, we have been trying to adapt our usual youth provision to allow us to offer some support and activities online. An area of focus has been our employability support—helping out with job searches, CVs and preparation for interviews. We are currently awaiting the release of national guidance that will hopefully allow us to finalise our preparations for the return of some in-person activities. We have been pretty busy behind-the-scenes, with a lot of different work being completed during the past few months. In addition to the revamping of our hostel accommodation, we are excited by the recent launch of our new website, created for us by a local company Interesting Digital, we finally have a site that brings together all the different elements of CYP's work. This will help us to share the latest information as we continue along the pathway of re-opening our different services and activities. You can visit the website at www.cyp.org.uk

Alasdair Macdonald CYP Youth Worker

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Powers of Attorney

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

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

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Callander Outreach Service

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Funding For Community Projects

Are you thinking of a project or activity that will benefit the community in Callander? You could get financial support for it from the Callander Community Hydro Fund. The next deadline for applications is 30th December for a decision in early February (there are four deadlines throughout the year). Any individual or group can apply. You must show how your project will make a difference, and if it contributes to the Community Action Plan 2017-22, that's even better. There is no minimum or maximum amount you can apply for, but in practice the funds are not unlimited. Four payments are made into the fund through the year, totalling about £50,000. Larger awards may sometimes be offered in instalments, subject to funds being available.



The money comes from a hydro electricity generating scheme in Stank Glen near Loch Lubnaig, which was built and is operated by volunteers through a limited company owned by Callander Community Development Trust. The company gifts its profits to the Development Trust who run the Community Hydro Fund. The fund's committee members have met online during the Covid restrictions and made the following awards at their meetings in May and August 2020:

- Callander Community Support Group for Covid-19 response and meal delivery for vulnerable residents, £4,500
- Stirling Citizens' Advice Bureau Callander outreach service 2020-21, £13,100
- Callander Meander Group (cycling), £625 for free pop-up Dr Bike sessions (pending Covid restrictions).
- Callander Heritage Society, £975 to reprint the Stories in the Stones leaflet (pending Covid restrictions).
- Forth Valley Orienteers, £5,000 to develop orienteering in Callander
- Plus Forth Valley, £2,000 to Callander activity sessions for young people with additional support needs 2020-21.
- Callander Community Development Trust, £2,000 for developing the next community action plan for 2022-2027.

More information and application forms are online at www.incallander.co.uk/ccdt_hydrofundgrants or contact the Fund Coordinator, Sheila Winstone, at hydrofund@callandercdt.org.uk or 07539 793806

Callander Community Support Service

This service was set up as soon as the restrictions imposed because of Covid-19 meant that many in Callander would be isolated from their usual pattern of daily life, from going out, meeting family, friends and even neighbours. A telephone helpline, a shopping service, a meals delivery programme and a team of volunteers have provided help from March until August, and though the shopping and meals delivery have now wound down, the helpline and some volunteers are still there if needed.

Callander residents who might benefit from extra help were identified through contact with several local organisations, Callander Kirk Pastoral Care, the CAB, Trust Housing, Stirling Council Community Services, and family members living away from the relatives they were concerned about. The shopping service, FETCH, was provided by pupils from McLaren High, backed up by funding from Stirling Council for essentials like masks and sanitisation products, and overall financial management was undertaken by Callander Community Council.

Callander Community Development Trust received funds from the Scottish Government through DTAS (Development Trusts Association Scotland), CCDT Hydro Awards Fund, and the National Park Community Partnership to provide the meals and some financial help for people's basic living costs. Several private donations were also received. Two chef-prepared nourishing meals were delivered twice a week, over 2000 in total, much enjoyed by everyone who received them. Callers to the helpline got general information about Covid-19 regulations, advice about services available and how to get in touch, and was well used as a source of reassurance in such a disturbed time.

Thank you to the school pupils and teacher who set up FETCH, thirty volunteers who delivered meals, Chef Mark Nicols, Callander Youth Project for the use of their kitchen, Trossachs Search and Rescue, and Helen Terry, Town Coordinator, who, as her title suggests, coordinated it all.

Anne Docherty, Secretary, Callander Community Development Trust

Library Items for the BLV

Articles and crossword entries can again be taken to the library. Please contact Fiona on 01877 331544 to make an appointment to do so.

Callander Medical Practice

We are continuing to offer telephone triage in the first instance. Should you need to see a GP face to face, the clinician will organise this for you. Our reception staff can offer you a telephone call with a GP.

Our nurses are starting to offer more appointments and we are fully back up and running with smear testing, although we would request that you wait until you receive your letter from central screening before booking an appointment.

We continue to ask patients who are required to attend the practice to wear a face covering. We would ask that you turn up at your given appointment time and not any earlier, as we are restricted with how many people can be in the waiting area at one time and have numerous clinics running.

The practice are unable to organise testing for coronavirus. At the time of providing our insert for the BLV you are required to either book online at <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-trace/get-a-test-to-check-if-you-have-coronavirus> or telephone 111.

Flu Immunisations

We have been planning this year's flu campaign for a few months now but unfortunately we have no confirmed dates from the company that supplies the NHS immunisations. We are hoping this will be mid September for the first batch but this has yet to be confirmed. We will advertise in our local pharmacies, facebook page and website. Can we ask that those who access the social media sites pass on the news to friends, family and neighbours who perhaps don't have access? It will be very different from previous years due to the current pandemic. Our aim is to offer a mixture of sessions in the Kirk Hall and also a drive thru facility. We have sought the approval of the Council, Kirk Hall and local police in assisting us with these. Patients will be required to book a time slot in advance and only those booked into a slot will be immunised. We have to be very

strict this year with regard to numbers and social distancing. Your consent form will be pre-printed and taken to the location.

Please look out for adverts for flu immunisation clinic dates. The dates were not available prior to the BLV deadline.

Facebook & Website

We continue to update and monitor our Facebook page and would encourage you all to go online and have a look. You can view our site on www.facebook.com/callandermedicalpractice and feel free to leave comments on health-related topics you would like information on. Please note, however, this page is not always monitored, so please do not try to book appointments or seek medical advice on this page. Updates are also uploaded on our website www.callandermedicalpractice

Practice Closure - looking ahead - in line with NHS Forth Valley public holidays, Leny Practice will be closed on Friday 25th and Monday 28th of December 2020 and Friday 1st and Monday 4th of January 2021.

October / November 2020,

Walk in the Park are not yet ready to welcome walkers back to a large group walk, so we are facilitating our members to walk in small group bubbles. Current Scottish Government guidelines state that one household can meet with up to another 1 households and up to 6 people outside. We are encouraging walkers to walk in bubbles of up to 2 households. Members arrange the route they will take, how long they want to walk for and where they will have a social time afterwards. These figures are correct at time of printing but could change at any time

We hope it will be possible to start larger group walks soon, but for now members are happy to walk in their bubbles and feel it is a safe way to proceed for the time being.

Walk in the Park zoom walks and strength and balances sessions continue each week and are not only open to members but to anyone who may benefit. Please contact Cathy for more details if you think you may like to join in.

Cathy Scott, Project Coordinator, Walk In the Park
07852334272 | 01877 330055 | cathy.scott@lochlomond-trossach.org
<http://trustinthepark.org/walk-in-the-park/>

COOK'S CORNER by Audrey Corrieri

MEATBALL WRAPS (Serves 4)

Ingredients:

500g lean minced beef
1 small onion, peeled and finely chopped
1 egg, beaten
75g fresh breadcrumbs
1 tsp Italian herb seasoning
1 tsp dried chilli flakes
25g butter
1 tbsp sunflower oil
1 tbsp plain flour
200ml beef stock
200g can chopped tomatoes
4 large flour tortillas
Shredded lettuce and grated cheddar cheese to serve

Method:

Mix together minced beef, onion, egg, breadcrumbs, herbs and chilli flakes in a bowl. Roll into 24 balls about the size of a walnut. Heat the butter and oil in a non-stick frying pan and fry the meatballs for about 10 minutes until brown all over. Add flour and cook for a minute, stirring, then gradually stir in beef stock and bring to the boil, cover and simmer for 5 minutes, or until the meatballs are cooked through. Warm tortillas according to the packet's instructions. Fill each with 6 meatballs, shredded lettuce and grated cheese.



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Resident Hooligans

Every year that passes brings with it new life and new experiences and I look forward with anticipation to the spring and the flush of youth it brings to Invertrossachs. As normal, mother Pine Marten turned up this year with two kits in tow, both eager to play fight and to learn the proverbial ropes. Now that it is August the two kits are maturing well, with bright glossy coats and tails that are starting to fill out for the cold winter ahead.

That is why it came as quite a surprise to wake up one morning to find a small young marten feeding at the table. Where it had come from and how old it was, was a complete mystery, the only thing I could be sure of was the little fellow was very nervous and very hungry. It enjoyed a hearty breakfast of nuts and sunflower hearts for about 30 minutes and then departed the table. It was back again for lunch just after 1.00 pm and then again at 6.00 pm for his tea. For several days the wee fellow came to the table filling up on food three or four times per day and hopefully building up him or herself on the handouts. Since the initial visit the frequency has diminished but we can count on him making at least one visit every day and on wet, cooler days up to four visits a day.



photo Walter Anderson

Where this marten has come from is a mystery. Was he born later than all the other martens? Was he just born very small and now appears to be much younger than the others? We will never know for sure the story of the wee fellow but it is nice to think that a free meal at his time of need has helped him along the way and developed him into a fully functioning Invertrossachs Marten.

The resident hooligans and ruffians have not been sitting around



photo Walter Anderson

watching the grass grow and being pillars of local society, they have, as always, been on the lookout for a free meal at every turn.

I had been watching the blackcurrants in the garden ripening ready for a pie or some nice jam and decided last Monday to harvest them before the birds got to them. Alas, the birds had got to them before me; well I thought that, but a few days later I discovered the true blackcurrant munchers. There all over my paths and lawns was the evidence I required. Pine Marten poo of a colour that distinctly matched the colour of, yes you have guessed it, blackcurrants.

The little critters will never be slow in finding sweet tasty treats like ripe fruit, I just hope that the wee late developer got his fill of the sweet fruit and that it will give him a boost to see him through the autumn and winter ahead. It will not be an easy time for him but with the support of nuts, sunflower seeds and the occasional jam sandwich we will hopefully boost him through to next Spring.

Walter Anderson

Allotments for Callander Please

I would really like to have an allotment here in Callander. Does anyone else think the same? If so, please can you get in touch with me. There is an opportunity to reinvigorate the case for allotments as Stirling Council has launched a "Food Growing Strategy for 2020-2025". The new Strategy says that where there are more than 6 residents requesting allotments, they will consider our interest. Having an allotment site also aligns with the Callander Community Action Plan.



Dunblane allotments photo Carol McGowan

I've only been here three years, but I understand there was a group called Callander & Climate Change, which considered allotments about 10 years ago. The land offered by the Council then was where the new Balvalachlan cemetery has been built. That is quite a distance out of town and quite a

windy and exposed site, on boggy ground, so I am not surprised that this didn't progress any further.

Once we have established the level of interest for allotments in Callander, we can work with the Council to look afresh for suitable sites. If you already have suggestions for a good location, then please let me know.

Let's get digging!

It'll be great to hear from you
Carol.brass@sky.com 01877 331 283
Carol McGowan

Scottish Wildlife Trust, Callander Group Snippets

Covid-19 restrictions have meant that the Callander SWT group has been unable to go ahead with any official events since March. Luckily we did manage to hold the annual plant stall on 15th August, though without the usual support from HQ or Saving Scotland's Red Squirrels. Even without the usual lively bottle stall we still managed to send £900 to the SWT Covid-19 appeal. So many thanks to all who helped, donated and bought plants and face masks.

Under normal circumstances we would have started our monthly talks in September but the Kirk Hall is not yet open and it would not be possible to safely accommodate enough people to cover costs. The first 3 talks which had been arranged have therefore been postponed: 'Vultures in Nepal', 'Argaty' and 'Lynx in Scotland' but we hope to host them in the future. We will be monitoring the success of other groups' on-line talks with a view to using this in future if we cannot return to 'live' events. Check



our group page on the SWT website for the latest information
<https://scottishwildlifetrust.org.uk/local-group/callander>.

There continue to be increased sightings of red squirrels locally, maybe because more people have been out and about? A few pesky greys are still around but nothing

like the numbers seen in the past. The Great Scottish Squirrel Survey ran from 21st to 27th September to give a snapshot of the distribution of reds and greys across Scotland. Results of this and previous year's distribution maps can be found on scottishsquirrels.org.uk where you can also report all your sightings to help keep information up to date.



By the time this article is published the summer migrant birds will have left for warmer climes and the salmon and trout migration to spawning grounds will have finished. However, it will be the red deer rutting season, so keep an ear

out for stags roaring in the glens and look out for the arrival of wintering birds. Squirrels will be caching food for winter so more likely to be taking peanuts from garden feeders.

Hedgehogs will appreciate a little extra food as it gets colder, water (NOT MILK) and dog/cat/ specialist food and will be looking for dry places to hibernate – could you build a suitable log pile or box to help this endangered species?



The Callander SWT group is a member of the Callander's Landscape project which is now starting to run volunteer events again. See the website for booking details of this and other wildlife-related volunteer events <https://www.callanderslandscape.org/events/>.

In October a range of bird and bat boxes will be installed in Little Leny Meadows as an extension to its restoration to a rare wet meadow habitat with increased biodiversity.

Lesley Hawkins

Back in the Landscape

As some restrictions eased over the summer, activities started to resume with Callander's Landscape project and getting outdoors was our top priority! In August, we restarted conservation activities, with volunteers helping to maintain the lower Craggs woodland path network. There was lots to be done, including cutting back brambles and removing fallen trees from the paths due to the stormy weather.

In September it was time to team up with Forestry and Land Scotland for our annual monitoring of the bird, bat, and owl boxes that have been installed in the Craggs and Leny Woods. It's always a highlight of the autumn and a



great way to learn about local flying wildlife! Coming up we will be installing some habitat boxes with the SWT Callander group and continuing with our rhododendron work. We hope to be able to continue our volunteer days throughout winter; individuals and families are welcome and no experience needed!

We also plan to run some guided walks exploring Gaelic heritage and Callander's diverse river life. However, if you prefer the great indoors then why not attend one of our online lectures? Our first talk was in September with the Callander Heritage Society, which looked at the excavation of a Neolithic timber cursus

at Keltie Bridge back in October 2019. Over the coming months there will be more talks, including wild swimming, star gazing, astronomy, and more archaeology. You can enjoy these talks from the comfort of your own home, and learn about the local landscape. Our talks have been attended by many residents of Callander, as well as people from far-flung lands like Canada and Australia! In times like these, it is great to make new connections and shine a spotlight on what Callander has to offer.

Check our website and Facebook for more information or contact Julie on Julie.wilson@lochlomondtrossachs.org

The Trouble with Dogs

Now, don't get me wrong. I love dogs. I love their warm and loyal affection, their wet, snuffy grins. I smile at all those doggie posts on Facebook. Yes, really, I do. But one thing I truly dislike is those dog owners who allow their dogs to defecate just where other walkers walk. Where children play. Don't they know that walking into dog poo is disgusting? Or don't they care? Don't they know that dog poo can cause toxocariasis? If one of your eyes is affected by toxocariasis, there's a risk of permanent vision loss. We have enough to deal with with Covid. Maybe we will all become more aware of hygiene and the spread of infections? People in Callander complain about dog poo on the rugby field. Children play there. Callander folk complain about dog poo along our many and wonderful walks. Sometimes people pick up after their dogs. I do hope locals do. But I'm not betting on it. Some people go to the trouble of buying and using bags to pick up dog poo, and then hang it on trees or posts like pagan offerings!! The gods are NOT amused. Why can't dog owners act responsibly? It really gets my goat.

Disgruntled (Disgusted), Callander

Some Editor thoughts

As we ease ourselves out of Lockdown, although it has stalled slightly at the moment, I was thinking how good it was to see the town coming to life again. It was more than pleasing to see that most of our shops and restaurants had survived the lockdown, although it must have been very tough for them. For those that didn't I send my deepest sympathies. The short season that we did get will certainly not make up for the lost months and I would therefore ask everyone in Callander to support these businesses over what could be a very difficult winter, so that they are still around in the Spring, ready for what will be a far better season.

It did make me think about the Lockdown and was there anything good about it – for me personally? Well yes! I enjoyed the early mornings when I wasn't woken up by one of those noisy, rattly log lorries hammering through Main Street at 6 in the morning. Yes! I enjoyed coming out the house and not having to wait 5 minutes on the kerb to cross the road.



Bannockburn Hospital

And Yes! It was good to sit in the garden without the constant hum of traffic in the background, although after some years you get used to it and it becomes the norm. However, I am

convinced that during lockdown there were more birds around and they were singing louder and sweeter than ever. What I also enjoyed about Lockdown was no soaps on the telly. No Emmerdale, No Coronation Street and no Eastenders. It would have been great if only they had found something good to put on in their place, instead it was endless 'another chance to see' with programmes I didn't want to watch first time round. One of the few bright points on the telly was BBC's *Staged* with David Tennant and Michael Sheen which I thoroughly enjoyed (but maybe that's just me).

I then thought Lockdown: the first time, as far as I know when the whole country was put into isolation. In the old days it was the infected who were isolated. In medieval times we had leper colonies where the infected were banished from the towns to live with other lepers out of contact with the 'clean' community (a visit to Spinalonga is worthwhile if you are ever on Crete). In the times of the 'Black Death' it was so common and infectious that it was probably impossible to create colonies and black crosses were put on the infected person's door inside which they were expected to stay and warning others not to enter – isolation. Much later, in and around Victorian times, isolation of the sick was still the method of choice with the building of fever hospitals to treat the sick and keep them away from others. Bannockburn Infectious Diseases Hospital was probably the main one in use in this area, built in 1892 and was still in use

in the 1950s as this. It was then moved over to be 'An Old Folks Home' as they were called then. Another was Kildean Hospital in the Drip Road (opened 1904) – again converted to a geriatric unit.



Kildean Hospital

Then there was Taylorton Smallpox Hospital (East of Springkerse on the Banks of the Forth). The other infectious disease of these times was consumption (Tuberculosis) and the local hospital for that appears to have been on the Doune Road, Dunblane. There must have been others, but I have not found any information on them (Let me know if you know anything).

Nowadays of course with our modern knowledge of diseases, it is understood that most people that have these diseases are infectious for a period before symptoms show and therefore just isolating them at this stage is a bit like closing the stable door after the horse has bolted. Yes, those with the disease have to be isolated once diagnosed, but those without also have to be isolated to prevent catching the infection from the pre-diagnosed.

Hence we have Lockdown – May we never need it again.

John Nelson

THANK YOU

Three of our Ben Ledi View deliverers - Joyce Edwards, Colin Edwards and Alex Graham - have recently retired from their rounds after many years of helping out. Joyce & Colin (below) have been delivering the BLV for nearly 30 years: around 8000 copies in all weathers, whilst Alex has done well over 5 years stalwart service for the BLV.



We would like to thank all three very much for their sterling service



Callander Ladies Make Masks for Charity

People were not sitting idle during lockdown and got busy with their sewing machines to make masks for their favourite charities. Here are some of those efforts.

A number of women networking through the Callander Pilates Group sewed dozens of masks for the Strathcarron Hospice. Here is what they said about it, in their own words.

"We have had great fun making them. Elma Leith and myself (Dr Anne Lindsey) did the sewing with Sandra Laird doing amazing work on the distribution side... including roping in

her daughter Jennifer's shop in Doune (The Grail) and Rachel as a pickup point. Anne's fundraising for Strathcarron was of course the catalyst for the whole venture. We are still available for orders if there's anyone in the country left who still needs a mask! We can also do children's sizes. From the latest updates I don't see us ditching masks anytime soon — unfortunately, but it's great to think that we've all been able to help Strathcarron. To date we have supplied approximately sixty masks! People have been so generous. A big thank you to everyone."



Deborah O'Hara has been indefatigable during lockdown, helping in all sorts of ways, She made masks for charities that prevent suicide and for SOBS (survivors of Bereavement by suicide) in memory of Cameron Gibson.

Lesley Hawkins, our well-known local environmentalist, chose to raise money for the Scottish Wildlife Trust. "I initially sent £500 to SWT, made just from masks, then made about another £220 in August. At £3.50 each or 3 for £10 I must have made well over 200 masks but gave up counting! An interesting snippet is that it did include a special commission in a family tartan for a B&B in Strathyre"

Praise to all these good people, who are still making masks, usually priced at about £3.00 or £3.50.

Elaine Martay

Callander Fundraising

Last issue there was a shout-out for Callander's fundraising activities in Vorlich Crescent and the Mollands. We've been hearing about the number of Callander folk raising money for charities by making facemasks. We're sure there are more of you out there doing similar things, so let us know! We love to hear what you are up to.

Are You Anxious?

The media is full of headlines that cause fear and stories that make us feel distressed. A lot of bad things happen in the world. But then, a lot of good things happen too, only they hardly ever get mentioned. If you are already stressed and anxious the constant consumption of bad news will only do one thing for you - it will make you feel even more anxious! Our nervous system is not made to cope with the horror, pain and suffering of the whole global community. We are designed to care for a tribe, a group the size of a couple of hundred people at most. We are getting overwhelmed by the sheer enormity of the information we are exposed to these days. The only choices our emotional brain has to deal with this is to either switch off and go numb, get angry or feel fear.

But what can you do about this?

One thing I regularly advise people to do when they feel overwhelmed with anxiety is to stop exposing themselves to the news for a while. Stop listening to the news on the radio, stop watching the news on TV, don't read the papers and get off social media. Be very selective around your channels of information. But that is just avoidance, right? And it often leaves people vulnerable, because they feel they don't know what is going on. Well, the next step is to find sources that focus on the good news like [goodnewsnetwork.org](https://www.goodnewsnetwork.org) and <https://www.positive.news>.

So there is one easy step to reclaim a peaceful mind: chose your sources of information carefully and selectively, with your mental health in mind!

Britta Schuessler



We are back! We have missed you and are so excited to be able to welcome you all back to your community centre once again. On Friday 20th March 2020 McLaren Leisure closed its doors temporarily to the public. We never expected that it would be almost 6 months before we were able to welcome our customers back into the building. However, we are pleased to announce that by the time you read this McLaren Leisure will have been open to the public for a few weeks.

In anticipation of this day, we have made some big changes to help keep

McLaren Leisure a safe place to visit. We have finalised all necessary Covid-19 works, phased our staff from furlough and re-trained them in all new Covid-19 safety plans and enhanced cleaning schedules. For now we are only able to accept pre-booked customers. There are bookable slots for each activity or facility available. A timetable and more information can be found on our website or you can give us a call on [01877 330000](tel:01877330000) and our receptionist will be happy to help.

We would like to thank everyone for their support over the last few months. From our members who have generously carried on with their regular payments, to the wider community who have offered kind words of encouragement and thoughtful donations. We appreciate it all and are very much looking forward to seeing you all again soon.

We have been lucky enough to receive some funding over the last few months to support our staff in cleaning, to keep your centre a safe place and to help support our local senior community keep active at home during this difficult time.

Thank you to Loch Lomond and Trossachs Community Partnership for their kind donation that has allowed us to purchase additional sanitising stations and electrostatic cleaning equipment. If you see our staff walking around looking like something from ghost busters you can rest assured that they are busy deep cleaning our facility to keep it a safe place for you to visit.

Another huge thank you goes to the Corra Foundation and The Wellbeing Fund. Thanks to them we have been busy distributing fitness equipment to over 60 members of our community to support their physical health and wellbeing in this new post-Covid world.

Rachel McLean



Callander Target Sports Club



We are glad to report that we have finally received authority to open up the club again. Therefore by the time the BLV is published we should be shooting again, however not as "normal".

We now have to abide by new recommendations and official guidance received from the Scottish Government and the NSRA our governing body, which includes our club insurers. Over our "closure" period, we have worked tirelessly to implement the results of these recommendations and a risk assessment that was undertaken. We are now providing sanitising for both hands, equipment and surfaces, as well as directional movement and social distancing signs.

Competitions:

As the BLV goes to press, we are waiting to hear from members as to whether they are ready to start shooting or would prefer to delay their start.

We have just received entry forms from the Cumbria and Northumbria leagues and are awaiting entry forms from our Perthshire Association – which will have a delayed start and a shorter number of rounds.

Callander's Glaswegian Air Pistol shooter Jimmie Martin shot during lockdown in the Bell Target Postal League in his garage! He finished a creditable 3rd, however he managed to shoot a personal best of 100.8 which has set him up for the resumption of normal shooting activities.

For further club details, contact our secretary Bob Farquhar [07721-744229](tel:07721744229)

John W Russell

Cycling in Callander during lock down

That's the question I was asked to write about by the editor. Well, the same as for most people, we (cyclists) were restricted by the special measures. We were advised not to ride more than 10 miles from home, the logic being that if you have a mechanical problem or any other minor mishap, you can make your own way home unaided and not use any of the valuable support and emergency services, taking them away from possibly more life threatening emergencies at this time. There were upsides to the restrictions however, as cycling on the A84 for the average cyclist or touring visitor is not to be recommended, due to the volume of traffic and high speeds. When the lockdown travel restrictions were in force the volume of traffic significantly reduced. It was 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 on regularly and which have significantly poorer quality surfaces and lots of pot holes.

Another positive, was 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, 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 situation was seeing many more locals out and about walking and cycling on the trails and quiet roads. This demonstrates that 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 coronavirus restrictions to continue. 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

Mini Rugby



Play what you can as mini rugby returns for the new season.

After the early end to last season caused by the COVID-19 outbreak McLaren RFC, based in Callander, are getting ready to welcome children back to mini rugby in late August and early September.

McLaren are a family-friendly club with an emphasis on participation, teamwork and fun. Recognising that the COVID-19 pandemic may have had an effect on family finances, the club has decided that membership fees for season 2020-21 will be by donation. Families are invited to pay what they can afford so that rugby remains accessible to everyone.

McLaren Minis welcome girls and boys from P1-P7. No experience is necessary - all coaches are SRU qualified and PVG checked and are committed to helping children enjoy sport in a supportive and safe environment. The club are currently working with the Scottish Rugby Union to finalise the necessary COVID-19 safety measures to get the children back playing rugby - full details will soon be available on the club website www.mclarenrfc.com

The club meets at Callander Primary School playing fields on Saturday mornings - new members are always given a warm welcome, so if you are interested in your child joining in or in finding out more please contact mclarenrfcmini@gmail.com.

Derek Robertson

Callander Thistle Football Club



After five long months of no football, training or games, Callander Thistle were delighted to hear the announcement from the Scottish Government that we could finally begin socially distanced training again. The team loved being back, catching up with team mates and running around the pitch. Unfortunately, after our first week back the government put a pause on all training for a further two weeks. We are now back in full swing with full training sessions permitted.

This season's squad is looking strong with the majority of last year's team re-signing and some exciting new additions to the team. We hope that by the time you read this we will be starting our competitive season. For up to date details follow us on social media. [@thistle_AFC](https://twitter.com/thistle_AFC) [@callanderthistle](https://twitter.com/callanderthistle)



Callander Thistle Youth Teams

After a great effort from all volunteers, players and parents it was fantastic to see our new youth section finally play their first ever match on March 7th 2020. Unfortunately, we could never have expected that Covid-19 was just around the corner and all games and training were cancelled for the foreseeable future. However as per government guidelines we are now back training. The young players are delighted to be back playing football again with their team mates and are excited to begin playing competitive games in the near future. Follow us on Facebook to find out more.

[@callanderthistleyouthclub](https://www.facebook.com/callanderthistleyouthclub)

Club Development

We are looking to increase the number of teams we have, and are currently looking to create teams for children born in the years 2009, 2014 and 2015. To do so we have many volunteering opportunities available. If you are interested please contact the club at callanderthistleafc@gmail.com

Rachel McLean



Temperature testing

14 Charities and clubs



Cancer Research UK - Callander

Callander Cancer Research shop re opened on the 7th of August, and staff and volunteers are really pleased to be back trading again (after such a long break), although it is by no means 'business as usual'. Who knows when we will get back to 'normal' or even what normal will be like once we finally come out on the other side of the Covid pandemic?

At the moment, all retail premises are adhering to the same guidelines and restrictions, which, while it gives us some freedom of movement, it is by no means what we are used to and it affects the way we shop. While we are VERY grateful for the masses of donations we have received, it feels like everyone did the same thing during lockdown - cleared out wardrobes and cupboards. As I am writing this (late August) we still need to quarantine donations for 72 hours, which means we may not always have enough storage for everyone's donations. Hopefully, by the time you read this, this will have changed.

All businesses (including charities) have suffered a huge financial loss and so we are all working hard to keep our shop well stocked with quality items so that everyone can grab a bargain. It has been lovely catching up with all of our regular supporters and meeting many more locals who have come in to welcome us back. We need all the support we can get to help us get back on track with our research programme. You can help by volunteering in our shop, shopping with us instore or online, donating items to sell and encouraging your friends and family to pay us a visit. We look forward to seeing you.

Mary McDiarmid - Store manager

German Speaking Group in Callander

Am 23. Oktober werden wir sowohl das folgende Thema diskutieren als auch, wie gewöhnlich, an einigen Wortspielen teilnehmen:

In Deutschland für den Führerschein muss man eine Mindestanzahl von Theoriestunden und Fahrstunden bei einer Fahrschule machen. Sollte man, trotz hohen Kosten, ähnliches in UK einführen?

Wir werden auch vielleicht das Thema etwas erweitern, um den Unterschied zwischen Deutschland und Schottland im Bezug auf Qualifizierung für Handwerker, Bäcker usw zu besprechen.

Das übernächste Treffen, noch einmal mit ZOOM, findet am 20. November statt.

Falls Sie entweder im Oktober oder im November mitmachen möchten, schicken Sie mir bitte im Voraus eine Email, um den dazugehörigen ZOOM Link zu kriegen: (jenshearer@gmail.com). Wir freuen uns auf noch ein ,entferntes Wiedersehen'.

Jen Shearer

Callander and West Perthshire Rotary Club

We still have no date for resuming our meetings but it seems unlikely that they will start this year. However we are still in contact with each other through the wonderful medium of Zoom.

In July Rotarian Dorothy Kinloch OBE decided to retire from active membership of Callander and West Perthshire Rotary Club. Dorothy joined the club in 2000 as its first lady Rotarian. She was a very active member, introducing a number of new members and involving herself in all the club's activities. In 2005 her contribution was recognised when she was elected club president, the first woman to take on that role. In 2010 her contribution to the club and Rotary generally was further honoured when she was awarded a Paul Harris Fellowship, Rotary's highest award for individual Rotarians who meet the high professional and personal standards exemplified by Paul Harris, the founder of Rotary International.



The club marked Dorothy's retiral with the presentation of a beautiful rose for her garden. The photograph shows the presentation to Dorothy by club members Sheila Dickson and Peter Ireland.

We are still looking forward to the time when we can get back to our regular meetings and events but meanwhile if you would like to find out more

about Rotary please look at our website, www.callander.rotary1010.org or on Facebook.

Derek House

Callander and District Horticultural Society

As you may know from our article in the last issue, due to the ongoing situation with Covid-19 we were unable to hold the usual annual competition and show. After a number of Committee zoom meetings to brainstorm alternatives, the idea of a virtual competition and show was born, with a bespoke website developed and then launched in early July.



As well as a platform for submitting exhibits to be judged for the forthcoming virtual annual show, the website also displayed the 'Callander in Bloom' gallery, a collection of photographs of plants and gardens in the Callander area over the summer period. The Society would like to keep the gallery going, at least until the end of October, and would encourage locals (no Society membership required) to continue to submit their photographs via the website as gardens change into the Autumn phase. So get your phones and cameras clicking!

Even though this year's competition and show was arranged as a welcome distraction and a bit of fun with no prizes on offer, more than 100 entries in the form of photographs were submitted through our website. These were anonymised and then presented to the judges. The show results and associated pictures went live on Saturday 22nd August, the same day the show was originally planned to be held, and these can still be viewed at www.cadhs.co.uk until the end of October 2020.

In the craft section of our competition, the Society supported the 'So Precious Knitting Group'. They are based at Forth Valley Hospital and knit hats for premature babies to wear in the neonatal unit and to go home in. So the knitted category this year was a 'So Precious Baby Hat', for donation to the Group. We had 6 entries in the class but, with the help of a few extra knitters, an amazing 90 baby hats have now been collected in to be passed on to the neonatal unit. Thank you to all the fabulous knitters!



Isabel Cameron
Winner Class 32



CCC overall winner - Fiona House

Callander Community Council (CCC) again sponsored their annual Best Kept Garden Competition, which is run in conjunction with our own annual competition and show. CCC felt more people would be spending time in their garden spaces this year and added additional classes which didn't involve entry of the whole garden space. This proved to be very popular and more people got involved with such a range of classes. Special thanks to Lesley Hawkins, our garden competition judge, who was kept very busy with the increased number of entries! Pictures of all the gardens, areas and exhibits entered can be viewed on our website, along with the judge's comments on the winners.

The Society is very grateful to the judges who had the very difficult task of judging competitions this year by only viewing photographs of the entries. Our special thanks also go to everyone in the local community who helped to circulate information about the virtual show, Julie of Deli Ecosse who was instrumental in handling entry forms for the Best Kept Garden Competition, and all the people who entered the competitions in this very unusual and difficult year. Finally, thank you to all members of the Committee and friends of the Society who helped brainstorm and bring this idea to life.

If you would like to keep up to date with events held by the Callander and District Horticultural Society, please join our mailing list in the Members' section of the website.

Isla Cruickshank, Secretary,

CHAS

Our recent bottle stall made £280 which was excellent. My plant stall on Invertrossachs Road was very successful thanks to lockdown.

The final total was £3285. Thanks to everyone who bought or donated things.

Fiona House

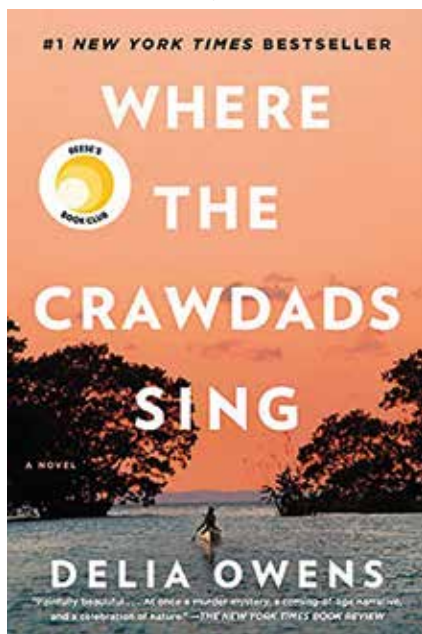
Callander in photos

The front cover for this issue has been produced by an informal group aged under 18 years. The magazine is an opportunity for people of all ages to show the beauty of Callander and what is happening in the community, to both residents and visitors. We would welcome any photographers' contributions. A photographer only means someone who has taken a photo that they think is good; you don't need a camera and age does not matter. In fact, half the photographs on the front page were taken with a phone. If you have any photos you would like to send to us, then do so to editor@benlediview.org with the subject 'Callander in photos'

Book Club Review

This issue's book review title is *Where the Crawdads Sing* by Delia Owens (Corsair, 2019).

The author, Delia Owens, is better known for writing non-fiction books about her life as a wildlife scientist in Africa. However, her debut move into fiction is not a complete departure from this usual subject matter.



Where the Crawdads Sing is focused around the central character, Kya Clark, who has lived her entire life in a hut on the coastal marshlands near a small town, Barkley Cove, North Carolina. As the youngest child, Kya is left living with her alcoholic father, as, one by one, her mother and siblings leave to escape the daily threat of domestic violence. Her father regularly disappears for days at a time, to fish and binge-drink, leaving Kya to look after herself from a very young age. Whilst this is a parenting of sorts, he has always been Kya's one constant - until he too disappears completely.

The story moves now to Kya's survival - growing up alone in these extreme and terrible circumstances. She is known locally as 'the Marsh Girl' but only a handful of the local community look out for her. Kya is resourceful, introverted and, by necessity, sly and on high alert at all times. When the truancy people call, for weeks she evades them - hiding amidst the marshes - until they eventually give up.

Her solace is the land around her and she lives in harmony with her surroundings and the wildlife within it, communicating with people as little as possible.

I found this book an extremely affecting read. Kya's situation as a young child is desperate and often harrowing to read, making you wonder about human kindness (or sometimes the lack of it). However, this desperation is set amidst a unique and fascinating landscape, beautifully described by the author's pitch-perfect prose. Owens has won awards for her nature writing and this background shines through on every page - I really didn't want the book to end. In short, an unforgettable debut and I would highly recommend reading it.

The next BLV book club review will be *A Half Baked Idea* by Olivia Potts (Penguin, 2020).

Maggie Magor

Ghosts

Last year I stayed with John and Jean
The most hospitable of hosts
But to return I'm not so keen
For the house was full of ghosts.

It started after I'd gone to bed
And nearly fallen asleep,
An ice cold draught hit my head
And across my body did creep.

Shivering I felt around
To find the bedside switch
Just as my feet hit the ground
The floor began to pitch.

I slipped and slithered across the floor
And didn't know how to stop.
Then when I couldn't take any more
I was faced with a ten foot drop.

From out of nowhere I felt a hand
It grabbed the back of my gown
Once again I was able to stand
But the room was upside down.

The strangest thing happened then
I seemed to be in a well
The place was dark, I couldn't see
And so I began to yell.

The water lapped around my feet
And the echo was very loud,
All at once I felt such heat
And found I was wrapped in a shroud.

A ghastly shape began to descend
It whispered as it came
"To this there can be no end
Unless you can tell me my name."

A name, a name, what did it mean?
I didn't know what to do
Then a friendly ghoul appeared
And told me to call it Sue.

"Aha" I said to the ghastly shape
You think I don't know you
But this is not just a jolly jape
I know your name is Sue."



Whoosh and I was back again
In bed where it all began
Straight away I began to pack
And out of the house I ran.

If you can believe this silly tale
You're more gullible than you look
For it all came out of a jumble sale
In a 20p paperback book!

Fiona Martin

Callander Jazz and Blues Festival



It is with heavy hearts and great disappointment that we have decided to cancel this year's Callander Jazz and Blues Festival, which at the time of reading this would have been in full flow, with the town buzzing with Festival goers.

According to the Scottish Government's Covid phasing plans, there was a glimmer of hope that some live music events might start around mid-September. We had hoped that we would have moved into Phase 4 by then, which would have given us more confidence to proceed with the Festival in some format.

We feel that the safety, operational and security measures that would need to have been taken, and the more limited numbers in attendance, would have an overall impact on the viability and indeed atmosphere of the Festival.

We had been working hard right up until the last few weeks to put plans in place in the hope that the festival could go ahead, however there are just too many risk factors to take into account, which has brought us to this decision.

We know there will be great disappointment from all involved, our sponsors, musicians, funders, volunteers, venues, accommodation providers, local retailers, supporters

and, most of all, the thousands of Festival goers, many of whom make the annual pilgrimage to our town. We thank you all for your continued support.

The last few weeks and months have proved what an enormous draw our area and town is to visitors, and we must strive as a community to continue to keep it special and safe.

The Festival will be back, all being well, on 1st, 2nd and 3rd October, 2021!

Get the dates in your diary and encourage everyone that was coming this year to re-book for 2021!

John Martin and Duncan Boyle

Callander Library

At the time of writing, the library building remains closed to the public, however, we are still able to offer our 'Select & Collect' Service. This is where you contact the library, tell us what you would like and are given a time slot to come and collect.

Books

Tell us:

- How many books you would like to borrow (up to a maximum of 5)
- Adult or Junior
- Genre: e.g. romance, crime, cookery, etc.
- By author

(Unfortunately we cannot take requests for specific titles at this stage.)

Hearing Aid Batteries

Tell us:

- The size of batteries (this is a number which can be found in the front of your yellow audiology book)
- Whether you have 1 or 2 hearing aids

Biodegradable Food Waste Bags

Tell us:

- How many households you are collecting for (1 roll per household each time)
- Surname, address and postcode is required for each recipient.

Dog Waste Bags

- These are now available and no information is required to collect them.

All of the above are only available to collect by appointment. Please telephone 01877 331544 or email callanderlibrary@stirling.gov.uk

The library hours of service have increased since we first returned, and are currently:

Tuesday 10.00am -2.00pm
Thursday 2.00pm -6.00pm
Friday 10.00am -2.00pm
Saturday 10.00am -12.00 noon

Plans are underway to enable the safe re-opening of all Stirling Council Libraries to the public. This will be done in stages, with some branches perhaps opening from late September/early October but, at the time of writing, there is no definite time scale for Callander.

For the latest information, please follow [@stirlinglibraries](https://www.facebook.com/stirlinglibraries) on facebook or check the council website www.stirling.gov.uk.

Fiona Frize

P.S. Articles for the BLV can be handed in to Fiona by appointment

Monitoring our canine companions' ins and outs tells us so much about their well being

It's autumn time, another beautiful season, and we are still enjoying long walks with our four-legged canine friends. But things have changed, so be mindful of what they are doing, where they are snooping, if they are, and what they are dining on. The fallen, rotten, dying things that lie around at this time of year, some are toxic, some just not the best thing to be ingesting. It is also true of time spent in the garden, snooping; and in the house they sometimes get into things they should not. Know what is toxic and dangerous to them.

We should be picking up dog faeces when out on walks so as not to let any parasites they leave in their faeces to enter the food chain or to endanger human health. It also allows us to keep a close eye on our canine friend's stool quality for early changes that indicate there may be a problem. Poo patrols round the garden also let us spot any vomiting that has gone unnoticed and allow us to take early action.

Monitoring a dog's food and water intake and urine and faeces output is a window into their health status and allows you to spot a change, a problem, early so you can let us know, making the fix sometimes so much simpler. Keep an eye on how often and how much they eat and drink.

Also, how often, how much and what the urine and faeces produced is like. Any pain and straining when passing urine or faeces? Look for changes from the norm, changes in colour, changes in consistency and yes smell! It tells us so much about their insides. We do it automatically for ourselves, do it for them.

More about the reasons why monitoring your pets ins and outs is so important next time.

Wishing you a safe, happy and healthy autumn with your animal companions from Marslaidh and all the team at Riverside Veterinary Clinic.



Riverside Veterinary Clinic

Looking after your best friend!

- Join our Pet Health Plan and budget monthly to reduce your pet care cost.
- Call us to make an appointment for our nurse clinics, or to consult a vet.
- Get your pet food and pet accessories from our in house pet shop.
- Professional grooming and bathing facilities for large and small dogs.

Tel: 01877 381213

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

Riverside Veterinary Clinic
1 Lagrannoch Industrial Estate
Geisher Road Callander FK17 8LX

More on Porthos

Porthos, the best buddy! The saga of our big guide dog puppy, continues to take unexpected turns, and rather like when he was living with us, keeps us entertained and intrigued!

We had heard that after five months out of harness and several different boarders in the Newcastle area, he was having some trouble with motivation to work again. So the assessment team at Guide Dogs decided to withdraw him from guiding training and he was considered to be an excellent candidate to become a buddy dog. This is an arm of Guide Dogs that has gained prominence more recently and in the current circumstances, where many dogs have had an unfortunate break in their training, will have a greater supply of dogs to use. These dogs are given to families with a blind or partially sighted child for therapeutic purposes. Still owned and supervised by Guide Dogs, they live long term with a carefully matched, vetted and fully trained family. The children are between the ages of five and eighteen and do not use the dogs as guides, rather as a friend and confidence builder. There are a host of heartwarming stories about the amazing difference one of these dogs has made to a scared and vulnerable child and the positive benefits for the family as a whole.

Our Porthos has a brilliant rapport with youngsters, as we have proved with our own grandchildren, and is at present boarding with a family with children who desperately want to keep him ... Mum says 'No'!

We hope in due course to find out who he is with and maybe even see him again. For now, we are waiting to see if we might have one more puppy for early training before we get too ancient!

The breeding programme has restarted but, as yet, no baby puppies have reached Scotland.

Guide Dogs is changing and adapting according to the needs of the moment and will continue doing its best to help those with little or no sight. We are very happy to help if we can.

Marilyn and Steve Willett.

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Mollands Road, Callander, FK17 8JP

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Fitness classes	Birthday parties
Climbing wall	Kids' Activities
Soft play	Fitness Suite
3G Pitch	Sport hall
Cafe	

www.mclarenleisure.co.uk 01877 330 000



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
Balfour	Drymen	Kirkochard	Stonachlachar
Buchlyvie	Gargunnoch	Kippen	Tyendrum
Callander	Gartmore	Lochearnhead	
Deansston	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

Building affordable homes: growing rural communities

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Local Information

Emergency Services: 999

Callander Police: 101

Local Council Office & Registrar:
[01877 33004](tel:0187733004)

Social Work: [01786 471177](tel:01786471177)

Post Office: [01877 330267](tel:01877330267)

Stirling Council: [01786 404040](tel:01786404040)

National Health

Callander Medical Practice [01877 331000](tel:01877331000)

Prescriptions [01877 331001](tel:01877331001)
(10.00am till 3pm)

District Nurse [01877 330150](tel:01877330150)

NHS 24 [111](tel:111) or www.nhs24.scot
www.nhsinform.scot

Callander Dental Practice [01877 330703](tel:01877330703)

Chemists

Farrens **M-F** 9-6 **S** 9-5 [01877 330132](tel:01877330132)

Trossachs **M-F** 9-1 2-6 [01877 330016](tel:01877330016)

Vets

Callander: [01877 381213](tel:01877381213)

Schools

McLaren High: [01877 330156](tel:01877330156)

Callander Primary: [01877 331576](tel:01877331576)



Callander Kirk

The Church of Scotland,

South Church Street, Callander

Sunday services

Every Sunday 11.15

Scottish Government Guidelines

50 maximum

Masks must be worn

No singing allowed

Details at www.callanderkirk.org.uk

Rev Jeffery McCormick BD

[01877 330474](tel:01877330474)



St Joseph's

Catholic Church

Glen Artney Road, Callander

Weekly Masses

In the COVID-19 pandemic (Phase 3)
St Joseph Church in Callander Holy
Mass on Thursdays at 10.00am and
Sundays at 11.30am. To register
please visit our web page:

www.stfdac.co.uk or call (01877)
[330702](tel:330702).

Rev Leszek Wiececzek, S.A.C

[01877 330702](tel:01877330702)

Bin Collections

October

Grey/Blue bins Sat. 3rd, 17th 31st

Brown bin/Blue box Sat. 10th

Brown/ Green bins Sat. 24th

November

Brown bin/Blue box Sat. 7th

Grey/Blue bins Sat. 14th, 28

Brown/Green bins Sat. 21st

December

Brown/Blue Box Sat 6th

www.stirling.gov.uk/waste

Lagrannoch WRC Opening times

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

Saint Andrew's

Scottish Episcopal Church

Leny Road, Callander

Sunday 9.30am Holy Com-
munion (please note earlier time).
Services will remain provisional
while Covid-19 restrictions apply.
For information please contact:
Liz Balding tel: 07825 635428

www.standrewschurchcallander.org.uk

Interim pastor Rev Alison Peden

alisonpeden1@gmail.com



Callander Baptist Fellowship

Weekly Services:

During the Covid restrictions we
have gone Online for our services
and we would love you to join us.
Sundays@Six Online is on our face-
book page and our YouTube Channel
each Sunday from 6pm.

Our Prayer times on Mondays and
Thursdays at 8pm are held on Zoom.
To contact us:

Pastor Brian Gooding tel [07885 465399](tel:07885465399)

brian.gooding@stirlingbaptist.co.uk

www.callanderbaptistfellowship.org

Facebook: [@callanderbaptistfellow-
ship](https://www.facebook.com/callanderbaptistfellowship)

Recreation

Rail Enquiries: [0845 7484950](tel:08457484950)

Bus Station (Stirling): [01786 446474](tel:01786446474)

Travel Line Scotland: [0870 6082608](tel:08706082608)

Leisure Centre: [01877 330000](tel:01877330000)

Library: [01877 331544](tel:01877331544)

Visitor Information Centre: [01877 330342](tel:01877330342)

Floods & Environment

SEPA emergency: [0800 807060](tel:0800807060)

SEPA website:

[www.sepa.org.uk/flooding/index.
htm](http://www.sepa.org.uk/flooding/index.htm)

Floodline: [0845 9881188](tel:08459881188) Select
option 1 followed by: 06213 121 (the
Teith at Callander)

Scottish Water emergency
information re flooding from mains
or sewers: [0800 0778778](tel:08000778778)

Location of defibrillators

Dreadnought Garage

Callander Golf Club

McLaren Leisure Centre

The Post Office

Ancaster Square

West Dullater House and Grace's

Cottage Invertrossachs

Mobile unit based in Callander with
Scottish Ambulance Service

BLV DEADLINES

The next issue of the Ben Ledi View
will be published on **Friday 4th
December 2020.**

Advertisements copy & artwork
Please send all advertisement copy
for the **Dec/Jan** issue to our
Advertising Co-ordinator Wendy
Munro at [advertising@benledi-
view.org](mailto:advertising@benledi-view.org) by **Friday 6th November
2020** Full details of sizes for adver-
tisement 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
Dec/Jan issue should be emailed to
editor@benlediview.org or handed
in to the Callander Library by **Friday
6th November 2020**
Items received after the deadline
may be held over to next issue.

Planning Applications submitted to the National Park since the last issue

Change of use of garden ground to beer garden Crown Hotel Main Street Callander Stirling FK17 8DU

Ref. No: 2020/0056/DET | Received: Wed 04 Mar 2020 | Validated: Sat 28 Mar 2020 | Status: Current
Callander FK17 8BN
Ref. No: 2020/0054/TRE | Received: Mon 02 Mar 2020 | Validated: Tue 10 Mar 2020 | Status: Current

Erection of new ancillary building to form office and workshop Birchwood House Duncraggan Road Brig O Turk Callander FK17 8HT

Ref. No: 2020/0067/HAE | Received: Fri 13 Mar 2020 | Validated: Fri 27 Mar 2020 | Status: Current

Change in the use of existing office building (Class 4) to residential dwelling (Class 9) and erection of garage and single storey extension to rear and front of existing building Meadow's Cottage Invertrossachs Road Callander FK17 8HW

Ref. No: 2020/0071/DET | Received: Thu 19 Mar 2020 | Validated: Mon 30 Mar 2020 | Status: Current

Erection of roof extension on existing single story extension Wester Brig O'Turk Brig O'Turk Callander FK17 8HT

Ref. No: 2020/0094/HAE | Received: Wed 22 Apr 2020 | Validated: Tue 28 Apr 2020 | Status: Current

Reconstruction, extension and conversion of former stables to holiday accommodation

Land And Ruin Of Former Coach House Cottage Invertrossachs Road Callander Stirling

Ref. No: 2020/0096/DET | Received: Thu 30 Apr 2020 | Validated: Wed 24 Jun 2020 | Status: Current

Change of use of residential ancillary building to hairdresser (Class 1) Corriegowrie Main Street Strathyre Callander FK18 8NA

Ref. No: 2020/0101/DET | Received: Sat 02 May 2020 | Validated: Thu 04 Jun 2020 | Status: Current

Erection of dwellinghouse including formation of access (retrospective) Land North Of Roslin Cottage Stir-

ling Road Callander Stirling FK17 8LE

Ref. No: 2020/0103/DET | Received: Mon 04 May 2020 | Validated: Wed 12 Aug 2020 | Status: Current

Alterations to ancillary building and installation of gates Open Tyrone Ancaster Road Callander FK17 8EL

Ref. No: 2020/0127/HAE | Received: Tue 09 Jun 2020 | Validated: Mon 06 Jul 2020 | Status: Current

Erection of single storey rear extension 10 Esher Crescent Callander FK17 8DJ

Ref. No: 2020/0146/HAE | Received: Mon 29 Jun 2020 | Validated: Mon 29 Jun 2020 | Status: Current

Erection of single storey rear extension 10 Esher Crescent Callander FK17 8DJ

Ref. No: 2020/0147/LBC | Received: Mon 29 Jun 2020 | Validated: Mon 29 Jun 2020 | Status: Current



Installation of ventilation system and associated alterations to restaurant frontage Spice Delight 25 Main Street Callander FK17 8DU

Ref. No: 2020/0167/DET | Received: Wed 22 Jul 2020 | Validated: Tue 01 Sep 2020 | Status: Current

Works to trees within a conservation area - felling two silver birch

Coppice House Leny Road Callander Stirling FK17 8AL

Ref. No: 2020/0169/TRE | Received: Wed 22 Jul 2020 | Validated: Wed 22 Jul 2020 | Status: Current

Proposed alterations to re-form single dwelling house from two flatted dwellings Mollands Farm Callander FK17 8JJ

Ref. No: 2020/0179/DET | Received: Mon 03 Aug 2020 | Validated: Wed 26 Aug 2020 | Status: Current

For further information on any of these applications go to <https://eplanning.lochlomond-trossachs.org/Online-Planning/?agree=0>

The answer for Crossword no 145

The winner was Christine Ffinch of Callander

There is no Crossword this issue

Scotland's Cycle Repair Scheme.

This was launched on 3rd August and will run until March 2021, or until the £1.5million has been used up. This can be used towards repairs up to £50.00 per person by going to a participating cycle shop and there is one locally. This should help cyclists, especially those on a low income, to keep pedalling. It will encourage old bikes out of storage and back onto our roads, as well as keeping well-used bikes pedalling smoothly, and safely thanks to the skills and services of bike mechanics right across Scotland. Inclusivity and accessibility are at the heart of the scheme. All cycles are welcome including adult and child bikes, tandems, trikes, handcycles, non-standard and adapted bikes. People who use manual wheelchairs are also eligible to access free repairs.

With so many more cyclists around now, it is essential that all the cycles in use are kept roadworthy and safe.

A list of participating cycle shops can be found on <https://www.cyclinguk.org/ScotCycleRepair#map>

22 Announcements & Letters

Dudley Robertson

Our brother, Dudley lost his long courageous battle against deteriorating health and mobility on July 10th. He showed great fortitude and determination in maintaining his independence and often expressed his gratitude for all who helped him. So on his behalf we thank:

- Doctor Kerry Mathewson and all the staff at Callander Medical Practice.
- The Renal Unit at Forth Valley Royal Hospital.
- The wonderful kind care at Strathcarron Hospice.
- The Vets and friends in Callander who drove him to and from Larbet.
- Special thanks to Audrey and Donald.
- A special mention to the Revd Canon Richard Grosse for his hospital visits and for conducting a very moving service
- Ross Anderson for his thoughtful care.

Our thanks to all who sent letters and cards. They are a great comfort.

Fiona and Christine.



Alister Peebles

The family of Alister Peebles who passed away in January would like to thank his many friends in Callander who took time to attend his funeral and for raising £650 for the charities of CHAS and MacMillan nursing. The large turnout was greatly appreciated by his family and reflected on how popular his character was. Born in Fife and then brought up in Callander for most of his life, Alister was well known in the community driving about in his truck and smoking his pipe. He lived a humble life once he retired at 69 when he spent most of his time in his garden growing all sorts of veg for him to hand

out to the friends and family who visited. He was a kind soul who liked to help out anyone he could and was very generous to groups and charities with the many thank you letters in his house showing proof of his kindness. Taken too soon but forever in our hearts Alister.



Nancy Anderson

Andy Anderson and family would like to say a very sincere thank you to the community of Callander and surrounding areas for the large number of cards, letters and phone messages they have received following the death of Nancy Anderson on July 11th. Hearing and reading stories of her kindness have been a great comfort. Nancy had been part of the community for 62 years raising funds for local charities, working hard and helping anyone she could along with Andy. They were in business for 45 years before their retirement at the grand age of 78 and 79 years old. She enjoyed having a blether with people of all ages and loved when friends and family would pop in to see her, especially the last couple of years when ill health made her more confined to the house. She was a one off character, always smiling and joking and will be sorely missed. We would like to thank everyone who took time to stand and pay their respects to Nancy on her final journey, it made it a very special send off and again was great comfort to the family. Special thanks to Ross Anderson and all his staff for dignity, care and respect shown towards his Nan. Also thanks to The Reverend J. Cloggie, Reverend R. Cross and I. Gardner for kind words and support at her funeral. Nancy is now at peace with her brother Alister Peebles.

Ashlea Nursing Home

Would like to thank the many people within the Callander community who have helped and supported Ashlea Nursing home during Covid. Especially Ian Denham for cutting our grass all these months, also Walter Hall for donating the new cover for our gazebo: this was very helpful for residents to meet outside with their families

Thank you

From Patricia Aitken and staff

Chinese Village Restaurant and Takeaway 1987-2020

Our decision to retire has been made with a heavy heart but we have taken this opportunity to step down and make way for new beginnings.

We would like to thank everyone for their support and kindness during our 33 wonderful years in Callander.

John, Kim and Family

Thank You

Please may I ask if I can publish a 'Thank You' to all the volunteers that helped to support me and others in the community during Lockdown. I had exceptional help from Helen coordinating and Elaine and Jan who ensured I had all that I needed each week. They all went above and beyond and reduced the isolation from shielding. I would also like to share my appreciation for the meals delivered locally at this time.

The support and kindness shown to me by everyone has been priceless, and knowing that the community of Callander can pull so well together in a crisis is reassuring. Thank you

Dot Brown

Grab a Bag of Books

I would like to thank everyone who donated books to the 'Grab a Bag of Books' at the Callander Coop for the 5 months until the charity shops opened. Your generosity was

overwhelming. So many people benefitted from your donations. Also thank you to those who read the books and then returned them for others to enjoy. A big nod to Joanne Martin of Mary's Meals in Dunblane who let me come and collect boxes of books and the staff of Callander Co-op who didn't mind me coming in with trolley loads and who kept a casual eye on things.

Jenny Snedden

Mary Margaret Kennett

The family of the late Mary Margaret Kennett would like to thank everyone for their cards and kind words. Margaret passed away 28th July aged 100. We would also like to thank Ashlea Nursing Home for care and kindness to Margaret, also to Callander Medical Practice, the Reverend Jeff McCormick and George Currid for all his help and for the personal services he provided.

Margaret & Robert MacLaren

Bike Etiquette

My son has just moved up to McLaren High school in August this year. Due to COVID-19 he didn't get the chance to finish his final year at Callander primary school. The school closed in March and my son missed out on so many important parts of the school curriculum. He missed his transition days to high school, he missed out on his residential trip to Dalguise and he also missed out on an important life skill which is "bikeability". My son should have gained the experience of learning how to cycle on roads safely but due to lockdown, this was one of the skills he missed out on in his final year at primary school. As a parent I had taken him out on his bike around the town whilst the roads were quiet to get him used to cycling on the road safely. During the summer "holidays" my son was out and about on his bike, meeting up with friends and visiting various areas of the town. Due to the busy roads during the summer I was not comfortable with him cycling on the roads and he was not confident

within himself to do this either. We talked about cycling on the pavement safely, off bike when people are approaching, lookout for cars in driveways etc. Unfortunately my son experienced an upsetting incident which occurred near the Co-op. He was approached by an older "gentleman" who would not let him pass on the pavement. My son got off his bike to walk it past but the man continued to block my son's way past and shouted in his face that he should not be on the pavement with a bike. This was when there was a 2 metre distancing in place. The man continued to follow my son, shouting at him and telling him to get on the road. This man was a local to Callander. Yes, my son maybe should have been on the road with his bike but on a busy weekend it would not have been safe for him to travel up and down the main street on his bike. My son has missed out on a life skill due to COVID-19, he's not the only one to miss out on essential learning. I think if people took some time to think about what young people have missed out on over the last five months and try to support and encourage them, rather than intimidate and scare them, the young people would be able to gain more confidence and experience.

Name and address supplied

What's On for October and

November

REGULAR MEETINGS

- Yoga classes: Julia Osfield is running a number of her classes via Zoom, contact julia.osfield@googlemail.com
- Highland Dancing paused until further notice
- Guides, Cubs and Brownies virtual meetings only until further notice
- Walk in the Park see Cathy Scott's article in this magazine
- Callander Cycle Meander meet 10.00am Ancaster Square (contact 01877 339074)
- Callander and W. Perthshire Rotary Club virtual meetings only for the time being.

OCTOBER

Thursday 8th

- Callander's Landscape Partnership Volunteer Day installing Habitat Boxes 11.00am-3.00pm Little Leny Meadow Contact julie.wilson@lochlomond-trossachs.org

Sunday 11th

- Landscape Partnership Guided Walk 'Gaelic Folklore in the Landscape' 11.00am -2.30pm Callander Meadows contact and book ross.crawford@lochlomond-trossachs.org

Monday 12th

- Community Council meets online

Wednesday 14th

- Landscape Partnership Online lecture 'Wild Waters of Callander' 7.30pm

Friday 23rd

- German-speaking group via Zoom 8.00pm contact jenshearer@gmail.com

Sunday 25th

- Landscape Partnership Volunteer Day installing Habitat Boxes 11.00am-3.00pm Little Leny Meadow as above.

NOVEMBER

Friday 6th

- Copy deadline for Ben Ledi View 7.00pm

Monday 9th

- Community Council meets online

Friday 20th

- German-speaking group via Zoom 8.00pm contact jenshearer@gmail.com

Saturday 28th

- Official Switch-on of Christmas lights and Christmas Tree in Ancaster Square. To be confirmed

• DECEMBER

• Friday 4th

Ben Ledi View published

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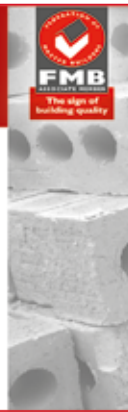
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Wendy Munro at:

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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.

Based in the Loch Lomond and Trossachs area they can offer help to clients throughout Scotland.

MD | McKendry
Dunion
Financial

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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Fun Facts - Yellow-eyed Penguins

New Zealand has more different native penguin species than any other country. Because of their rarity (in the low thousands in terms of breeding pairs) many may not have heard of the Yellow-eyed penguins. Known in Maori as Hoiho (meaning "Noise shouter" due to their calls), they derive their English name from a very distinctive yellow streak of feathers around their eyes that extends round their heads; their coat is greyer and browner than that of other penguins.

Yellow-eyed penguins occur on southern and eastern coasts of the South Island on the southern Stewart Island, and the far-outlying Auckland Islands and Campbell Islands.

They are the fourth-tallest penguin species and unusually for penguins, don't breed in large colonies but in nests of their own, and venture into forested shrubland. Yellow-eyed penguins also swim alone. They swim really well, diving to depths of up to 160 metres and venturing as much as 50 kilometres offshore from their nesting grounds.

The Yellow-eyed penguin (Hoiho) is

very rare and
endangered

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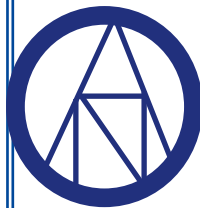
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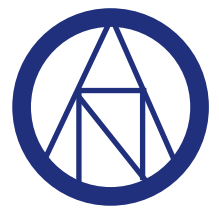
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