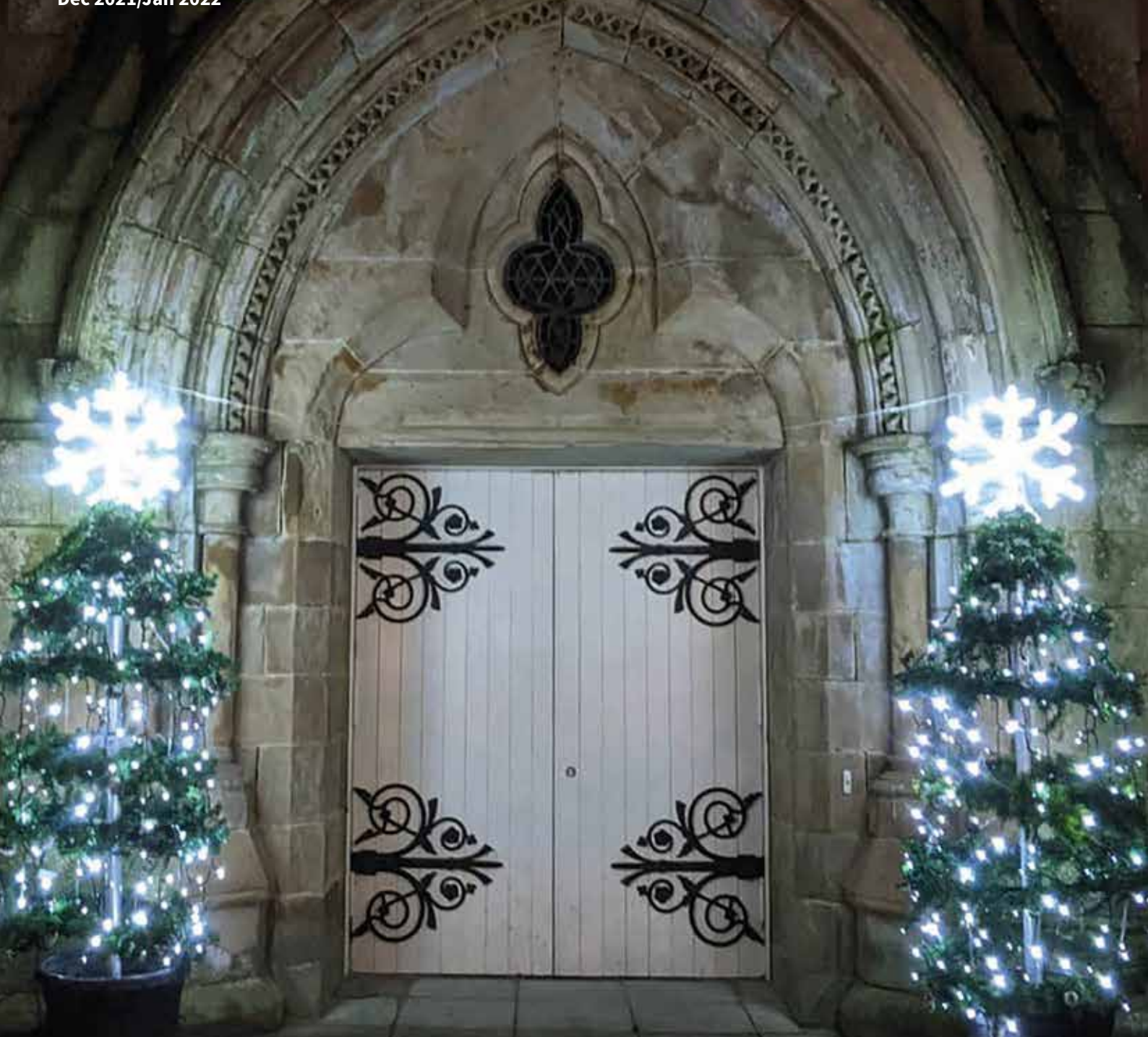


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Dec 2021/Jan 2022

Issue 321

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Cover Photo by Carol McGowan



H

ello Readers

Some of you may have been trying to access the Ben Ledi View website recently and discovered it's not working! Apologies for this. We are currently attempting to completely revamp and reorganise our website. As its main purpose is to be a resource for the community of Callander we would very much like your input of what you would like to see in this new website. Please contact me at: - convenor@benlediview.org with any suggestions you may have.

Onto this month's magazine and some interesting environmental issues. Cop 26 has just finished in Glasgow. Callander was well represented there by two McLaren High School pupils, Catriona Manders and Aidan Cronin. Many thanks to them both and I wonder if they plan to attend Cop 27 in Egypt next year?

On an environmental issue closer to home, it's great to be able to report that Callander now has its own public drinking water tap, located in Ancaster Square. Thanks here to the work put in by Paul Fraser.

On page 5 we have a piece about the Callander Community Council and Community Development Trust. For me, one of the most interesting initiatives of these bodies is the Callander Local Place Plan. If you go to its Facebook page you can give your own opinion of changes that you'd like to see in the facilities and

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infrastructure of the town. I think it's a great idea and encourage you all to take part.

As we near the end of another difficult year I would like to take this opportunity of thanking the dozens of volunteers that give up their time to ensure the Ben Ledi View is produced and delivered to every household in Callander. A very Merry Christmas and a Happy New Year to them and to all of the readers of the Ben Ledi View.

Convenor

Subscriptions

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St Kessog's Update

Work continues securing funding for the re-development, and the technical surveys have been done with no major issues found. Discussions with the architects are ongoing and will become more specific as we tie down details that affect how the building will be used and shared. Compromises are needed as we try to fit a lot into a relatively small space. We expect this process will continue until the end of the year, when we hope to have an agreed layout. If we can do this, the timeline now looks like building work starting at the beginning of 2023 and lasting a year, with opening being early 2024. Meanwhile, Stirling Council is exploring several avenues to secure the additional funds still required to add to those from the City Deal funds.

A first Operational Plan for St Kessog's has been completed. It covers how the community and business hub areas will be used and managed, our relationship with Stirling Council, including the terms of the lease agreement, the income generated and the costs incurred, and how any shortfalls or profits will be dealt with. As more details become available, for example about costs and possible uses, the plan will be refined on a regular basis.

It may seem like a long way off, but it is not really. There is a lot of organisation still to do: set up a new charitable organisation (Friends of St Kessog's), to recruit trustees and volunteers, to continue to work with the architects, to plan a calendar of events. We'll say more about all this next time, but if you are interested in getting involved or have any questions or suggestions, please email them to StKessogs.survey@gmail.com.

Susan King (Member of the St Kessog's working party)

Callander Window Wanderland 10th -12th December 2021

The Callander Window Wanderland will happen over the weekend of 10th to 12th December. This is a festival of light and colour in as many front home, shop and any other windows as possible. Displays can be anything, but most will be silhouettes of animals on a coloured background and illuminated from behind. The displays will be illuminated from 5pm to 10pm each night and we hope that everyone will wander around the town to look at and admire the displays.

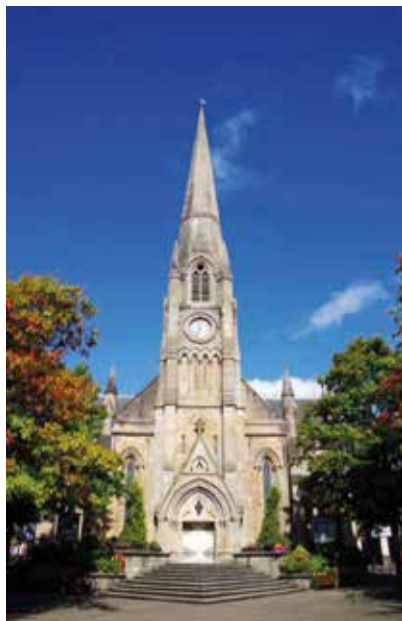
If you want to take part please register on the web site www.callanderwindowwanderland.co.uk, where you will also find instructions and ideas for displays.

There is no charge for taking part and if anyone wants materials such as animal silhouettes for cutting out or coloured paper then let us know on the registration form. Feel free to keep the displays through Christmas to add to the enjoyment of Christmas.

If you want to wander around the town to see the displays then a map of Callander will be on the web site showing the locations of all displays; we hope you enjoy them.

Contact us through the web site or by email: callanderww@yahoo.com.

Richard and Mary Johnson



Tap in Ancaster Square

Some of you may be aware that Scottish Water has been digging up the Square recently.

The reason for the upheaval is fitting a tap that will provide drinking water for all to refill flasks and bottles. This is such an important asset for the town, especially when we are all trying to minimise the use of single plastics. We all owe a huge amount of thanks to Paul Fraser who continually pressured Scottish Water with phone calls, emails and meetings to have the tap installed. This first started from a discussion within the *Callander against Plastics* group of which Paul was the founding member.

Well done Paul on a fantastic achievement : you deserve all the credit.

Elaine Watterson

Callander in the Evenings

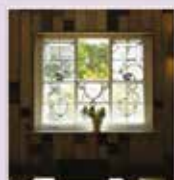
Feedback from a fair number of visitors to the town since the re-opening from lockdown has raised a possible problem we may have for attracting visitors to the town. Several comments were to do with the fact there "was nothing to do in the evenings", both for entertainment and for a selection of places to eat out. There certainly is not a problem with eating out during the day with a cornucopia of coffee shops and cafés; in the evenings, however, the selection is much more limited.

The town certainly misses *Ciro's* and the Indian restaurant to name but two and with the Meadows on reduced times during the short season we had, and now closed until next spring, there is not a huge selection of places to dine out for visitors or locals in the town.

There are huge problems for the hospitality business at the moment with staff shortages limiting opening times during the day, never mind in the evenings, and during winter the local trade is probably low, so would it warrant opening?

We don't know and cannot offer any solution to this but feel that this feedback should be brought to your attention.

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Callander Community Council (CCC)

Here is a general overview of what we have been doing in the last couple of months.

Meetings

All the meetings this year have been held online, and we foresee this continuing until the end of the year. Apart from heeding the official advice, we are lucky enough to have a medical professional on the Council and so have access to the latest local situation and statistics. As soon as we feel live meetings present a minimal risk for their participants, we will return to this format.

Communication

We have been working on communication methods during this period, helped by practical advice from Stirling Council reflecting their revised Scheme of Establishment. Use of our website and Facebook pages is one way of doing this, but we also know the ongoing importance of print.

Now that the Library is open again, we are posting printed copies of notices, meeting agendas and Approved Minutes there for public consultation. Printed notices are also displayed in the Post Office and, since one day before writing this article, on the noticeboard outside the Visitor Information Centre, thanks to CCDT. We feel this place is ideal: central, easy to see, not in competition with other notices. We are grateful to Callander Enterprise for the use of their Ancaster Square board over the years.

Co-opted Members Activity

By the time this is printed, we hope that the two co-opted members, Bev Field and David King, will have become full members, and that we can extend our numbers and range of experience further by advertising for new applicants. Details will be posted online and in print, following the latest Stirling Council guidelines. Since joining the Community Council, Bev has been our official representative on the Local Place Plan (LPP) Steering Group, working closely with Helen Terry as a communication link. The developments here are exciting, and we hope you are looking at and contributing to the ongoing discussion. David King has been working with Stirling Council to bring about the wish for 'Happy to Chat' benches voiced by Patricia Kent, of Callander Youth Project, (CYP).

Ongoing Activity and Opportunities for Involvement

Members of the Community Council have taken part in a whole range of events, as well as the regular meetings. These have included the Horticultural Show, the CYP Open Day, (most impressive), and the Callander Climate Fringe Week of events, including the Climate Questions panel. This discussed eight questions raised by High School students. Meetings with other bodies continue on motorhomes, visitor management, planning and traffic, with the aim of finding practical solutions that will work across the community. If any of this sounds attractive to you, look out for our co-opted members notices. And, at the time of writing, we still need a (paid) minute-taker!

Susan Holden, Chair, Callander Community Council

Callander Visitor Information Centre (VIC)

When it closed for the season on 24th October, the VIC had welcomed 8,154 visitors since it opened in the former Royal Bank of Scotland at 55, Main Street in early June. A paid part-time manager and 23 enthusiastic volunteers provided a warm welcome and unrivalled local knowledge of Callander and the surrounding areas. The most asked questions included where to walk, cycle or camp, places to eat, what to do on a rainy day, bus times and, top of the list, public toilets. A selection of maps and books provided more details on activities, walking and cycling routes.

For many, Callander is the first stopping place in Scotland. They are looking for details of their destinations further west and north – Oban, the Western Isles, Inverness, the NC500. We were their first welcome!

If you are interested in joining the team in 2022, we will hold an open day in March and would love to see you then or contact callandervic@gmail.com at any time.

The information centre is a Callander Community Development Trust project, supported in 2021 by expertise and funding from Stirling Council Discretionary Fund, Friends of Loch Lomond and the Trossachs, Callander Community Hydro Fund, the Steamship Sir Walter Scott Trust, Campbells Shortbread, and private donations.

In October, the Development Trust was awarded £124,843 from the UK Government's Community Ownership Fund, the result of an application for funding to take ownership and refurbish 55, Main Street as a sustainable community asset. This is a significant investment in the town centre as well as tourism and regeneration in the wider area.

Many of the most asked questions are answered on the VIC website at www.visitcallander.uk.

Anne Docherty, Secretary, CCDT





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Christmas in Callander

Following the decision of CCDT to cancel Winterfest, a few like-minded members of the community got together at the Waverley to make sure that Callander should have Christmas.

It was generally expressed that after the last 19 months something had to be done, especially for the children of the Town.

The switch on of the Christmas Lights around the Square and tree will take place at 5pm on Saturday 4th December. The lights will be switched on by Callum Menzies, the first recipient of the Lifetime Citizen of Callander Award.

At this point we are not sure if the parade behind Santa's sleigh will be permitted but will keep you informed via social media.

The good news for all the children is that there will still be a fancy-dress competition. So get those costumes organised!

We have been reliably informed that Santa will arrive, no matter what.

A massive thanks to all who came along to the meeting, especially to James Craig and everyone in 41 Club.

Also thanks to Callander Enterprise and Creative in Callander: Lorraine Isgrove and Lynn are absolute stars.

Thanks to the Fire Brigade for all their help, and not forgetting Julie at Deli Ecosse who will be providing the mulled wine, and Mhor Bread, Main Street Bakery, Tesco, and Co-op for mince pies.

A final thank you goes to Anne Docherty for all her help and advice.

Together with Dick Johnson we are preparing a calendar of Events for Christmas and these will be posted around the town.

Elaine Watterson

(On behalf of Callander Christmas Working Party)

Callander Barber Wins Award

Emi Balogh from Mancave Barbershop in Callander recently won an international styling competition, the OP Awards held in Birmingham. Emi won best creative style and shape. He has worked tirelessly to achieve this success and plans to use this as platform to develop his educator business. Congratulations Emi.



Callander Community Council: Camp Place Play Park Update

Since the last update CCC has been awarded a Green Recovery grant for £25,000 from the Loch Lomond and the Trossachs National Park. The administrative details for the grant are in progress as there are several questions to be answered before the funds are paid. Meanwhile, purchasing of the play and gym equipment is going ahead. Final installation details, including quotes, still need to be agreed and provided to grant funders and the timetable for installation planned. Stirling Council will organise the installation and continue to maintain the play park once complete.

A proposed design for the play park has been shared at <https://www.facebook.com/ourcallandercommunitycouncil> with some constructive comments received. These will be taken into consideration for the final design. Please note, it is planned that the sand will be replaced with Safagrass wherever possible, and the gym equipment is not included in this design as it is supplied by a different company. As explained in the last issue, there are still industry-wide delays on play equipment due to raw material supply issues, resulting in long lead times on deliveries – up to 20 weeks for equipment. However, the installation is still optimistically planned for Q1 2022, as soon as everything is available.

Marilyn Moore

New Care Home Planning Application



An application to build a new 50 bed Care Home has been submitted to the National Park planning department for Balhousie Care Ltd. The application is for the grassed area opposite the petrol station and immediately behind the medical centre and would be directly accessed from a new junction on Stirling Road, (A84), opposite the petrol station.



The home will give specialist respite, dementia, palliative, convalescence and nursing care, A range of communal and amenity spaces will also be provided including a Café Area, Activity/Games Room and Hair Dressing Salon. There will be parking for 23 Cars and it is expected to employ 75 full and part time workers with 20 being on duty at any one time.

Full details of the plan can be seen on the National Park Planning site at

<https://eplanning.lochlomond-trossachs.org/OnlinePlanning/applicationDetails.do?activeTab=documents&keyVal=R0NO-1JSIGIC00>

Keeping your pet safe and calm at Christmas

Just realised this is number two of “keeping your pet safe and calm”. Last edition it was fireworks, this time it is Christmas. It’s turning into a survival guide in parts! It’s only that I am repeatedly reminded each day of how stressed people and pets are these days. I will change tack next time, promise, just want to help you get through this one. So, Christmas time, another event in the human calendar that can be stressful and potentially harmful for our pets. The change in routine, visitors, children, loud music and decorations can all worry our pets and there are potentially so many toxic/ harmful things around for them. I was also thinking of the number of new pet owners I have met recently so some of you may be facing your first Christmas with a pet, while some are old hands. Let’s give it a thought (or revisit it) and plan in advance to ensure your pet has a safe and happy time this Christmas, too.

If you already know your pet suffers from stress during the festive period get speaking to your vet or vet nurse now and make sure to have the tools you need, put in place well in advance.

Here are some general tips for:

Cats and dogs

Try to keep food, exercise, bed and toilet break routines the same, as consistency can help pets feel more secure.

If you have guests coming over, let your dog or cat meet people at their own pace.

Give them somewhere safe, cosy and quiet to retreat to, away from all the excitement, where they will not be disturbed by anyone if that is what they need. Get them used to it in advance by feeding them treats there or leaving toys there (if they will not destroy and ingest bits of them!) to help them associate the area with positive experiences.

For cats, you can also give some hidey-holes to retreat to in case they feel unsure. You know your own cat - some like it high up (on top of wardrobes) while some feel safe under the furniture. Cardboard boxes can make good hiding places. Get them familiar with these safe places in advance - have their favourite treats there and a comforting blanket

Christmas is a busy time and there is a lot to do and people to see but be mindful about leaving your pet alone for any period which might cause them distress.

If you are spending Christmas Day with friends or family and your dog is coming with you, take something which smells familiar like their bed to help them feel secure. Take some of their favourite toys and chews to help keep them entertained.

Outdoor pets

Outdoor animals such as rabbits will need extra bedding in the cold weather. Keep their enclosures clean and dry as wet bedding will freeze on cold nights and remember, a wet rabbit finds it hard to maintain body temperature.

Ensure outdoor pets always have fresh, clean water to drink and check at least twice a day that it isn't frozen. Make sure they are eating and drinking, passing



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urine and faeces and that there are no other signs of them being unwell. Winter is a challenging time and the only signs they may show that they are struggling can be subtle.

Small indoor furries

Make sure nocturnal animals such as hamsters are kept somewhere they aren't going to be disturbed during the day.

Keep visitors and their animals away from small furries as they could frighten/stress them!

Small animals are very sensitive to high frequency sounds which we can't hear, so keep them away from televisions and stereos. Consider gently and carefully moving cages into quieter parts of the house if you're having a party.

Don't put tinsel around cages and keep fairy lights and electrical cables out of reach to prevent them nibbling objects that could cause illness or even loss of life.

Advice for all Pets

Keep the number of an emergency vet on hand in case of accidents, or if your pet eats something they shouldn't (so many temptations and some of them toxic to pets). Get familiar with the list of toxic food, plants and

substances for pets and keep them out of reach.

If your pet is on medication, stock up before the holidays so you don't get caught out (especially this year when the supplies of drugs have been interrupted due to COVID and Brexit).

If you're going away over Christmas, be sure to make plans for your pets whether they are coming with you or not.

The team at Riverside Veterinary Clinic, Callander are here to help you plan for a happy, safe Christmas time for your pets and wish you health and happiness over the festive time.

Please note we are closed on 25th, 26th and 27th December 2021 and 1st 2nd and 3rd January 2022 but don't worry, you will not be without help should you need it. During this time the out of hours emergency services will look after you. Listen to the recorded message on our answer phone or visit our website for contact information.

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CALLANDER MEDICAL PRACTICE

We are continuing to work away under tight Scottish Government and FV Health Board guidelines.

Demand, like everywhere in the country, is high and we are working hard to try and meet this demand.

You may have noticed that we have a new telephone system. You will be asked questions by the receptionist team to try to ensure we direct your query promptly and efficiently to the right place.

Remember, a GP is not always the quickest or most appropriate person to speak to regarding some ailments. Pharmacy provide an amazing service and Kenny Hamill at Farrens is an Independent Prescribing Pharmacist and is able to provide medication for many issues. There is also the Pharmacy First service which operates at most pharmacies.

The prescription line is now an answering service. We were receiving numerous complaints of patients not being able to get through between 10am and 3pm so patients can now leave their medication requests between 8 am and 6pm Monday to Friday. Please remember you need to leave 3 working days before attending Pharmacy for collection.

You can also use patient access to order online and this can be accessed 24/7. Please contact reception if you wish to be added to the hundreds of patients already using this service. You can also still hand in your re-order form to the prescription box in the front foyer.

Dr MacKenzie and Dr Webster

Dr Mackenzie has returned from her maternity leave and we are delighted to have her back in Practice. Dr Webster, who was covering Dr Mackenzie's maternity leave, has joined the practice on a permanent basis and we look forward to continuing to work with him moving forward.

Christmas and New Year

The Practice is closed on Monday 27th and Tuesday 28th of December and Monday 3rd and Tuesday 4th January 2022. Please ensure you order your medication in plenty of time.

Our Doctors now are

Dr Kerry Mathewson (m)
Dr Graham Strang (m)
Dr Robert Scott (m)
Dr Jay Mackenzie (f)
Dr Iain Webster (m)

COOK'S CORNER by Audrey Corrieri

Christmas Pudding Balls (makes 8)

Ingredients

100g pitted dates
75g almonds
75g pecans
50g candied peel
2 tbsp chia seeds
½ tsp mixed spice
1 tsp coconut oil, melted
50g icing sugar
1 tbsp orange juice
Christmas sprinkles or decorations

Method

Soak the dates for 10 mins in boiling water. Blitz the nuts a little in a food processor, then add the soaked dates, candied peel, chia seeds, mixed spice and coconut oil. Pulse to start with. When a little more combined, continue to blend until you have a smooth mix, scraping down the sides if needed. With wet hands, divide the mixture into 8 small balls. Place on a plate and leave to chill in the fridge for around 6 hours. While they're chilling, make the icing by stirring the orange juice into the icing sugar and drizzle a little on each of the energy balls. Finish off with edible festive holly decorations or Christmas sprinkles



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What's On for December and January

REGULAR MEETINGS

Mondays:

- Climbing Club (children) 4.00pm and 5.00pm McLaren Leisure
- Soccer School (5-7 yrs) 5.00pm, (8-11 yrs) 6 pm McLaren Leisure
- Highland Dancing 4.00pm Kirk Hall (restarts in January)
- HIT Circuits 7.00-7.45pm McLaren Leisure
- Cycle Fit 7.00pm and 8.00pm McLaren Leisure
- Indoor Cycling 8.00-9.00pm McLaren Leisure
- Guides 6.30-8.00pm St Andrew's Church Hall
- Callander Pipe Band practice/teaching 7.00pm Masonic Hall

Tuesdays:

- Callander Cycle Meander meet 10.00am Ancaster Square (contact 01877 339074)
- Yoga Basics 12.30-1.45 McLaren Leisure
- Gentle Yoga 2.00- 3.00pm McLaren Leisure
- Strength and Balance 3.00 -4.00pm McLaren Leisure
- Badminton Club 7.30pm McLaren Leisure
- Evening Yoga 7.30-9.00pm
- Taekwondo 7.00-9.00pm McLaren Leisure

Wednesdays:

- Citizens Advice Bureau 10.00am-12.30pm Callander Library
- Teapot Café 10.30am Callander Kirk Hall Library
- Taekwondo (contact falkirktaekwondo@gmail.com)

Thursdays:

- Aqua Therapy 9.30-10.30am McLaren Leisure
- ChairYoga 11.00am-12 noon via Zoom (contact julia.osfield@googlemail.com)
- Town Break 10.30-12.30 St Andrew's Church Hall
- Craigard Club meet for lunch 12.30-2.30pm Callander Hostel
- HIIT 7.00-7.30pm McLaren Leisure
- Indoor Cycling 8.00-9.00pm McLaren Leisure

Fridays:

- Spike Island 8.15 -9.15 pm McLaren Leisure

Saturdays :

- HIIT 9.30-10.00am McLaren Leisure

DECEMBER

Friday 3rd

Ben Ledi View published

Saturday 4th

Switch on of Christmas Lights 5.00pm Ancaster Square

Wednesday 8th

- Volunteer Day Woodland Management 10.00am -3.00pm contact julie.wilson@lochlomond-trossachs.org

Friday 10th

- German-speaking group 7.00pm on Zoom (contact jenshearer@gmail.com)

Sunday 12th

- Family Service with Baptist fellowship. 4pm McLaren High School Hall

Monday 13th

- Community Council meets on Zoom 7.30pm

Wednesday 15th

- Seniors Xmas Party - Callander Youth Hostel

Friday 17th

- Christmas inflatable sessions 9.00am, 11.30am, 2.00pm McLaren Leisure

Saturday 18th

- Messy Church 10.30am Callander Kirk Hall contact Lara Rawson 01877 339324
- Christmas Fun in Soft Play area 8.15-9.15 pm McLaren Leisure
- CHAS music event with refreshments - Ancaster Square 11.00am - 12 noon

Sunday 19th,

- Christmas Fun in Soft Play area 8.15-9.15 pm McLaren Leisure

Sunday 19th

- Carol Service 6.30pm St Andrews Episcopal Church, Leny Road. All welcome.

Wednesday 22nd

- Christmas Fun in Soft Play area 8.15-9.15 pm McLaren Leisure

Thursday 23rd

- Christmas Fun in Soft Play area 8.15-9.15 pm McLaren Leisure

Saturday 25th Christmas Day

JANUARY

Friday 7th

Ben Ledi View copy deadline

Monday 10th

- Community Council meets on Zoom 7.30pm

Friday 14th

- German-speaking group 7.00pm on Zoom (contact jen.shearer@gmail.com)

Saturday 29th

- Messy Church 10.30 am Callander Kirk Hall

FEBRUARY

Friday 2nd

Ben Ledi View published

Tis the season to be jolly...

Christmas is a special time of year at McLaren Leisure, there is a little bit of magic sprinkled over all of our activities. Children are practicing their best snow flake floating and helping Santa to load his sleigh during their swimming lessons, the Woodland Kingdom turns into a magical wonderland, complete with a life-size gingerbread house, and the smells of delicious home baking and warming soups fill the corridors of McLaren Leisure.

If you're writing your Christmas list then why not ask for the gift of play, fun, health or fitness this year. We have a wonderful selection of monthly and annual passes available, ideal for the young to the young at heart. From running and climbing in soft play, splashing in the pool with family and gaining health and fitness benefits from the gym, we have you covered.

Don't forget! Shopping local this Christmas means more than just a gift for a loved one, it's supporting your local community too. Look out for some fabulous winter activities coming your way to keep the whole family entertained and in the Christmas spirit. Find out more on [01877 330 000](tel:01877 330 000) or visit www.mclarenleisure.co.uk



Winter Opening Hours 2021/2022

- Friday 24th December 09:00-15:00
- Saturday 25th & Sunday 26th December CLOSED
- Monday 27th – Friday 31st 09:00-15:00
- Saturday 1st & Sunday 2nd January CLOSED
- Monday 3rd January Normal opening hours resume.



Check out our online booking system for bookable session times during our winter opening hours.

Look back at 2021 with us.

2021 has been a busy year here at McLaren. We are delighted that we have been able to offer so many activities and services, while learning a new way of working following a year of closures and cancellations. Our summer was jam packed with Kids' Camp, soft play and swimming fun! We are proud to have been host to the Rob Roy Mighty Hike, Callander Climate Fringe Week, Callander 10K and we enjoyed a boogie as we hosted our first Callander Jazz & Blues Festival Events in our newly developed community hall.

As we moved into the autumn months our swimmers returned to lessons and into a new scheme of work through our partnership with Scottish Swimming. They have had extra fun in our themed swimming weeks, walked the pirate plank during pirate week and enjoyed some spooky swimming for Hallowe'en. At our AGM we discussed the exciting projects we have planned, thanks to funding from the Adapt & Thrive grant. We are working through plans to develop our new community hall and studio spaces ensuring that these areas reach their full potential for our local community. We are looking forward to bringing you more community events, festivals, learning opportunities and a hybrid meeting space. As we progress into the New Year we are looking at our long term plans and returning to serving more of our wider community's needs.

Merry Christmas and a
Happy New Year from all of
the Staff and Board at McLaren
Leisure

McLaren Leisure
Mollands Road, Callander, FK17 8JP

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

www.mclarenleisure.co.uk 01877 330 000

Club Update:

Despite the restrictions imposed upon us by the Covid regulations we managed to hold three open nights at the club to members of the public. This went off quite well with 10 people turning up and showing an interest in joining the club.



Apart from that, we are now entering our winter season with shooting leagues about to begin again, with some of our members competing in both the Perthshire and the Cumbria & Northumbria winter leagues.

We are also hoping to have our access road upgraded to eliminate the numerous potholes.

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

John W Russell MBCS CITP Treasurer / Perthshire Match Secretary Callander Target Sports Club

1st Callander Guides

The Guides have had a great term, starting off outdoors with tree climbing and a campfire at Dounans, a fabulous bat walk and lots of games and challenges. We then moved indoors and have enjoyed getting back to crafts, doing everything from pyrography to sewing for the Christmas fair.

We also took part in a sponsored swim, with one of our leaders swimming the length of Loch Lubnaig, and the girls trying to match that in the pool. The money has been split between Guides and Asthma UK. We are looking forward to getting away for a weekend in 2022, and to growing the unit, having lost some girls when we were running online. Guides is for girls aged 10-14yrs, for more information please email Sarah on scmiller@doctors.org.uk

Hockey Boys Aspire Cup qualifier

Congrats to our McLaren HS Aspire Cup boys who got through to the finals today ... winning 2 games and drawing the third.

- Vs Jordanhill 2:0
- Vs Aberdeen Grammar 1:0
- Vs Grove Academy. 2:2

McLaren started the first game at a frantic speed, perhaps a bit over-excited, whilst Jordanhill had a strong spine of players who challenged our defence.

After a calming half time team talk and a few tactical changes, McLaren started to dominate and scored a great team goal passing right round the goalkeeper. A second goal consolidated the dominance. Many more chances were created with the move of the game resulting in a shot from Ethan being saved by the goalkeeper. A good start.

The second game vs Aberdeen was a closer game in terms of result but McLaren did create more chances than Aberdeen, who couldn't finish and lacked a centre forward. A great result meaning a draw in our last game would see us through to the finals

The third game vs Grove Academy was a cagey affair with Grove scoring first by pouncing on some defensive mistakes. After a stirring half time team talk from Jim Frail, the boys came out all guns blazing. End to end play resulted in some good chances and then a series of dramatic events by Grove Academy unravelled their winning position.

A late tackle on the sideline meant one of the Grove key players was sent off.(Green) On the next attack after that the Grove goalkeeper stepped outside the D to intercept a pass with his feet. This resulted in him being sin binned (Green) and a penalty corner from which McLaren scored. Score is now 1-1 (McLaren would go through) . Back to 10 outfield players Grove defended deeply and a good passing move resulted in a quick second goal. Score 2:1. Not long after that their Goalkeeper returned and Grove rallied to score from a penalty corner. Score 2-2. A couple of minutes later the game was over and McLaren were through!

Exciting finish!

Well done to the boys and Jim (and team) who have worked hard over many years up at McLaren HS, Trossachs Tigers and Social Hockey in Callander.

Finals baby! - Wooohoo



To be afloat again has felt great; being a step closer to fresh perspectives, the freedom of sailing and the non stop adventure we are aiming for.

Since finishing up the stainless steel fabrications we've drawn a lot of attention to ourselves on the pontoon which has led to doing quite a few jobs for other sailors (I guess its not often you see a sailor on the pontoon with a grinder and welder or maybe it was simply the sparks flying that caught people's attention)... So we've been busy earning a little extra cash, which luckily we haven't wasted on ice creams- yet!

Whilst waiting on a parcel from the UK with part of our lithium battery install, we wired in our wind generator. But, lo and behold...it doesn't work. We bought it secondhand from Ebay and sadly we lost out. So, that's on this month's list of jobs...strip it and see what replacement parts we need to order.

To make the most of our extra time in the Andalusia region of Spain we spent a few days riding with a local who's had as many broken bones from biking as Chris- so plenty in common...We explored trails above a small village called Dalías. Chris has to be reserved due to breaking his neck in July, so he took the chance to practise flying the drone. The terrain is so cool here. Being the first time I've ridden in Europe I was grinning from ear to ear. Dusty berms that smell of pine needles, dry rugged rocky sections. And then we followed a more urban route which had such an authentic feeling; winding through all the small olive groves, dogs at backyard gates, kids in the streets and flying right past



familie's living rooms, as it seems common in rural parts of Spain to have your lounge open right onto the streets. An experience I'll never forget, also one we'd love to go back and document!



By the time we finally decided to leave the marina (without the parcel that's stuck in customs...no surprise due to Brexit politics), we'd missed the weather window to sail to the Balearics. I couldn't face 3-5 days beating into the wind with choppy seas as my first sail in a year...my sea legs are wobbly at the best of times! And Morocco is still shut to sailors due to Covid, which left us with Gibraltar as our only option for winter. So, we set sail - Gibraltar bound: 120Nm SW.

The sail was due to take around 29 hours. This involved sailing through the night, a prospect I was both excited and anxious about. We sailed together until 9pm when we started our night shifts. I did 9pm-11pm, followed by 3am-7am. And wow, what an experience. Usually overnights in the UK are cold and damp. But out here it was magical. My twilight shift was beautiful with the moon shining really brightly. However, by the time my 3am shift came around it was dark-dark and all we could see was our sails lit up by our tri-colour steaming lights; a navigational aid so other yachts/huge ships (yikes) can see us. It was magical, so many stars on show and I saw the amazing phenomenon of phosphorescence in the ocean; where the waves and ripples have a luminous glow emanating from millions of marine organisms. And the best part: we had dolphins swimming next to the boat creating a huge glow with their tails! It was almost like mermaids swimming past. But my magical journey was soon dampened by meeting wind-over-tide; where the wind flows in the opposite direction to the tide, creating very unsettled, roly seas. I lasted all of a few hours before my stomach was a washing machine and I fed the fishes a fair few times until my shift ended and my knight in shining armour came up and took over. I can't say I was much use for the rest of the trip, poor Chris.



We made it to Gibraltar after 9pm. Having missed the marina entry times we anchored in a nearby bay, tucked into a hearty meal and hit the pillow. To my shock, I woke at 3.30am to a noise outside...very close outside...I sprung into action, grabbed the torch and went up on deck to see what was going on. And to my surprise there was a fishing boat with three Spanish fishermen on it right next to our boat, huge dazzling lights blinded me for a moment until my eyes adapted and realised I really needed to be fending them off our boat! They weren't phased by it and just went about their fishing- some sort of trawling?! I have limited Spanish but I did manage to assure them I wasn't alone when that's all they seemed

interested in! I hung around fending them off until they moved on. They did offer me a fish and some other sea urchin but I declined politely- my stomach was still delicate from the passage.

We are now nestled into a marina in Gibraltar for the winter months where we have a full re-wire to do, a lithium battery install and a few other exciting projects on Berzerk. And of course we are looking forward to exploring the rock! It even has tunnels constructed over the course of 200 years! I must remember NOT to pack sandwiches; we've heard the wild monkeys are a little too friendly if you have grub. And if they are anything like the monkeys at Blair Drummond Safari park we'll be keeping our hands in our pockets and our bag zipped up!

Oh, we now have our first YouTube video live! Go check it out by typing "DEEPBLUEDIRT" into YouTube.

See you there, Ciao!

Jenni & Chris

Callander Library – Update

The library has been back to its full opening hours since July (see below) and you can pop in to browse anytime without an appointment. You can sit and read, or work on your laptop, and little people can colour in.

We still need to be careful, so masks are required and there is a table in the hall for completing Test & Protect contact details either on a smartphone or a paper form. Also, the number of computers available is reduced for social distancing reasons, so sessions are 45 minutes once a day and ideally booked in advance to avoid disappointment.

Hearing aid batteries and dog poo bags can still be collected and very soon you will be able to pick up Lateral Flow Test kits.

Library Opening Hours:

Day of week	Morning	Afternoon
Monday	10am – 1pm	2pm – 5pm
Tuesday	10am – 1pm	2pm – 7pm
Wednesday	Library Service is CLOSED, but Citizens Advice Bureau have use of the building. Drop in between 10am – 4pm for advice/help.	
Thursday	10am – 1pm	2pm – 7pm
Friday	10am – 1pm	2pm – 5pm
Saturday	10am – 12pm	



Callander Cinema Returns!

A new programme of the best in contemporary and independent films is being planned by Callander Film Society. Screenings will be held at the Callander Hostel, will be open to members and non-members and will run from late January through to early April. Great movies in Callander with no travelling to Stirling!

If you are a former member, we'll be in touch direct, but look out for posters and for news on Facebook, Callander events page or [@CallanderCinema](#).

Sheila Winstone



CHAS

CHAS has booked the square for the 18th December. We hope we shall be joined by the junior choir and others to provide Christmas music from 11.00am to 12.00 noon.

Rotary are going to set up games for the children and we shall provide tea, coffee, shortbread and mince pies. A donation to CHAS will be appreciated.



Fiona House

German-Speaking Group in Callander

Nach reiflichem Überlegen haben wir beschlossen, unsere Treffen bis Ende des Jahres, wegen der Anzahl der COVID Fälle, auf Zoom weiterzuführen. Wir fühlen uns noch nicht wohl, die gesamte Deutsche Gruppe in einem Raum zu begrüßen.

Also, unser letztes Treffen in 2021 findet um 19.00 am Freitag 10. Dezember (auf Zoom) statt.

Das Thema für Dezember und den Link zum Treffen werden wir im Voraus per Email allen Mitgliedern zuschicken.

Am Anfang des neuen Jahres werden wir uns dann einen Eindruck von der Lage verschaffen. (Datum für Ihren Kalender: Freitag 14. Januar 2022, entweder bei mir oder auf Zoom..mal schauen)

Falls Sie bis jetzt an unseren Treffen nicht teilgenommen haben aber jetzt mitmachen möchten, schicken Sie mir bitte eine Email um die Einladung zu unserem Treffen zu erhalten: jenshearer@gmail.com.

Wir freuen uns auf ein Wiedersehen.

Jen Shearer

Callander and West Perthshire u3a

We are now at the start of our 2021/22 session and are tentatively moving forward.

Some of our groups have started in venues where circumstances allow. Others are using Zoom for the time being.

Our online fanzine, Chatterbox, which has now delivered more than 100 issues, continues to keep us informed, entertained and in touch.

Formed in 2012, Callander & West Perthshire u3a is an active and friendly organisation for retired and semi-retired people who would like to develop their interests, make new friends and have fun.

Although Callander is at the heart of our territory, our membership ranges from Kippen in the south, to Drymen in the west, through Gartmore, Aberfoyle and Port of Menteith to Thornhill, on to Dunblane and Doune, and north as far as Killin.

It's never too late to enrol. Membership is only £10 for the year (£5 if you belong to another u3a).

Details of classes that are running currently are on our website, where you can find out more on the GROUPS page. You will be made very welcome.

Joy Henderson



Teapot Cafe

By the time you read this, we hope that the Teapot cafe will have been up and running from Wednesday 17th November and we will already have met up with friends old and new.

It has been a long time since we got together and we will be delighted to have caught up with everyone.

We will be meeting weekly in Callander Kirk Hall, South Church Street, Callander at 10.30am every Wednesday.

Please remember that COVID rules still apply. You must wear your masks until into the library in the Kirk Hall and hands must be sanitised. We will attend to distancing and know you will understand that all of this is a necessity at the moment.

Do bring along your friends and encourage anyone interested to come and join us.

Messy Church



Messy Church will be meeting again, face to face, on Saturday 18th December 2021 at 10.30 am in Callander Kirk Hall, South Church Street (subject to present Covid restrictions i.e. mask wearing, one metre distancing, track and trace).

Please come and join us for fun, food and family worship. If possible, please carry out a lateral flow test before coming.

The first meeting of 2022 is to be held on Saturday 29th January at 10.30 am in the Kirk Hall. More dates for 2022 to follow.

Look forward to seeing you there.

If you would like to know more about Messy Church, then please feel free to speak to Lara Rawson on [01877 339324](tel:01877339324)

Xmas OAP/Seniors Party

This will take place on 15th December at Bridgend. The book for names and transport requirements will be in the Post Office from Wednesday 3rd November. This is open to ALL people over the age 60/65 and we look forward to greeting as many of you as possible. We aim to pick up from 5pm onwards on the 15th December.

Hot from Elf Press - Santa and Mrs Claus may be with us.

Rotary in Callander



We held the bottle stall on a wet Saturday 1st October and raised £260 for our charity account, which will be used to support worthwhile local causes. Many thanks to all who contributed.

This month, Rotarians have all been busy filling shoeboxes with gifts which will be despatched for distribution in Eastern Europe at Christmas.

Regrettably, our annual Coffee, Lunch and Crafts day at the Kirk Hall on Saturday 4th



December has had to be cancelled due to Covid constraints. However, on Saturday 18th December (as you will see on the previous page) Callander Friends of CHAS hope to be organizing carol singing in the square and Rotary will be providing games for the children during the day. Come and join us for some Festive Fun and Games! Full details will be published on Facebook and our Club website, nearer the time.

If you would like to find out more about Rotary in Callander, please look at our website, www.callander.rotary1010.org or find us on Facebook.

Finally, our President, Peter Ireland asks:

Have you been to see Bill's Bench, Callander Rotary's latest contribution to our community? We wrote about the bench and included a picture in the last edition of this magazine. The bench commemorates Bill Thomson, a well-known personality in the town.

Thanks to Mike Cantlay, it sits beside the river just off Invertrossachs Road. Without his help and the services of Cameron Drummond, donated free of charge, this enterprise would not have been possible, so all credit to these two gentlemen.



Jen Shearer

Editor's note:

It's great to see that our local clubs and charities are starting to meet up and run events again. Please do let us have any news about your activities so that we can keep members old and new up to date with what's happening. It's not always easy for organisers at the moment so let's all do what we can to support folks as they make the effort to make the best of our current situation.

Callander Night Lights

On 3rd November an almost clear sky allowed us to see not only millions of stars with an amazing view of the Milky Way but also the Northern Lights (Aurora Borealis). The photo was taken from the field above the Mollands estate, looking over the west of Callander. At our latitude the colours are rarely seen instantaneously by eye, looking more like a bright, shifting cloud. However, a long camera exposure of several seconds accumulates enough light to show the colours – they are NOT photo-shopped!

An article in Space.com explains: The northern lights are the beautiful dancing waves of light that have captivated people for millennia. But

for all its beauty, this spectacular light show is a rather violent event. Energized particles from the sun slam into Earth's upper atmosphere at



Photo Mike Hawkins

speeds of up to 45 million mph (72 million km/h), but our planet's magnetic field protects us from the onslaught. As Earth's magnetic field redirects the particles toward the

North Pole, the dramatic process transforms into a cinematic atmospheric phenomenon that has been described as 'an atmospheric phenomenon that's regarded as the Holy Grail of sky-watching'. For a more detailed explanation and to track when auroras can be expected, the Space Weather Prediction Centre has excellent graphics and a very detailed explanation of the phenomenon.

<https://www.swpc.noaa.gov/products/aurora-30-minute-forecast>.

Lesley Hawkins

Look to the sky this winter

Now that winter is upon us, Callander's Landscape Dark Skies project is back! There are few things as amazing or inspiring as gazing up at the night sky looking at distant stars, far-off planets, our neighbouring galaxy, or if you are really lucky the Aurora Borealis (Northern Lights).

Typically the observing season runs from late October when the clocks go back, until late March when the clocks go forward. Stargazing at this time has three great advantages; early darkness, midge-free observing and also an increase in transparent skies. So this winter why not get outside, look up and gaze at the sky above us!

Here are our top tips if you want to give stargazing a go this winter.

- Consider the moon. Moonlight washes out the light from most stars leaving only the brightest stars visible. The best time to stargaze are the days before, during and just after the new moon, when the sky is moon free.

- Check the weather forecast. You want a clear, crisp evening so if the forecast is showing cloudy skies or heavy rain then leave it for another night.



photo Stuart McIntyre

- Be prepared for the cold. This means wrapping up warm, taking a flask of hot drinks and something comfy to sit on like a camp chair or a picnic blanket.

- See red. You will need a torch but red light is better for your night vision than a white light. If you don't have a red light torch then you can always adapt your torch using a coloured piece of cellophane or a red sweetie wrapper.

- The right kit. You really don't need any kit to enjoy the stars, just your eyes and a dark place away from bright lights. However you could use binoculars if you have them and print off a star chart to help you identify constellations.

- Be patient. Your eyes need to adjust to the dark. The longer you spend looking at the night sky, the more stars

you will see as the chemical makeup in your eyes adjusts to the low light environment. Even quickly checking your phone is enough to undo the time spent adjusting your eyes so be sure to turn your phone off or turn the brightness right down.

- Connect with the Cosmos. Sit back, relax and enjoy the sky above.

There are lots of great resources available online to aid you on your stargazing journey. As a starting point you can read our monthly blog, written by Vernon from the Callander and West Perthshire U3A Astronomy group. You can find out what to look out for each month, including what planets are visible, meteor showers and the key constellations in the sky. You can read them here: <https://www.callanderslandscape.org/news/>

Callander's Landscape, which is funded by the National Lottery Heritage Fund, hope to host dark skies events later in the winter, so keep an eye out for more information in the New Year. Happy stargazing!

Julie Wilson

Glen Finglas: a 25 year transformation

Woodland Trust Scotland is celebrating 25 years owning and managing the magnificent Glen Finglas Estate by Brig O' Turk.

Covering more than 4800ha of woodland, mountain, and moorland it is the largest of Woodland Trust's 1000 sites across the UK.

Once a hill sheep farm, there have been big changes since Woodland Trust took ownership. Over a million native trees have been planted and some 1800ha of new native woodland created. Over 100ha of peatland has been restored. The estate now welcomes more people and is home to more wildlife. The Trust still maintains its own herds of cattle and sheep to manage open areas including woodland pasture.



Car parks, waymarked trails and a visitor gateway building have all improved opportunities for the public to access and enjoy the site which is part of the Great Trossachs Forest National Nature Reserve.

Future plans are for more of the same: increased woodland cover, more peatland restoration, and

extended path networks. Glen Finglas will continue to be a haven for people and wildlife, as well as locking up carbon in its woods and peat bogs to help in the fight against climate change.

Due to uncertainty over Covid restrictions, the silver anniversary celebrations are being split between online elements in 2021 and on the ground events in 2022.

Check out the dedicated web page for more information on what has been achieved over the last quarter century:

<https://www.woodlandtrust.org.uk/about-us/where-we-work/scotland/glen-finglas-25-year-transformation/>

Our young people at COP 26

Two young people from McLaren High School played a part in the global climate change talks in Glasgow this November. Catriona Manders attended the COP26 Blue Zone in Glasgow to represent the National Park Youth Committee at a discussion panel event

Aidan Cronin met US Secretary of the Interior Deb Haaland to discuss the role of young people in the National Park. Following the visit Aidan said "the afternoon was an opportunity to share my passion for the role of young people globally, conserving protected areas for our futures."

Congratulations to both these people!



photos Copyright © 2021 Loch Lomond & The Trossachs National Park



Book Club Review

This issue's book review title is *Sixteen Horses* by Greg Buchanan (Mantle, 2021) and is another debut novel by a Scottish writer.

It is set in the small fictional town of Ilmarsh in England. Whilst previously a seaside destination, Ilmarsh is now past its heyday. And things take a turn for the worse when a grim discovery is made by Detective Alec Nichols. He uncovers sixteen horses' heads, buried shallowly at a local farm, each with only one single eye visible looking up to the sky.

The town is in shock as Alec commences an investigation, alongside a forensic veterinarian called Cooper Allen, an outsider who works independently of the police. It quickly becomes clear that she has secrets and demons, as does the troubled Alec. They set to work at the scene, but then the despicable act of killing, decapitating and burying the horses (which would only be regarded as criminal damage in law) becomes something much bigger, as those who have contact with the burial site, become seriously ill and die. They discover that anthrax has been laced around the scene and the investigation takes an urgent turn.

Sixteen Horses is written very sparsely, with many chapters containing just one paragraph, presumably to build suspense. Described on the blurb as 'highly suspenseful...poetry and cinema all at once', maybe I was missing something, as personally, I think the sparseness was overdone. I found getting to the end of the book a bit of a chore.

So it's confirmed that crime fiction just doesn't float my boat (although my crime-loving husband wasn't so keen on this one either). I'm not sure I'll be buying this book for anyone's Christmas.

The next BLV book club review will be *Aria* by Nazanine Hozar (Penguin, 2021)

Maggie Magor



Callander Jazz & Blues Festival

This year's 15th Callander Jazz & Blues Festival proved to be the most challenging yet, but also turned out to be one of the best. The quality of the bands attending was very high, travelling from all across the UK, and with many playing at the festival for the first time.

The weekend kicked off in fine fashion with the McLaren High School Jazz Band and guests performing at one of our new venues for 2021, the Club House at the meadows. The soul funk blues of Lights Out By Nine and the 1950's rhythm and blues and rock and roll of The Revolutionaires, certainly had the Callander Hostel alive with music and fun throughout the evening, but perhaps the highlight of the day was the intimate setting at Poppies Hotel for the acoustic blues of Dom Martin, from Belfast, giving his first festival performance in Callander. Other outstanding first time acts this year were Redfish Blues Band and the Cinelli Brothers who brought the house down at the Waverley Hotel with 2 amazing performances.

With such a fantastic start to the opening day, the rest of the

festivalweekend offered up some of the best talent around in the present UK jazz and blues scene.

The Cafeorchestra, Cow Cow Boogie, Five Points Gang, Bad Day Blues Band, Vintage Explosion and DopeSickFly all went down superbly well in their first visit to the Callander Jazz & Blues Festival and the acoustic first timers of Marianne McGregor, Iago Banet, Sean Taylor, Dave Toule and the Bossa Trio, all enjoyed their festival experience, as well as the enthusiastic support from the audiences at all our Callander venues. All in all, 140 musicians from 39 acts played 56 gigs across 14 venues over the weekend, so far too many to mention. The feedback was really positive about the festival and also about playing in such a beautiful setting with a friendly atmosphere.

We would also like to say a huge thank you to the 28 volunteers, 14 venues and staff, 4 sound techs and 4 film crew who helped put on one of the best, and most needed, festivals in Callander with such a positive spirit in challenging circumstances. Our gratitude also goes out to our wonderful sponsors and the local community bodies who help towards the funding of the festival, with a special mention this year for the added financial assistance of Event Scotland.

Of course it would not be a fun and friendly festival without the people attending the many events, so thank you to the locals and visitors who come along to appreciate the fine musicians each year - their comments confirmed that they enjoyed the weekend as much as the superb bands who came along to play - all in all a fabulous weekend.

Until 30th September - 2nd October next year!

John Martin & Duncan Boyle

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Cyril Rice

My family and I would like to thank Ross Anderson and his staff for taking excellent care of us following the recent death of my husband Cyril.

Ross made sure that there was always someone on hand to help and support us. He was considerate and so very caring whilst being quietly professional. Thanks are also due to Steve, Hamish and David for their help before and during the funeral.

Also thank you to all the medical, nursing and administrative staff at the Callander Medical Practice for their help during the last few years. My husband Cyril died very peacefully at home on 1st October.

Dr Kerry Mathewson, in particular, gave close support and care to both of us during the last few months

Moiria Rice

Billy McNab

Would like to thank all who sponsored him on the Rob Roy Walk for Macmillan Cancer Support. He also says thanks to Colin Clark, Drew Crombie and Greg Birnless for their company and cheer on the walk – much appreciated. The total sum raised by this sponsorship is in the region of £2000. Considering the Covid situation of lockdowns and furloughs everyone was very generous and supportive.

Billy takes this opportunity to thank all his customers over the years, as he has now FINALLY retired after some 43 years working on his own, firstly as a window cleaner, then returning to his original trade as a slater.

Billy McNab



Vera and Ed Hunter

Wish to thank all friends and neighbours for cards, flowers and gifts sent during Vera's recent illness. Sincere thanks also to paramedics and Forth Valley Hospital for their efficient and dedicated service.

Thanking you Vera Hunter.(Mrs)



Current Planning Applications

Tree works in Conservation area - Crown reduction to 4m Rowan & Cherries.

Prune Copper Beech & Holly

The Kraesult Leny Feus Callander Stirling FK17 8AS

Ref. No: 2021/0387/TRE | Received: Thu 28 Oct 2021 | Validated: Fri 29 Oct 2021 | Status: Current

Tree works in conservation area - Crown reduction by 50% on Beech to favour adjacent Copper Beech. Crown Reduction by 25% on Copper Beech

The Kraesult Leny Feus Callander Stirling FK17 8AS

Ref. No: 2021/0382/TRE | Received: Mon 25 Oct 2021 | Validated: Mon 25 Oct 2021 | Status: Current

Erection of decked area, creation of juliet balcony on front elevation and adjustment of access path

Teithbank South Church Street Callander FK17 8BN

Ref. No: 2021/0374/HAE | Received: Wed 20 Oct 2021 | Validated: Fri 29 Oct 2021 | Status: Current

Erection of side extension

Strathgartney Cottage Duncraggan Road Brig O'Turk Callander Stirling FK17 8HT

Ref. No: 2021/0370/HAE | Received: Fri 15 Oct 2021 | Validated: Mon 25 Oct 2021 | Status: Current

Erection of detached garage; extensions to dwellinghouse to form additional and annexed accommodation

66 Vorlich Crescent Callander FK17 8JE

Ref. No: 2021/0361/HAE | Received: Wed 13 Oct 2021 | Validated: Wed 13 Oct 2021 | Status: Current

Erection of 50 bed care home with associated landscaping, parking, roadway and creation of a new access

Land At Lagrannoch Stirling Road Callander Stirling

Ref. No: 2021/0356/DET | Received: Fri 08 Oct 2021 | Validated: Mon 18 Oct 2021 | Status: Current

Creation of gravel path (126m in length) Open for comment icon

The Lade Inn Kilmahog Callander FK17 8HD

Ref. No: 2021/0307/DET | Received: Wed 25 Aug 2021 | Validated: Wed 08 Sep 2021 | Status: Current

Pilates & Mindfulness



With so many changes in our lives over the past year, people are taking their health more seriously and using a more analytical, individualized approach. It is fundamental to develop a way that is appropriate for their unique body. The goal of well-being then becomes an exciting journey to improve and fully explore fitness potential, to enjoy the experience of moving freely with a mindful connection to the breath every day. By combining clients' education, Pilates, Fascial Movement, Mindfulness, Zenga and Total Barre exercises in our studio, we created a positive mindset, the ability to release tension in the muscles, regain strength, nourish flexibility, and develop correct posture and strength

Opening the doors to our second LiveWire Pilates studio in Callander in May 2021 was an amazing experience. Our aim was to provide an holistic studio with a contemporary approach, focusing on education. The vision was for clients to learn about body awareness and mindful movement, to understand how to off-load painful joints and to manage back pain whilst developing the ability to acknowledge movement limitations and work towards change. The Pilates method allows us to develop strength, muscular balance, flexibility and efficiency of movement with the focus on body awareness and breathing. In addition, Fascial Movement help us to hydrate soft tissues in the body and to re-establish movement in the spine, shoulders, hips and legs if consistent stiffness is present.

When a client comes in for a session, it's not so much about completing a workout well as understanding and acknowledging their overall well-being and being encouraged to respect their own limitations. We believe that time spent on a journey to create well-being, to learn mindfulness, to find flow & harmony in the body is precious and worth discovering at any time.

If I recount how mindful movement has changed some of my client's lives, I feel humble - for example, helping Kenny with sciatica over a period of 3 months and seeing his determination to gain back normal movement patterns and rebuild strength. Marcela is one of my long-standing clients who after breast cancer surgery applied all the knowledge and exercise to rebuild amazing body mobility and strength. She understood her mobility issues and performed all exercises with precision & control. She always opens the studio doors with a big smile!

I would like to thank all our clients for their open-minded approach to improving their fitness and positive energy. I feel grateful that you let me to be part of your transformation.

Merry Christmas and Happy New Year 2022 from Monika at LiveWire Pilates.

You can contact me on [07896 360085](tel:07896360085) or book your Reformer Pilates Introduction at www.livewirepilates.co.uk

Broch Cafe is a Finalist at The 7th Food Awards Scotland 2021

The Food Awards Scotland 2021 are back for the seventh year to celebrate the best in the food industry; from the excellent restaurants, chefs and servers, to the specialists and suppliers. The black-tie ceremony will take place on Monday, November 29th at The Marriott Hotel in Glasgow and will welcome top professionals of the country's food sector who provide delicious dishes, the freshest of products and rich menus. It will also showcase food suppliers, servers and manufacturers that take our taste buds around the world while in the comfort of Scotland.

The Broch Cafe, Strathyre has been shortlisted in the Best Cafe category. The Broch Cafe will find out if they will be crowned winners at the elegant ceremony taking place in November.

"We are delighted to be shortlisted as finalists in the Food Awards Scotland 2021. The past 18 months have been difficult for everyone in the hospitality industry and after an incredibly busy season, to win an award would be the icing on our cake."

A spokesperson for The Food Awards Scotland said: "Scotland offers a wide range of places that serve world cuisines. The finalists were voted for by the public for providing authentic recipes and unique dishes to their diners, creating memorable experiences for both residents and visitors. With fierce competition this year, we are looking forward to welcoming top contenders that operate within the food industry, who connect our communities through food and culture, enhancing the reputation of the country. We would like to wish all the finalists the best of luck."

We hope that, in the future, other venues within Callander will be nominated by their customers for this award.





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Buchlyvie	Gargunnoch	Kippen	Tyndrum
Callander	Gartmore	Locheemhead	
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:

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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 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)



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Callander Kirk at 11.30 p.m.
Christmas Day worship in Callander
Kirk at 10.30 a.m.
Boxing Day - Sunday 26th. December
Sunday worship in Callander Kirk at
11.15 a.m.
Trossachs Church Service on Sunday
5th December at 3pm



Callander Baptist Fellowship

We warmly welcome folks to join us
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Since Covid restrictions have been
eased, on Sundays we have re-
sumed some in-person services. In
between we are having zoom serv-
ices and small fellowship gatherings
in homes.

Our weekly prayer meeting remains
on a Monday evening at 8pm on
zoom.

Please contact :

callanderbaptistfellowship@gmail.com

for full details of times and venues.

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Grey/Blue Bins Sunday 19th

BrownBin /Blue Box Sunday 26th

January

Brown/Green Bins Sunday 9th

Grey/Blue Bins Sunday 16th

BrownBin /Blue Box Sunday 23rd

February

Brown/Green Bins Sunday 6th

Grey/Blue Bins Sunday 13th

BrownBin /Blue Box Sunday 20th

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AGM, Wednesday 8 December, 7pm.
Carol Service, Sunday, 19 December,
6.30pm.

Christmas Day Worship at St An-
drew's, 25 December, 9.30am.

For further information please con-
tact:

Revd Jon Connell h: [01877 382887](tel:01877382887)
m: [07983 897 841](tel:07983897841) or

Liz Balding Secretary to St Andrew's
Vestry

m: [07825 635 428](tel:07825635428)



St Joseph's

Catholic Church

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Sunday Holy Mass 11.30 am

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Rev Leszek Wicaszek S.A.C.

Recreation

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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: [07727 288 585](tel:07727288585)

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](tel:06213121) (the
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Scottish Water emergency
information re flooding from mains
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Advertisements copy & artwork

Please send all advertisement copy
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Munro at:

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Wednesday 5th Jan 2022 Full
details of sizes for advertisement
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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
Feb/Mar issue should be emailed to
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in to the Callander Library by **Friday
7th Jan 2022.**

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

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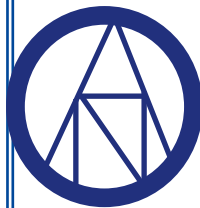
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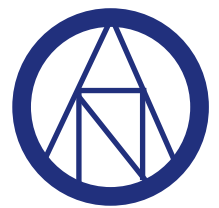
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