

Ben Ledi View

Apr/May 2022

Issue 323

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Cover Photo by Lesley Hawkins



Hello Readers,

We've got some good news to report on page three of this month's edition. Contractors started work on the Camp Place Play Park in the first week of March, with an official opening in June of this year. Many thanks to Marilyn Moore for leading the drive to gain ten grants from nine different funders to pay for this work.

On page 24 we have a piece written by a Callander resident, John Gibson, that attempts to give information and advice on a very sensitive issue, suicide. John writes from the perspective of having lost a close family member to suicide. I, and my fellow trustees of the Ben Ledi View, hope that John's article, and the resources detailed following it, can help the residents of Callander who have lost family and friends to suicide. I would also like to take this opportunity of thanking John for taking the time to write this article, it cannot have been easy for many reasons.

Another improvement to the town's infrastructure seems to be coming along nicely: the redevelopment of St Kessog's. A charitable institution to supervise the management of the building is being setup and residents of Callander are being invited to become trustees of this body. So, if you're interested in helping with this valuable project, the contact details are on page 3 of the magazine.

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**CALLANDER COMMUNITY NEWS-
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On page 21 of the magazine, we have an article about Greener Callander and how it tries to help the town look attractive to residents and visitors alike. Given local authority cutbacks, their work is ever more valuable. They would really benefit from more community support, so if you're interested contact details are in the article.

At this time of year, early spring, I usually look forward to Callander and the Trossachs awaking after a long Scottish winter and showing why it's a tourist destination appreciated far and wide. This year, however, we may have the added, and much needed, bonus of a nearly normal tourist season. All Covid restrictions have been, or very shortly, will be lifted and international tourism should be back this year. The last two years have seen Callander frequented primarily by "staycationers" from the central belt and England. Hopefully, this year will see the return of foreign tourists and Callander will rightfully regain its position as the "Gateway to the Highlands." With this in mind the service provided, by volunteers, at the Visitor Information Centre is ever more important. The VIC is looking for volunteers to work at the centre on Main Street. If you're interested, please contact Sheila Winstone at callandervic@gmail.com or 07539793806.

If you've any suggestions for how we can improve the Ben Ledi View don't hesitate to contact me on: -
convenor@benlediview.org

Convenor

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Progress Report: Camp Place Play Park

By the time you read this, work will be underway at Camp Place Play Park as the contractors moved in during the first week of March. They have been clearing the site ready for the refurbishment; the junior area and gym equipment will be installed first, followed by the toddler/inclusive area. A recap on the equipment selected in the surveys:

In the junior area, a multi-play unit, a big spider rope net and a pendulum swing will be installed, together with a spinning bike, a hand bike, overhead ladder, plyometric boxes and parallel bars in the gym area. Most, if not all the gritty sand will be replaced by Safagrass surface, which will be welcomed by many. Some of the original equipment is being kept where it is in good condition.

The toddler/inclusive area will include its own multi-play unit, a 4-way seesaw, wheelchair accessible roundabout, a swing with parent/child seat, a basket and standard flat seat, plus various pieces of sensory equipment. The toddler area will be surrounded by a green fence with two yellow gates and will have a rubberised surface to prevent knees from being scraped. There will be wheelchair accessible picnic tables installed and the benches re-sited for sharing fun in the park with the family.

In total about 10 grants from 9 funders have contributed to the final play park costs, together with the original planning gain. Stirling Council have obtained funding from 2 separate Landfill grants (Viridor and FCC) because we are just within the 10-mile radius of the nearest landfill site. In securing those grants we had to pay a third-party contribution and those came from Callander Community Council (Airtricity fund) and Callander Enterprise. We were also awarded funds from The National Lottery Community Fund, the Loch Lomond and the Trossachs National Park Green Recovery Fund, The Town Centre Fund, Callander Hydro Scheme and Stirling Council Community Pride Fund (2 awards). We were delighted to have been so successful raising over £160,000 in total including about £58,000 from the planning gain, some of which was spent on the Gaelic posts already in use. It will take about 2 months to complete the installation, and we are planning an official opening on a weekend towards the end of June. Anyone who is interested, or who wants to know more and can possibly help with our opening event, please contact us at campplaceplaypark@gmail.com

Marilyn Moore



St Kessog's Update

Since the last issue we have been developing the application for setting up the charitable organisation. This involves writing a constitution, and sending it to the Office of the Scottish Charity Regulator (OSCR) who will examine it to see if it meets their charity criteria. We also need to provide the details of a minimum of 3 people who are willing to be trustees.

If all this information is accepted, OSCR will approve the application and add the charity to the Scottish Charity Register. This all takes time.

We are being guided through this process by staff at SVE (Stirling Voluntary Enterprise) who are experienced at this so, fingers crossed, we will get approval without delay. We hope to have the application ready to be submitted by the end of April, so we can now ask for anyone who might be interested in becoming a trustee to get in touch.

What would this involve? "Charity Trustees are at the centre of running a charity. They are the people who have general control and management of the charity." They must always do what is best for the charity and are responsible for ensuring that the charity is run properly and lawfully. They must act with care and diligence to protect the charity, including its beneficiaries, assets and reputation, and ensure the charity is meeting its legal obligations under charity law and other relevant laws. (Please refer to the OSCR website oscr.org.uk for further details)

If all this sounds a bit daunting, please don't forget we have SVE on hand to help and the most important thing is that you are truly enthusiastic about making St Kessog's a special place for our community.

We think it might be helpful to invite anyone interested to attend a few of our working group meetings so they get a better understanding of what is involved before committing to being a trustee - it is an opportunity to shape where the project goes from here, as part of the team developing the plans for operational readiness when the building opens in 2024.

If you have any questions or want to speak to someone or get more information, please email

StKessogs.survey@gmail.com or either call or text on 07591312227. We really do want to hear from you. Thank you.

And now here are some pictures, (by kind permission of the architects NORR), from the 3D tour of St Kessog's - remember the building was stripped right back to bare walls after the pipes burst and flooded it, so this is an idea of how it will look after the refurbishment.....

Susan King



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Trossach and Teith Community Sport & Social Hub



Registered Charity Number: SC045886

2021



Trossachs and Teith Community Sport and Social Hub are delighted to announce we have been successful in our application to the Office of the Scottish Charity Regulator (OSCR) in gaining charitable status. The charity now holds Scottish Charitable Incorporated Organisation (SCIO) status which opens a raft of benefits for the organisation, including limited liability for Trustees and members, and the ability to claim gift aid on donations. This is an important step but the hard work starts now in terms of plans for the future. We'd like to thank Club Development Scotland for their support in attaining charitable status. Over the last 12 months the Football Club and Cricket Club have been working closely together, and now have over 250 participants and volunteers between both clubs, covering children, youths and adults. This development will ensure our continued growth within the community. Although one of the main purposes is to provide both clubs with a home in Callander, it is also about preserving and improving our green space, as well as providing additional, well maintained community & recreational space in the town which is why we are currently negotiating with Drummond Estate for the purchase of the land next to Lagrannoch Industrial site. We look forward to sharing our plans with the community in the very near future.

Contact: trossachsteith.sportandsocialhub@gmail.com

Findley McGeachy

Callander Community Council Spring Update

In our last update, we were awaiting the result of a vote on a new co-opted member. Ray Watkins was unanimously voted in and has thus joined the current Community Council. We will be looking for further members to increase our numbers later in the year. Meanwhile, anyone who has a special interest and would like to join as an Associate Member should contact the Secretary to discuss the various possibilities via an email to callander556@gmail.com

• Bracklinn Bridge

Our Associate Member, Alasdair Wyllie, is in contact with the key National Park representative to present community views on the style of bridge and its desired construction timing, as emerged from the Facebook posts during the demolition stage in December. We are anxious that the views of the community should be clearly expressed and, where feasible, acted upon.

• Flooding

We continue to encourage wide participation in Stirling Council's Community Engagement Plan. We are keeping in touch with their Bridges and Flooding team and will help to communicate their plans for a series of public meetings to discuss the preferred options.

• Motorhomes

We have been discussing with Stirling Council an experimental scheme for some motorhome parking spaces, with provision for grey/black water disposal in the Station Road Car Park. This is complex, given the various permissions needed for any permanent change, but we hope the experiment will provide the necessary feedback for a much wider scheme for next year.

• Annual General Meeting (AGM)

The AGM will take place on 11th April. Per process all the Office Bearers will stand down. The voting process will be run by a Stirling Council Officer, and the four posts (Chair, Vice Chair, Secretary and Treasurer) will be voted on by all the full members present. By the time of the next BLV issue, in June, the results will be known.

Susan Holden, Chair, Callander Community Council

That Car at The Post Office

The saga of the abandoned car outside the Post Office is of farcical proportions. The vehicle was abandoned in September last year. I contacted the Police and Stirling Council in October, naively expecting this to be a straightforward matter of removing the car after a statutory period had elapsed and attempts to contact the registered keeper had got nowhere. I was informed that there is no legal capacity for the Police or Local Authority to remove a vehicle that has been left in a disabled parking bay if it is "Road Legal", taxed and insured. The only exception to this is if the vehicle is deemed to be in a dangerous position. Apparently preventing people who have a blue badge, often with limited mobility, from parking close to an essential service like the Post Office and requiring them to cross a road is not sufficiently dangerous enough. So, the car continued to occupy the space, gathering parking tickets. I noticed that the tickets had stopped accumulating and inquired about this. I was told that no more tickets had been issued as to do so could, in the eyes of the law, be deemed unreasonable therefore the owner would have a good case to challenge them and win. The Council would incur costs in defending such a position, one they are likely to lose, so safer to stop issuing them. Yes, that was the response I received. March 1st was an important date as the car tax expired. At last, now it can be removed. I contacted the Police and Council asking when it would be. However, I was duly informed that although in England and Wales the law would support the Local Authority removing a vehicle, in Scotland it does not. Responsibility rests with the DVLA. They have been informed and as the BLV deadline approaches we were waiting for a response. Their choices are to remove or clamp. One can only sincerely hope they choose the former, as this farce has gone on long enough and the sight of an abandoned vehicle in a disabled bay being officially clamped would be too much. The law needs changing.

Martin Earl Cllr,

Trossachs & Teith Ward.

ps. was eventually removed just before publication

6 Community

A Letter Of Thanks To The People Of Callander

Storm Arwen brought so many problems and such distress to the Callander community at the end of November last year, yet somehow it showed that there can be kindness and humanity in all things, where least expected. Many of us heard of the unselfish and considerate actions of many from the local community over the days following the storm. In December Callander Community Council received an email from a resident of Skye and it has their permission to reproduce it in full.

“To the good folk of Callander

I am just writing to say thank you for the help, kindnesses and hospitality shown to a stranded traveller during Storm Arwen last month. On the afternoon of the 26th November my car broke down just outside the town. Well, as you all know, the wind picked up, the mobile phone signal went down, followed by the power supply and telephone lines. With all this and the main roads being blocked by fallen trees, communication was extremely challenging and the wait for breakdown assistance drawn out (24 hours in the end!). With the help and generosity of the staff at The Riverside Inn, and the proprietors and staff of The Chinese Village restaurant, while dealing with their own challenges, my wait was made far more straight forward and comfortable, and a concerned family reassured. They are a credit to your community. From now on instead of rushing to get to “the city” when travelling from the west coast we will always make sure to call in, break the journey and spend some time in Callander!

With ever grateful thanks,

Kath MacLeod,

Àird a' Bhàsair, Isle of Skye

P.S I would like to make a small contribution towards a local community support fund or project, which one just as you see fit and might suggest, so if there was a ‘just giving’ page or community account that I could transfer a small donation to, then please do let me know how?”

Well done Callander, especially The Riverside Inn and The Chinese Village restaurant. Following discussion with both of the establishments, their preferred donation is to ‘Greener Callander’. I have emailed Kath MacLeod to give her the link for ‘Greener Callander’ and to thank her once again for her letter.

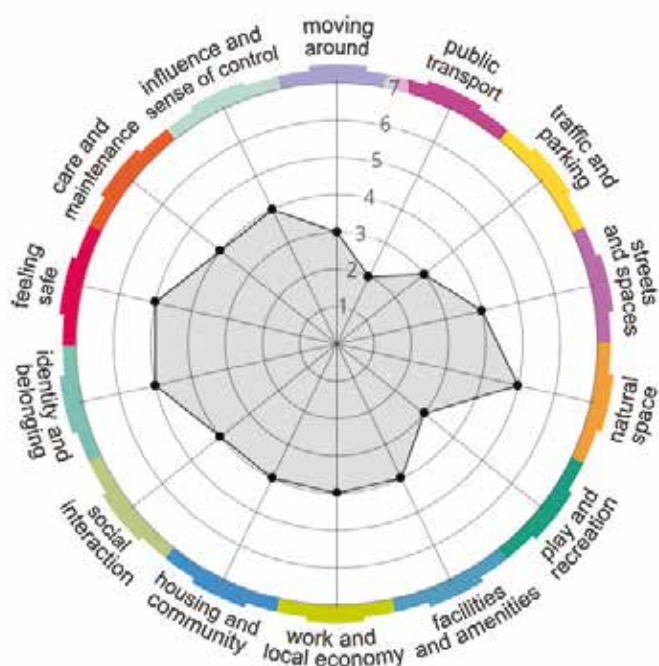
Olga Watkins, Secretary, Callander Community Council

Callander’s Place Plan Update

The Place Standard Survey closed at the end of February, and I’d like to say a huge thank you to everyone who participated. 238 residents sent in over 2500 suggestions. I have logged and analysed them all and found a high level of agreement on priorities for improving Callander. We already know that Callander is lagging behind similar communities. Our population has grown by 35%, and changed greatly, over the past twenty years, yet there has been comparatively little inward investment to help the town keep up, let alone thrive. Our infrastructure and public services urgently need support.

The chart below summarises the results of the Survey. Public transport, moving around, traffic and parking, play and recreation have all scored 3 or less, meaning they need to be fixed most urgently. Conversations about the new primary school and a revised Callander South masterplan are already taking place with Stirling Council, the National Park and Callander’s community groups. I have been speaking with community groups in Killin, Doune and Aberfoyle about better transport links and extended walking/cycling routes between our settlements. Accessibility is an issue that has come up time and again in this survey, and that is reflected in our discussions. Over the next month I’ll produce a list of objectives that can realistically be achieved. In May and June there will be a public vote on those, a simple yes/no questionnaire that will let you decide Callander’s future. Every household will receive details on how to take part at the end of April. Meanwhile, keep visiting our website at <https://callandersfuture.uk> for all the latest Local Place Plan news.

Results of Callander’s Place Standard Survey 2022



Scale: 0 indicates there's a lot of room for improvement.
7 indicates there's little room for improvement.

*Helen Terry
Local Place Plan
Co-Ordinator*



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Why has my cat started attacking me?

As an owner of a cat, we are understandably upset when we get attacked or bitten by them and it is one of the reasons people fall out of love with their cats. Cats don't view the world as we do, nor do they communicate as we do (it would be so much simpler if they did). This leads to miscommunication and the cat feeling they have no choice but to be aggressive towards the human and make them back off. Hopefully some of the information below will help even the seasoned cat owner as well as the first-time cat owner keep their cats happy and their relationship satisfying for both cat and human.

Cats have evolved to be solitary, self-sufficient hunters that are prey driven even when they are not hungry. They are selectively social. In other words, they choose which cat they get close to if any. They are territorial and like to patrol their territory. They communicate from a distance. They have only relatively recently been domesticated by man so retain these basic characteristics or needs. Cats like predictability and to feel they are in control of our world (well that's one thing we have in common!)

So, what can we do to make it less likely that a cat becomes unhappy now we know it's not just about physical needs but also about emotional needs?

Firstly, if your cat has had kittens hopefully, she and the father are well balanced cats that will pass on good genes. Mum is a calming influence on her kittens as they grow up, and you have provided her and her kittens with the perfect non stressful environment. Between 2 and 7 weeks of age the kittens then need gentle, positive exposure to new things in their environment including humans. This means her kittens are off on the right footing for going to their new home.

Secondly, hopefully the kitten is in a home for life with humans that are knowledgeable and able to provide a cat friendly environment where the kitten can express normal behaviour and have unrestricted access to resources placed in the right sites for the cats (not for owner convenience). They have multiple safe places to retreat to. They have regular opportunity for play and express predatory behaviour (directed at fishing rod type toys, not humans and ending with food). Consistent predictable positive social interaction with humans (short, low intensity, frequent). A home with humans respectful of the importance of smell to a cat. All this is particularly important if bringing a kitten or cat into a home with children, other cats, or other species of pets.

When the stress exceeds the ability of that individual to cope, we need to read the body language of the cat and respect it:

- 1. Avoidance, turning head away or hiding
- 2. Inhibition, freezing while gathering information by sight, smell and sound
- 3. Subtle positioning of ears, eyes, whiskers, body, tail, hairs standing up on their body and tail
- 4. Staring and posturing to say "keep your distance"
- 5. Finally growling, vocalizing, hissing, spitting to repel the other human or animal.

All this usually happens before they risk physical injury and engage in biting fight and scratching.

But sadly, many cats that have learned that human beings ignore the warning signs so they skip to what they have found more effective –to go straight for physical violence! They have learned it works every time!

If you are experiencing cat behaviour that is problematic either for you, another cat or another species of animal, please call your vet for advice before it gets out of hand. At Riverside Veterinary Clinic in Callander we look forward to seeing more happy healthy cats as well as dogs.

Marslaidh Smith BVM&S MRCVS, Riverside Veterinary Clinic,



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Paws on Plastic,

Scotland’s environmental dog charity (SCIO51306), is encouraging Callander’s dog owners to join 21,000 dog owners across Scotland and over 70 countries worldwide in picking up a few pieces of litter on their daily walks.

The initiative began as a Facebook group in November 2018 founded by primary school teacher Marion Montgomery in the Scottish coastal town of Stonehaven. As animals are naturally inclined to investigate discarded rubbish, the group has attracted dog owners who are keen to play their part in fighting plastic pollution. By removing the litter, members are helping to protect animals, communities and wildlife from harm while preventing litter from entering the sea. It also has the additional effect of reducing the amount of litter dropped as studies show that fewer people litter in clean areas, while being a simple positive action which has huge benefits to mental health and sense of achievement. For more info contact

Marion Montgomery, Chairperson, Paws on Plastic (SCIO51306)
Tel: 07813384879
pawsonplastic@gmail.com

Can we get The Trossachs clean again?

The report ‘Time for a new approach to tackling litter’ highlights an accelerating decline in standards from 2013 to 2020 - with only 16% of audited sites being recorded as litter free last year compared to 31% in 2013, and dog fouling now found on 3% more streets than in 2013. In addition, results also showed a more marked decline in Scotland’s poorest



neighbourhoods. Local environmental quality standards in Scotland were already in decline before the pandemic, now nine months on, as we rely on good quality neighbourhoods for our health and wellbeing, our polling has highlighted that 30% of people believe the overall condition of their local neighbourhood deteriorated during lockdown.

Barry Fisher, CEO of Keep Scotland Beautiful said, “The increasingly visible new litter type – the single use face mask – has become a symbol of our disregard for Scotland and our fellow citizens. The simple truth is that we need to all start questioning our own habits – what we consume, what we throw away, and how we look after our local neighbourhoods – and we need to address the looming litter emergency head on by changing our own behaviours and working together with key partners, to build on the successes of this year.

What can you do?

Tell us your stories on what you do. Do you ensure your litter is properly dealt with? Do you ensure that you do not drop litter - including these pesky masks? Do you join in on community rubbish collecting? Let us know **please**.

We must look after our environment, so it will look after us. If our environment is clean and beautiful, it will not only make us feel good, but it will make our visitors feel good and Callander, as a tourist-orientated town needs, and wants happy visitors.





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Theatre Activity Returns to Normal Capacity

Theatre activity at Forth Valley Royal Hospital has returned to normal capacity following a six-week period where a number of non-urgent operations were postponed to help reduce significant capacity pressures across the site and free up staff to support critical health services.

Callander man found guilty of sex assault

Callander man Gary Adam was found guilty at Falkirk Sherriff court of 5 charges of sexual assault on members of his staff at both the Craggs and the Waverley Hotels.



Callander man jailed for downloading sexual images of children

Darren Kennedy was sentenced to 3 Years' imprisonment and put on the Sex Offenders Register for downloading images of children being sexually abused.

During protests against Mr Kennedy, another Callander man, Alexander Wilson, was arrested and subsequently fined £700 for threatening behaviour and damaging property by throwing a brick at a car.

Callander Brownies

On 11th February 21 Brownies (some former) embarked on a long awaited residential weekend to Dalguise, near Dunkeld.



This trip was due to take place last August but had to be postponed due to Covid restrictions.

Thanks to the successful fundraiser held last year and the enormous generosity of many local people, the majority of this trip was funded by the unit.

The girls had a fantastic weekend and pushed themselves to the limit! They enjoyed various activities including abseiling, sensory trails, giant swing, tree climbing and much more!

The whole weekend was a great success. The girls did amazingly well and I would personally like to thank my Mummy helpers...I could not have done it without you!!

Louise Corrieri

COOK'S CORNER by Audrey Corrieri

Almond Chicken

serves 4

Ingredients

2 tbsp olive oil
2 medium onions, chopped
2 cloves of garlic, chopped
2 tsp curry powder
4 chicken breasts, cut into 2 cm thick strips
4 tbsp ground almonds
300g natural yoghurt
300g basmati rice
4 tsp chopped fresh coriander

Method

Heat the oil in a frying pan and soften the onion. Add the garlic and curry powder and cook on a moderate heat for 5 mins.

Add the chicken to the pan and brown off for 5-6 mins. Turn the heat down and add the ground almonds, stirring gently, until the chicken is cooked through. Take the pan off the heat and stir in the yoghurt. As the chicken is cooking, boil the rice until fluffy. Serve the almond chicken with the rice and garnish with the fresh coriander.

Callander Guides



Guides have been enjoying lots of different activities, from thinking about our environment and how we can reduce plastic use and upcycle what we have, to sports challenges, and celebrating World Book Day.

The girls decided that they wanted to support refugees from Ukraine, so have donated money raised at the St Andrew's Christmas Fair to the DEC appeal.

We are looking forward to lighter evenings and the opportunity to get out and about a bit more soon.

Guides is for girls aged 10-14yrs, and we have spaces for new members, so please get in touch with Sarah scmiller@doctors.org.uk if you are interested.

Sarah Miller

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What's On for April and May

REGULAR MEETINGS

Mondays:

- Body Fit 7.00-7.45 am McLaren Leisure
- Active Life 9.30-10.30 am McLaren Leisure
- Core Fit 1.00-1.30pm McLaren Leisure
- Climbing Club (children) 4.00pm and 5.00pm McLaren Leisure
- Soccer School (5-7 yrs) 5.00pm, (8-11 yrs) 6 pm McLaren Leisure
- Highland Dancing 4.00pm Kirk Hall (not 4th, 11th, 18th April or 2nd May)
- HIT Circuits 7.00-7.45 McLaren Leisure
- Cycle Fit 7.00 -7.45pm McLaren Leisure
- Indoor Cycling 8.00-9.00pm McLaren Leisure
- Core Fit 8.00-45pm 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
- Power Fit 6.00-6.45pm McLaren Leisure
- Badminton Club 7.30pm McLaren Leisure
- Evening Yoga 7.30-9.00pm
- Taekwondo 7.00-9.00pm McLaren Leisure

Wednesdays:

- Cycle Fit 7.00-7.45 am McLaren Leisure
- Active Life 9.30-10.30 McLaren Leisure
- Citizens Advice Bureau 10.00am-12.30pm Callander Library
- Teapot Café 10.30am Callander Kirk Hall Library
- Body Fit 1.00- 1.30pm McLaren Leisure
- Core Fit 4. 00-4.45pm McLaren

Leisure

- Body Fit 7.00-7.45pm McLaren Leisure
- Cycle Fit 8.00-8.45pm McLaren Leisure Taekwondo (contact falkirktaekwondo@gmail.com)

Thursdays:

- Aqua Therapy 9.30-10.30am McLaren Leisure
- ChairYoga 11.00am-12 noon via Zoom (contact juliaosfield)
- 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
- Cycle Fit 7.00-7.45pm McLaren Leisure
- Core Fit 8.00-8.45pm McLaren Leisure

Fridays:

- Body Fit 7.00-7.45 am McLaren Leisure
- Power Fit 1.00-1.30pm McLaren Leisure
- Cycle Fit 4.00-4.45pm McLaren Leisure
- Determinator 7.45-8.00 and 8.15-9.30pm McLaren Leisure
- Spike Island 8.15 -9.15 pm McLaren Leisure

Saturdays :

- Body Fit 9.00-9.45 am McLaren Leisure
- HIIT 9.30-10.00am McLaren Leisure

April

Friday 1st

Ben Ledi View published

Thursday 7th

- Callander Kirk Guild meeting 2.00pm Kirk Hall

Saturday 9th

- Bowling Club opens 1.30pm for 2pm start

Monday 11th

- Community Council meets on Zoom 7.30pm AGM

Saturday 16th

- Rotary Bottle Stall and bric- a -brac/ book sale starts 10.00am Ancaster Square

Sunday 17th

- Easter Sunday

Friday 22nd

- German-speaking group 7.30pm on Zoom (contact jenshearer@gmail.com)

Saturday 23rd

- Messy Church 10.30am Kirk Hall

MAY

Friday 6th

Ben Ledi View deadline

Saturday 7th

- Woodland Trust guided walk Glen Finglas, Brig O'Turk & Drum. Booking required gwenraes@woodlandtrust.org.uk

Monday 9th

- Community Council meets on Zoom 7.30pm

Thursday 26th

- OAP/Seniors Party 6.00pm Callander Hostel, Bridgend

Friday 27th

- German-speaking group 7.30pm on Zoom or perhaps in Jen's garden (contact jen.shearer@gmail.com)

Saturday 28th

- Annual Plant Sale Greener Callander and Horticultural Society 10.00am-3.00pm Ancaster Square
- Messy Church 10.30am Kirk Hall

JUNE

Friday 6th

Ben Ledi View published

Callander Target Sports Club

Club Update:

We are now officially "fully open" and have welcomed new members, which is good news. The bad news is that the weather has not been good, thus restricting our outdoor events, including clay pigeon shoots. Hopefully, we will be able to restart the days again towards the end of March.



We have now virtually finished all our internal upgrading of the clubhouse and are now about to start upgrading our service entry road which is somewhat of a disaster.

Our winter shooting season will soon be over and we are now concentrating on the entries for our summer competitions. Hopefully the weather conditions will improve allowing members from Oban and surrounding areas to enjoy some time out.

We are soon to host a British Retired Police Officers competition with members from Scotland, England, Ireland and Wales participating and this brings income to the town. Some of these members will possibly be in wheelchairs but will still enjoy their sport. We are one of the very few clubs in Scotland which caters for wheelchair users and in fact we have a lady shooter who attends on a weekly basis in her wheelchair.

Perthshire Prone:

At the end of the 2021 competition, in Div 1 Callander A finished 2nd to St Andrews A and in Div 4 Callander B finished 2nd to Dulnain Bridge C.

After round 6 of 10 in the Individual leagues Gordon Motion 1st in Div 1, Tam Pate 1st in Div 13 and Jonathan Richards 1st in Div 14.

In the Knockout competitions; Fiona Reid is the final of B Class IKO and both Raymond Reid and John Russell are in the semi-finals of the Brough Cup (shooting against one another).

Perthshire Benchrest:

After round 7 of 10 in the Individual leagues - John Johnston 1st in Div 2, Bob Farquhar tied 1st in Div3.

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

John Russell

As we set our clocks forward, we welcome the lighter nights and warmer days and look forward to all of the activities that spring brings to Callander and to McLaren Leisure. Spring is the perfect time to renew your training, have fun as a family or learn a new skill. At McLaren Leisure we have a range of activities on offer to help you on your way to staying active for 2022.

The change in season brings lots of excitement to McLaren Leisure. We can't wait to fill our days with birthday parties, classes, events and spring celebrations. Following a very busy Kids' Camp week during the February break, where our attendees enjoyed a great amount of swimming, climbing, sports, games and inflatables fun. We are excited to bring more fun this April holiday. Our café has launched its new menu and is now offering a delicious range of home baking, coffees and lunch options.

Along with our own sessions, we love to work in partnership with other groups and social enterprises to bring you even more services to our community. We are delighted to welcome Jump Around Stirling to McLaren Leisure. Jump Around will be bringing an exciting preschool physical activity programme to Callander.



Over the last few weeks, we have been proud to support local events such as Callander Landscape's 'the sky above us' event. We had great fun exploring the cosmos with experiments, telescopes and an immersive planetarium at their family event. Also the Callander 10k with Tay Fitness where participants enjoyed the beautiful scenery of our local area. We have lots more events coming to McLaren this year so watch out for more information.

We would like to send out a heartfelt thank you to our wonderful community for supporting us through the phasing back of our services and while we are still balancing Covid with providing services, we are expanding fitness offering in line with community needs. We are delighted by the great uptake of our all-inclusive membership offers. These have proved to be very popular with our community and we are delighted to be able to bring you these great savings on our services and facilities.

Rachel McLean

Callander Cricket Club

It's been a busy winter for the club, despite the odd break for COVID reasons with plenty happening both on and off the pitch

This Winter

The club has been competing in the Perth & Kinross indoor league throughout the winter, having entered two teams; The Sunrisers who are comprised of 1st XI players and the Stars, a team made up of U20s players. It is a 6-a-side softball format which has been extremely fun to be involved in again. Although both teams sit in the bottom half of the table and look set to compete in the Plate Finals, everyone has really enjoyed the evening trips to Perth.

The Valkyries

Our Women & Girls team has continued to train over the winter and numbers continue to grow which has been brilliant to see. Indoor softball matches in March will see them return to action as a team. The 2022 season is going to be a jam packed one for the Valkyries with training and games offering something for all abilities. They will be playing U11 softball festivals, Cricket Scotlands Weebash which are open aged softball days, Cricket Forth Valley Trossachs T10 an intro to hardball format and making a composite hardball XI with Westquarter & Redding Cricket Club to compete in Cricket Scotland's development.

Junior Cricket

All our junior age groups have been playing in Cricket Forth Valley indoor leagues and have had an extremely successful winter. Our U11 continue to improve their basic skills with a few making their debut in the last few weeks, none more memorable than wee Isobel Williams who having hit her first runs asked if she could go and get a quick snack before continuing, much to the amusement of everyone there. Our Junior 1s (U13s) completed a clean sweep winning all their games and the Junior 2s (U17s) have won 2 out of 3 with one more to play. All age groups will be competing in the relevant CFV Leagues and festivals. Our hardball teams will be competing in the Scottish Cup, ECB Vitality Cup and T20 friendlies.



1st XI

This season sees a couple of changes to playing formats with a return to Sunday Recreational & Development cricket and a new affiliation agreement with Westquarter & Redding CC seeing us make up a composite team competing in the ESCA League on a Saturday. Midweek action will come in the form of the West Stirlingshire T20 league where we hope to improve on last season's results. The team will also be competing in the Cricket Scotland Challenge Cup with high hopes of going on a good cup run.

Club Training

Training for all age groups takes place on every Thursday evening from 5pm with outdoor training starting from 21st April. Valkyries & U11s Softball 5.15pm – 6.30pm. All Hardball training 6.30pm – 8pm

New Programme for 2022

Keep an eye out for our All Stars Centre which is an 8 week introduction program to cricket for kids aged 5-8. Keep an eye on our social media on how to register your child.

Facilities

Exerted efforts have continued over the past months as we strive to give the club a home in Callander and we are extremely proud to have officially partnered with Callander Thistle FC to help both clubs make this a reality. Through this partnership both clubs have created a new overarching legal structure, Trossachs and Teith Community Sport and Social Hub SCIO which we are proud to announce has received official charitable status. This new organisation's aims are not only to provide top quality facilities for both clubs but also to preserve our green space bringing additional benefits for the community. Negotiations and plans are being finalised as this goes to print but we are all excited for the future and look forward to sharing with the community very soon.

General Enquiries:- callandercricket.secretary@yahoo.com

Barry McGeachy

Callander Bowling Club

It looks like this season will return to a more familiar pattern. The green will officially open on Saturday 9th April at 1.30pm for a 2pm start. Having won the West Perthshire league for the first time in 70 years in 1919, the task of holding on to the trophy will finally be put to the test. Like so many sports clubs during the Covid outbreak, membership levels have fallen. We are in desperate need of people to come and try bowls. The club has spare bowls available if you wish to give the game a try. For a relatively low fee, you will be able to make use of the green and facilities. New President, Audrey Corrieri, the committee and club members will be happy to welcome you to our small, friendly club. The best time to come to try bowls is Monday evening at 6.15pm, or Wednesday afternoon before 2pm. There are no competitions on at these times, so we have more time to introduce new people to the rudiments of the game. The only proviso is that you wear flat soled shoes on the green (we must keep the greenkeeper happy!). For more information: [07513488453](tel:07513488453)



Donald Grieve

More Round the World

As we've have been moored in Gibraltar for the winter season to re-set our Schengen visa we have made the most of our time and managed to explore the incredible military war tunnels within the famous Gibraltar Rock.

The highlight has been getting into tunnels that are not officially open to the public; a local showed us the way. Armed with head torches we found ourselves finding more and more underground history within the Rock! To think there are 34 miles of tunnel networks in the rock blows my mind (that's the equivalent of driving from Callander to Loch Lomond!). As evidenced from remaining painted signs on the cold stone walls and from further reading there was an underground telephone exchange, a power generating station, a water distillation plant, a hospital, vehicle maintenance workshop and even a bakery (not smelling quite so fresh now- just damp)!



The Great Siege of Gibraltar was an attempt by France and Spain to capture Gibraltar from Great Britain during the American Revolutionary War. The construction of the tunnels were necessary to overcome the issue that they couldn't get the canons or ammunition to the Eastern side due to the steep cliff faces of the Rock- so they started digging a tunnel in 1782 in order to protect the British overseas territory going forward.

The incredible work was carried out by hand, mainly using sledgehammers and crowbars, aided by gunpowder blasts. You can actually see the marks in the stone from the crowbars and the odd ray of light blasting in through a horizontal shaft blasted through the rock in order to

ventilate the tunnels. History was never my strong point, which I'm sure my patient McLaren history teacher Miss Clelland would not dispute; so definitely check out more about the tunnels online if you're interested- so much history!



As you walk around the Rock, which takes around 3 hours, you can see the embrasures (holes in the Rock from which guns were fired). And within the tunnels there are still remains of the woven rope curtains that hung down over the hole to prevent sparks and smoke blowing back inwards; all incredible to see.

The other pretty cool thing within our time here has got to be skateboarding (our means of transport from the boat) over a runway! Yep, an airfield runway! Quite a surreal experience. The barrier either side of the runway is up and down all day with Easy Jet flights etc. coming in and out of Gibraltar. But the runway goes right through the entrance of Gibraltar from La Línea, Spain. It's recorded that 30,000 people cross the frontier every day by foot, bike, scooter or vehicle.

Speaking of the frontier... we recently crossed into Spain to join some Spanish riders on some handcrafted bike trails just NE of Gibraltar, in Casares.



The best part of this was the story behind them (I know the local Callander mountain bike riders who built/maintain the Stank will appreciate this). Tucked away on an embankment opposite a housing estate are a collection of tight bike trails and a few dirt jumps and kickers (take off ramps). We met with the couple who built them over the long COVID lockdown as it was pretty much in their back garden...so they went up everyday with wheel barrows, clippers and shovels; digging and shaping the land. And when small groups were allowed to gather outside some friends joined them in the dig. And the result is a mini bike park they can share with their friends in the bike scene (and even lucky passing riders like us- we'd never have found them without being led there, though!). It was a dusty, fun filled day sharing

the culture of riding together in a foreign country.

Check out our latest YouTube video showing some of the Military war tunnels in Gibraltar! at

www.youtube.com/deepbluedirt



Ciao! Jenni & Chris

Thoughts for the Month

I am constantly amazed with what humans can do. Human achievement is wonderful, though it sometimes makes me fearful. We as individuals are complicated and inscrutable, as well as creative and beautiful. We are remarkable creatures, aren't we? As the ancient book of Psalms puts it, we are 'fearfully and wonderfully made.' But what are we made for?

I'm amazed when I think of Usain Bolt blazing down the track setting another speed record, and also admit that I was mesmerised by the bobsleigh teams in the recent Games. Are we made to test the boundaries of sporting achievement? Sure. But what else? How about the global problem of environmental damage that we're facing as a species? On the face of it, it looks like it's too much to solve, but then I see ingenious solutions popping up, sometimes invented through individual or scientific endeavour, sometimes by communities rediscovering ancient wisdom. I wouldn't think we are only made to find solutions to problems of our own making, but then what *are* we here for?

Now we see a conflict that seems to have grown from the madness of one man, embroil the whole of the globe. And yet I'm impressed with the way in which communities have united to help those affected, through donating their time, money, and even through direct action. Even disparate governments – some of whom are old enemies – have united against the threat. I truly hope we aren't made for conflict, even if it does happen quite a lot. But if we're not made for that, then what?

There was another man who lived along time ago who made a bit of a splash on the world scene. Some say he was a sage, some a philosopher, and Christians say a saviour. Regardless as to what you believe, Jesus did say some remarkable things that have changed the way we live. Things like 'put others before yourself, regard others as better than yourself, and love your neighbour as much as you love yourself.' Amazing to think that a message of kindness managed to get him assassinated. *Sigh.*

Jesus said that we were made for each other. Community and solidarity lay at the core of his moral message; selfishness and self-regard should be thrown out in favour of selflessness and regarding other's needs above one's own. Other philosophers and gurus had declared that you should love your neighbour as much as you love yourself, but most radically for the time, he said that our neighbours are world-wide, not just our own family or friends or ethnicity.

What are we made for, then? We're made for each other. And isn't it amazing what you can do when you do it together? Individual lives are altered for the better, communities are transformed for the good, and step by step, even the whole world can be turned toward peace. As the saying goes, if you want to go fast, go alone, but if you want to go far, go together.

Life - don't do it alone. We're made for each other.

*Rev JonConnell
Rector of St Andrew's Church*

Messy Church

Will be meeting again on Saturday 23rd April at 10.30 am in Callander Kirk Hall, South Church Street (subject to present Covid restrictions) Please come and join us for fun, food and family worship. If possible, please carry out a lateral flow test before coming.

Messy Church dates for your diary - 28th May and 18th June

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)



Change your Stamps

You may have seen that the Post Office 'every day' stamps are changing. They are adding unique barcodes to stamps to pave the way for innovative services for their customers and to enhance the security of the postal service.

They are encouraging customers to find and use-up any non-barcode stamps before **31 January 2023**. However, if customers are unable to use them up by then, they will exchange them for barcoded stamps completely free of charge.

The 'Swap Out' scheme will open on **31 March 2022**. Customers will be able to print out a form from their website, call their Customer Experience team to ask for one or pick one up from their local Delivery Offices Customer Service Point. More details about the 'Swap Out' scheme will be announced soon, but in the meantime all existing stamps remain valid for postage in the usual way.

Yours faithfully,

Nick Landon, Chief Commercial Officer, Royal Mail

Callander and West Perthshire u3a



An increasing number of our groups are meeting in person and our 109th edition of Chatterbox arrived in our inboxes recently.

Our March speaker, Professor Chris Huxham, gave us some glimpses of the awe-inspiring mountain scenery and offered an insight into the history and culture of 'Dolpo – The Hidden Kingdom.' Dolpo and Upper Dolpo in particular remains one of the few truly remote areas in Nepal.

This year will be the 10th anniversary of Callander and West Perthshire u3a, which was established in 2012. 'The u3a has created a social revolution in Callander and surrounding villages', one member was heard to remark at the time. We plan to hold a celebration some time towards the end of May/beginning of June. Look out for this event.

We continue to welcome new members. Please have a look at the website and find out what opportunities there are for those no longer in full time work to come together and learn for fun. <https://u3asites.org.uk/callander-and-wp/home>

Joy

German-Speaking Group in Callander

Im Moment überlegen wir, ob wir in den kommenden Monaten unsere Treffen auf Zoom oder persönlich weiterführen sollten. Für April schlagen wir vor, dass wir uns (hoffentlich für das letzte Mal?) noch einmal auf Zoom treffen. Dann, falls möglich, wäre es schon, im Mai und Juni wieder bei Jen (vielleicht im Garten?) zusammenkommen zu können.

Also, das nächste Treffen findet um 19.30 am Freitag 22 April auf Zoom statt.

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

Weitere Daten für Ihren Kalender: Freitag 27 Mai, entweder bei Jen oder auf Zoom...mal schauen; und hoffentlich auch, am Freitag 24 June um 19.00 bei Peter für einen Grillabend. Natürlich werden wir im Voraus angesichts der Wettervorhersage die Lage besprechen müssen.

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

Wir freuen uns auf ein Wiedersehen.

Jen und Peter

jen Shearer



Rotary in Callander

Rotary in Callander will be starting off this year's programme of fund raising with a Bottle Stall in Ancaster Square on Saturday 16th of April starting at 10am and this time we shall also be having a bric a brac stall and a book stall.

We look forward to seeing many of you there.

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

Derek House

OAP/Seniors party

The December 2021 cancelled Xmas party has now been rescheduled for Thursday 26th May. The venue is the Bridgend as before with the music and entertainment from Squeeze and Tease (John and Muriel Morgan).

Pick ups if required will start from 5pm onwards with meal commencing around 6pm.

The book for names and addresses will be in the Post Office from Monday 11th April and will be collected Thursday 19th May. A telephone number would be helpful but I stress this is optional.

Please contact, if required, Mary Johnson on [01877 331020](tel:01877331020) or email marymnv@aol.com

Hopefully see you all then for what I'm sure will be a fantastic evening.



Mary Johnson



CALLANDER & DISTRICT HORTICULTURAL SOCIETY

The Callander and District Horticultural Society is excited to announce our diary of events for 2022. Our AGM will be held at 7pm on Tuesday 19th April on Zoom. If you would like to attend, please contact cadhortsoc@gmail.com to receive the meeting code. The AGM will include a fly through of the Show in 2021 and a slideshow of some of the colourful entries that were exhibited.

Our website www.CADHS.co.uk will be live from 1st May, where you will also be able to download our Show Schedule for 2022 and find up to date information about our events. The Show will take place on Saturday 20 August at East Torrie Farm, Callander FK17 8JL. We are once again supporting the Callander Community Council Garden Competition this summer. Details of how to enter will be on our website.

We are also looking forward to joining Greener Callander at their annual fundraising Plant Sale on Saturday 28th May in Ancaster Square for a Family Fun Day. There will be an opportunity there too to find out more about our Annual Show and how you can get involved.

Watch out for more information about our events and the Garden Competition on posters around town. Paper copies of the Show Schedule and Garden Competition entry forms will be made available.

The Committee

Mary's Meals Appeal - South Sudan

Mary's Meals, the charity founded in a shed in Argyll, has launched an appeal to provide more school meals for desperately hungry children in South Sudan – the country with the world's highest rate of children out of education.

Learning across South Sudan has been drastically hindered by years of violence and upheaval, with survival often taking priority over children attending school. Internal displacement, deep poverty and hunger mean that life for families is a real struggle.

Mary's Meals is already feeding around 70,000 hungry children every school day in South Sudan. Now it is appealing for support to reach even more hungry children with a nutritious meal at school.

In South Sudan, the charity works in partnership with local organisations, Diocese of Rumbek and Mary Help Association, to serve maize and beans to pupils at 114 schools in the Warrap and Lakes States regions, where thousands of people have fled seeking refuge.

Moses, who works for Mary's Meals' partner Diocese of Rumbek, says: "Many schools were destroyed by the conflict. I have visited new primary schools that have been built far away from the towns, in make-shift sheds and under trees.

"I was there when we took the food to these communities. Words are not enough to describe the happiness of the children. They jumped with joy – dancing, singing and shouting. They were so eager to learn and attendance at the schools is rising because of the promise of a good meal."

Abak and Aping's story shows how Mary's Meals can help change lives. The sisters enrolled at school last year when Mary's Meals set up a school feeding programme. Aping (12) is in primary two. She says: "The only food we get in a day is from Mary's Meals. That is what made us join the school since we don't have food at home."

The girls live with their grandmother. She is weak and ageing, but she does her best to provide modest shelter and love for the two girls who help tend a very small patch of land growing vegetables. When they are lucky enough to get a small harvest, they sell what they have to buy soap and salt.



To donate to the Mary's Meals South Sudan Appeal, please visit marysmeals.org.uk/south-sudan-appeal or phone 0800 698 1212.

Why it is important to talk about the Holocaust

Hi readers, hope you are all doing well! I recently attended a very interesting virtual seminar hosted by Holocaust Awareness Ireland and the Herzog Centre at Trinity College Dublin entitled “Why Talk About the Holocaust”. Zuleika Rogers, the Associate Professor of Jewish Studies at Trinity College Dublin hosted this session and interviewed two men who have been instrumental in keeping the experiences of Holocaust survivors alive - Daniel Mendelsohn and Oliver Sears. Daniel is the author of the highly acclaimed Holocaust family saga “The Lost: A Search for Six of Six Million” and Professor of Humanities and Literature at Bard College, whilst Oliver is the founder of Holocaust Awareness Ireland and the former trustee of Holocaust Education Trust Ireland. Both men share a familial connection to the Holocaust and in this article, I will share a little more of their family stories and what we can take from them.

Daniel discovered his family connection to the Holocaust just after his fortieth birthday - his grandfather enjoyed telling stories of his past, in particular the story of his emigration from the Ukraine to New York in the 1920's, but the story of his brother's death was one which he refused to tell and Daniel decided that he was going to find out what happened, otherwise he might never know. As his grandfather told him, during the Second World War, Daniel's great uncle, his wife and his four daughters who were all in hiding in the small town where they lived, were betrayed to the Nazis by their neighbours and later cruelly murdered. As Daniel also later discovered, his family members were not the only ones from that town who had perished – there were only twelve Jewish survivors from the six thousand Jews who had lived there prior to the war.

Like Daniel's grandfather, Oliver's mother only began to speak of her family's experiences when she was in her fifties and now at eighty-two she is the only living member of her family able to tell their story. During the Second World War, her father was sent to a detention centre and because there was no prior warning - it seemed to his family as though he had vanished into thin air. A letter was sent thirteen days later to his wife, asking for her to bring food and when she arrived, the truth was bluntly revealed to her - he had been murdered two days earlier. She was given his “effects” (his personal belongings) and told to leave. Two items within these personal belongings were a powder compact which had been given to Oliver's grandmother by his grandfather and a ring which his grandmother's father had given to her on her eighteenth birthday. The ring is now Oliver's wife's engagement ring and both items have been used to continue telling the family's story, as well as acting as a symbol of young love and pre-war life.

As both men described, it is important to remember the victims of the Holocaust not just as fatalities, but as individuals. When Daniel revisited the town that his family were from, he wanted to learn about the characteristics of his family members who had died, as this is something which is often lost over time. He discovered that one of his grandfather's nieces was very snooty and thought highly of herself, whilst another was considered shy and angelic. The two men also discussed how, after speaking to their family members and other Holocaust survivors, they have discovered that Holocaust survivors often do not discuss their experiences until later on in their life, as it's only as they grow older that they feel the need to share their stories.

Oliver and Daniel also discussed the importance of maintaining democracy in the current political climate and how the Holocaust has demonstrated this. The Holocaust was a time in which democracy broke down, starting with incremental steps and leading to dreadful horrors, such as the use of gas chambers. As first-hand evidence in America over the last four years has demonstrated, a breakdown of democracy can start with the criminalisation and demonisation of ethnic minorities and can end with genocide. These events and the events of the Holocaust are therefore important to talk about in order to try and stop another cataclysmic failure of values taking place.

Bethan Jones

CHAS Charity Stall – Plants and Decorated Bird Houses

My wife Rachel and I have decided to give up some of our time to support CHAS (Children's Hospices Across Scotland) charity.

We will have a stall displaying plants grown from our garden and greenhouse as well as individually crafted birdhouses for sale at realistic prices. The stall will be found on our car park, accessed from Craigard Road, and will be available most days from mid May to mid August. We would really appreciate the support of the local community for this worthy cause. All proceeds will be paid to CHAS.

We would like to give thanks to Fiona House (local Chas Volunteer) who gave us contact details for Chas, to Lyndsay Stobie (Chas Community Fundraiser) for her enthusiasm towards the stall and for providing advice and banners, to Pallet2Packaging (P2P) – Uddingston, who kindly manufactured the Display stall free of charge and are also manufacturing for free, all the bird houses that Rachel is individually decorating.

So we hope you will pay us a visit and contribute to CHAS, by purchasing from our stall.

Forbes & Rachel Webster

Mystery Gardeners Q&A

Q - Who pays for and plants up the 45 hanging baskets, 12 barrier baskets, two fountain planters, War Memorial gardens in Ancaster Square and Esher Crescent? Not to mention the beds and containers outside St Kessog's, the Community Garden and Frerichs memorial gardens in South Church Street plus 4 of the big wooden planters in Station Road car park?

A- Greener Callander volunteers and we need your help!

As Stirling Council resources have dwindled Greener Callander has taken on more to make Callander more attractive for residents and visitors. Now down to just 8 regulars, we desperately need new people to join us to avoid having to reduce our ambitions which would be a very sad decision.

Our regular gardening sessions from March to November are just ~2 hours from 1:30 on the first Monday of the month. In summer we have a few extra sessions for planting up baskets and containers and of course hold our late May plant sales stall in Ancaster Square which funds the next year's plants. If you would like to join us but prefer a different day we could look at

changing.

This year, funding permitting, we would also like to renovate the Community Garden in S Church St to make it smarter and easier to maintain. If gardening isn't your thing, could you offer occasional muscle or DIY skills, eg varnish benches, paint planters or even build a wall?

The last 2 years have been difficult with unreliable plant supplies so in 2021 we saved begonias and grew ~1000 plants from plugs or seeds. Hopefully, this year we can buy some bigger plants but are still likely to grow 800+ plants to keep down costs. We definitely need help to grow them on after transplanting into modules.

Do you or a friend/neighbour have spare space in a greenhouse/

polytunnel and would be willing to look after some young plants for 6-8 weeks from April, depending on which plants you have?

Also if you have any garden or indoor plants to donate to our plant stall they would be much appreciated. The absolutely minimum expectation is that you will come along to our plant stall in Ancaster Square on Sat 28 May, 10-4pm to buy great value, Callander-hardy garden and indoor plants. Profits pay for next year's displays.

If you can offer any kind of help please get in touch with Lesley Hawkins mlhawkins@tiscali.co.uk, Sue King king.m.susan@gmail.com or Hilary Gunkel mail@hilarygunkel.co.uk

Lesley Hawkins

Callander Woodland Group in action



photos Lesley Hawkins

Thanks to the volunteers who came along to our first two practical sessions in Coilhallan Wood in February.

Saturday 19th was a beautiful day, sunshine and new snow glistening on Ben Ledi, perfect for a work-out cutting back gorse and broom along the edges of the short 'arboretum' loop path.

Unfortunately, continuing that work 5 days later was quite a challenge with 3 inches of snow weighting down the

vegetation and hiding the edges of the path! However, volunteers are a hardy bunch and again 8 braved the showers to cut back shrubs up to 6ft tall. It will probably take another session to finish that path but the improvement is already obvious.

By the time this has been published there should have been two more sessions in Coilhallan, starting to tackle the invasive rhododendron above the caravan park and tidying the area of beech trees near Mollands

Road that is used by the schools as an outdoor classroom.

Unfortunately, this area was very badly affected by Storm Arwen and completion will have to wait until FLS has removed the big trees that we can't tackle with hand tools.

If you have a bit of spare time and energy, and enjoy a good blether in the woods, then please consider joining our sociable team. Email Callanderwoodlandgroup@gmail.com

Lesley Hawkins

The Hummingbird Cake



As she walked into the café, she saw stacked up on the counter huge cakes, layered up with oozing cream spilling from the edges. Victoria sponge, coffee and walnut, lemon drizzle. And intriguingly, hummingbird cake. Golden brown, with creamy icing and pecan nuts on top. Irresistible name. Irresistible cake. She had sheltered for so long, working from home and seeing no one. It felt like a celebration to be able to walk into a café and order cake for the first time in two years.

The café was crowded and she was led to a table near the back. When the cake arrived, she forked a mouthful. She tasted butter, crumbly moist sponge, the sweetness of the icing and what was that? A hint of cinnamon? Another mouthful and she detected grated carrot. And passion fruit in the icing. Lemon for piquancy. Perhaps a hint of coconut. Every mouthful was an indulgence to be savoured.

"Delicious, isn't it".

Startled, her eyes flew to the man opposite. He was smiling at her.

"Hummingbird cake" he said.

She wasn't used to talking to people anymore. But he looked so friendly.

She asked, "What are you eating?"

"Oh, hummingbird cake of course! What else?"

They started to discuss what magic ingredient made it so much better than ordinary cake.

They discovered a mutual love of cakes. And cooking. The conversation drifted to other things. Cupcakes, shortbread.

They discovered that they loved Star Trek, and Dune. Before they knew it two hours had passed.

"I really must be going," she said, gathering up her things.

"By the way, I used to know a recipe like this. It was called Passion cake" he said.

"Oh," she said, feeling slightly exhilarated. "What's in a name?"

"Everything", he replied.

He was there the following day when she returned.

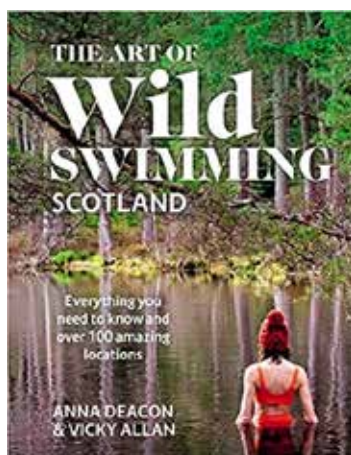
"Let me buy you some passion cake"

"That would be nice" she said, returning his smile.

Callander Writing Group

Book Club Review

This issue's book review title is *The Art of Wild Swimming Scotland* by Anna Deacon and Vicky Allan (Black and White Publishing, 2021)



We Callander residents know that people flock to our town and its fabulous surroundings to do any number of recreational activities. It could be to walk, run, bike, fish, camp or kayak (to name just a few). Whilst other folk come simply for the drive (or the motorbike ride) to take in the awesome views of lochs and hills.

Look a little closer into those lochs and you may notice something in addition to the usual boats, kayaks and paddle-boarders. Donning woolly hats and brightly coloured swim caps, accompanied by a few shrieks and exclamations, you'll probably spot

a swimmer or two. Some will be wearing wetsuits; some will just be in their swimming costume or trunks. Most will be wearing broad smiles.

The Art of Wild Swimming Scotland is a book that seizes on the huge popularity of swimming outside year-round. Having a wee dook in local waters is centuries old, but the pastime has exploded since lockdown, with pools shut and a renewed recognition of the many health benefits (both mental and physical) of going for a swim outdoors.

The authors of this nice wee book recount these benefits in their opening chapter, listing the reasons to swim outdoors (21 in total). This includes the more obvious (it's exhilarating; it improves your immune system and circulation), but also, some of the yet unproven medical theories (it may stave off dementia; it may help prevent and reduce inflammation). There is also the social aspect of joining a swim group (a proliferation fuelled by social media) or for some, a quiet time spent in nature.

The book explores the different bodies of water: lochs, reservoirs, ice breakers, waterfalls, rivers and the sea – and what you need to consider (i.e., the sea swimmer will need to consider tides, currents, jellyfish). What might be in the water? When is the best time to go? What are the safety considerations? It then details some of the best places to swim in Scotland (yes, the Trossachs does feature) with personal stories from locals who swim in these waters every day.

The Art of Wild Swimming Scotland is an inspiring read. If you've ever felt curious to dip more than your toe in the water, this book could give you the confidence to take the plunge.

The next BLV book club review will be *How Much of These Hills is Gold* by C Pam Zhang (Virago Press: 2021)

Maggie Magor

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This is a sensitive and possibly, to some, a potentially upsetting article and if you are of that inclination then we suggest you give it serious thought before reading it.

The people of Callander and the surrounding areas have grieved for too many deaths by suicide in recent years. Indeed, one death by suicide is one too many. As I write this article, I apologise sincerely if it causes any family or any individual any offence or difficulty – please understand that my intention is entirely the opposite. I want us as a community (a community that I and my wife are part of as residents of Callander) to understand some more about suicide and, as a result, stand even more resolutely to support families and friends touched by the carnage of suicide.

By way of background let me explain that I have no formal professional expertise in suicide but a lot of personal and lived experience, having lost our son, Cameron, to suicide on 20th October 2019. I know well the intensity of pain experienced by those touched by suicide – a pain that persists for me on a daily basis, more than two years after Cameron’s death. I hope you will agree with me that such experience allows me to make some comments.

Articles on suicide always begin with statistics but I now view that as largely unhelpful. Knowing that there were 805 deaths by suicide in Scotland in 2020 (the 2021 figures are still awaited) and that 75% were male adds nothing to any understanding of the personal pain behind each, and every, suicide death. Perhaps it’s more impacting to know that one person dies by suicide somewhere in the world every 40 seconds?

Suicide is a hugely complex subject. Despite more than two years having passed, we still have little understanding as to why Cameron took his life in the early hours of that Sunday morning. Professor Rory O’Connor is Professor of Health Psychology at the University of Glasgow and is one of the foremost international researchers into suicide behaviour. I highly recommend his recently published book, “When it is Darkest” (Penguin, 2021), to you. In his book, Professor O’Connor describes a model of suicidal behaviour which involves possible factors in the background of someone who dies by suicide, alongside the factors which might contribute to suicidal thoughts and suicidal acts. It is a complex model which makes it very clear that no one factor causes someone to take their life – it is much more complicated than that.

In his book, Professor O’Connor talks about the myths that surround suicide and discounting these myths may help us all in our community to move forward together in our grief and mourning.

MYTHS ABOUT SUICIDE (O’Connor, 2021)

- 1 Those who talk about suicide are not at risk of suicide
- 2 All suicidal people are depressed or mentally ill
- 3 Suicide occurs without warning
- 4 Asking about suicide “plants” the idea in someone’s head
- 5 Suicidal people clearly want to die
- 6 When someone becomes suicidal they will always remain suicidal
- 7 Suicide is inherited
- 8 Suicidal behaviour is motivated by attention seeking
- 9 Suicide is caused by a single factor
- 10 Suicide cannot be prevented
- 11 Only people of a particular social class die by suicide
- 12 Improvement in emotional state means lessened suicide risk
- 13 Thinking about suicide is rare
- 14 People who attempt suicide by low-lethality means are not serious about killing themselves

Please allow me to emphasise again that these statements are UNTRUE – they are myths about suicide that need to be opened up and challenged. The priorities for discussion for me are Myth 4 and Myth 13. It is estimated that across the world up to 16% of adults have experienced suicidal thoughts at some stage in their lives (Nock, MK et al, 2008) with this increasing to 20% of young Scottish adults (18-34 years old) (O’Connor, RC et al, 2018). So, thinking about suicide is not rare but importantly there is no evidence at all that talking openly about suicide to someone (and asking specifically about any intentions or plans) promotes that idea and indeed it is likely to have the opposite, protective effect.

We also need to understand that our use of language matters. The term “committed suicide” dates back to when suicide was illegal – and sadly it remains illegal in some countries in the world. Suicide was decriminalised in Great Britain in 1961 but often the use of “committed suicide” persists. If you find yourself using that term, please be kind to yourself but do think about using an alternative, kinder phrase such as “died by suicide”. A small point, perhaps, but so helpful to those of us trying to find a path forward.

Then, the most difficult matter of whether or not to talk about the person or to ask questions about the person who has died by suicide. We think about Cameron every waking moment and we appreciate when YOU are thinking about him too. If you knew Cameron, or someone else who died by suicide, it’s important to say their name and to share memories. However, everyone grieves differently – even within the same family – and we need to appreciate where people are in their grief journey. The question I value the most is “Where are you in your thoughts of Cameron today?” as this allows me to

steer the conversation - which may change depending on the date, such as the anniversary of his death, birthday, or another significant event.

With increasing numbers of suicides in Scotland being so-called “spontaneous” suicides (i.e. in those individuals where there is no obvious history of psychological disturbance), it seems that our approach to preventing suicide needs to change with open discussion in schools, colleges, universities and work-places about suicide and, most importantly, about suicide safety planning. This new concept of safety planning is entirely evidence-based and opens up discussion about what to do if you find yourself at some point with suicidal thoughts – something that affects 1 in 5 young Scottish adults. If Cameron had undergone training in suicide safety planning at school or university, would he still be alive today? Perhaps. This is just one of the many “whys” and “ifs” that torment those of us left behind after a suicide.

For me, although the impact of Cameron’s death remains with me every day, I can say that life has started to grow around me again – something I would never have believed possible looking back to October 2019. Cameron’s death has caused the Gibson family to explore what more can be done in suicide prevention and suicide postvention and so we have started a new charity, **The Canmore Trust (SC 051511)**. An important aim of the charity is to develop suicide safety planning in schools, colleges and universities. Starting on 13th June 2022, I will be walking the 1200 miles from Land’s End to John O’Groats to raise awareness of suicide prevention and to raise funds for the charity. As part of this on my way north, I will be walking into Callander on 10th August (from Drymen via Aberfoyle and over the hill) for an overnight in the town that loved Cameron and has so cared for us since his death. To show solidarity, love and support for those who have been affected by suicide in our community, I would be delighted if the people of Callander and the surrounding area might walk those 21 miles with me (or a section of it). For more information, please follow on Instagram: [#onemanwalkingamilliontalking](https://www.instagram.com/onemanwalkingamilliontalking)

Please also be in touch if this article has raised any issues for you. We’d like to help. The Canmore Trust has created a resource pack with helpful contacts for those affected by or challenged by suicide – please email me if you would like a copy (johnandisobel@aol.com). Thank you.

John Gibson

Further resources and assistance for those affected by the topic of this article are available from the following:

Samaritans

Call: 116 123
Text: 07725 90 90 90
Email: jo@samaritans.org
Visit: www.samaritans.org

NSPCC

Available: 24/7
Phone: 0808 800 5000
Email: help@nspcc.org.uk
Visit: <http://www.nspcc.org.uk>

Breathing Space

Lines are open:
Weekdays: Monday-Thursday 6pm to 2am
Weekend: Friday 6pm-Monday 6am
Visit: www.breathingspace.scot

SAMH

Available: 9am to 6pm, Monday to Friday
Phone: 0344 800 0550
Email: info@samh.org.uk
Visit: samh.org.uk/info

NHS

Phone: 111
Visit: www.nhs24.scot

Ukraine aid sent from Callander.

As soon as the war in Ukraine started we put out an appeal to the Callander community for aid donations for the refugees fleeing the country. We had the most amazing response, with not only Callander responding but also communities in Aberfoyle, Balquhider and Killin bringing aid to us. We received a total of 2 tonnes (three rooms plus a garage) of donations including clothing, food, drinks, nappies, sleeping bags and blankets. Transport to Eastern Europe was soon choked but we managed to book a lorry to take the donations to Slovakia and from there into Ukraine. The transport was going to cost over £2000 so we again appealed to the Callander community. Overnight we raised that amount with donations made on line, BACS and so many people giving cash.

We want to thank everyone who contributed, helped and supported us. It was an amazing effort and the Callander community should be proud of the aid we have sent. We now have contact with communities in Slovakia and Ukraine so will be offering support through the troubles and beyond.

Richard and Mary Johnson

Kate Mc Farlane

Added to report the sudden death in early February of Mrs Kate McFarlane, formerly of Willowbank, Main Street, Callander.

Kate was an active member of the local Writing Group, The Arts Society in Stirling and friend to many local people.

George Currid

Pat and family of the late George Currid wish to thank all relatives, friends and neighbours for the many cards, beautiful flowers, gifts and kind messages of sympathy received following their sad loss.

Special thanks to the Rev. Jeff McCormick for his thoughtful and comforting service and to Dr. Kerry Mathewson and Forth Valley Royal Hospital for all the care they gave George. Finally, thanks to all who came to pay their respects outside the church and at the roadside.

Current Planning Applications

- **Installation of replacement windows**
- Benvue 56 Bridgend Callander FK17 8AG
- Ref. No: 2022/0064/HAE | Received: Mon 07 Mar 2022 | Validated: Mon 07 Mar 2022 | Status: Current
-
- **Removal of existing conservatory and existing dormer and erection of replacement single storey rear extension and dormer**
- Innisbheag 34A Bridgend Callander FK17 8AG
- Ref. No: 2022/0035/HAE | Received: Mon 07 Feb 2022 | Validated: Mon 07 Feb 2022 | Status: Current

Flooding in Callander

Community consultation is now open for Bridge of Allan and Callander. Information can be found at <https://flooding-stirling.hub.arcgis.com/pages/community-consultation>

By the 31st March the plan is to publish a table of proposed options based on the information collected.

Stirling Council to publish long list on website and on social media.
Callander Community Council to promote via their own channels.
Update website and library display.

However, due to a national over commitment in flood scheme funding, the Scottish Government is currently reviewing its funding position. Stirling Council is awaiting confirmation on funding availability for the coming financial year 2022/23.

Once the budget situation is clarified, they will update the project programmes accordingly.

Will we ever see proper flood protection for Callander?



THIRTY DEGREES

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ThirtyDegreesLaundry.co.uk



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Housing Association**

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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:

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Balfour	Drymen	Kirriochard	Stronachlachar
Buchlyvie	Gargunnock	Kippen	Tyndrum
Callander	Gartmore	Locheehead	
Deanston	Killearn	Strathblane	

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

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

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

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TEL: 01877 330272
MOB: 07891265590

Local Information

Emergency Services: 999

Callander Police: 101

Local Council Office & Registrar:
01877 33004

Social Work: 01786 471177

Post Office: 01877 330267

Stirling Council: 01786 404040

National Health

Callander Medical Practice 01877 331000

Prescriptions 01877 331001
(10.00am till 3pm)

District Nurse 01877 330150

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

Callander Dental Practice 01877 330703

Chemists

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

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

Vets

Callander: 01877 381213

Schools

McLaren High: 01877 330156

Callander Primary: 01877 331576

Callander Kirk



The Church of Scotland,
South Church Street, Callander

Every Sunday 11.15am

Third Sunday 6.30pm Communion
on-line

Palm Sunday, 10th April, 11.15am

Holy Week - Monday 11th - Friday

15th April evening worship

Good Friday, 15th April, morning

walk through Callander

Easter Sunday, 17th April, 11.15am

Details at www.callanderkirk.org.uk

Rev Jeffery McCormick BD

01877 330474



Callander Baptist Fellowship

We warmly welcome folks to join us
in worship.

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.

Bin Collections

Bins are now collected on a
Saturday or a Tuesday. The day is in
the week following these Sundays

April

Brown/Green Bins	Sunday 3rd
Brown Bin /Blue Box	Sunday 17th
Grey/Blue Bins	Sunday 24th

May

Brown/Green Bins	Sunday 1st
Brown Bin/Blue Box	Sunday 15th
Grey/Blue Bins	Sunday 22nd

June

Brown/Green Bins	Sun 29th May
Brown/Blue Box	Sunday 12th
Grey/Blue Bins	Sunday 19th

www.stirling.gov.uk/waste

Lagrannoch WRC Opening times

- Monday - Friday 5.00pm to 7.30pm
- Saturday 10.00am-1.30pm
- 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 Worship 9.30 am

Midweek Worship at St Andrew's

(BCP), Wednesdays, 10.30am.

Good Friday, 15 April. Meditation

before the Cross, 12noon.

Easter Saturday, 16 April, Great

Easter Vigil, 10.30pm.

Easter Sunday, 17 April, Sunday

Worship, 9.30am.

For further information please con-

tact:

Revd Jon Connell h: (01877) 382887

m: 07983 897 841 or

Liz Balding Secretary to St Andrew's

Vestry m: 07825 635 428

www.standrewschurchcallander.co.uk



St Joseph's Catholic Church

Glen Artney Road, Callander

Thursday Mass 10.00 am

Saturday Vigil Mass (May - Sept 5.30
pm)

Sunday Holy Mass 11.30 am

Registration is mandatory via
website: www.stfdac.co.uk or call

01877 330702

Rev Leszek Wiececzek S.A.C.

Recreation

Rail Enquiries: 0845 7484950

Bus Station (Stirling): 01786 446474

Travel Line Scotland: 0870 6082608

Leisure Centre: 01877 330000

Library: 01877 331544

Visitor Information Centre: 07727
288 585

Floods & Environment

SEPA emergency: 0800 807060

SEPA website:

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

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

Scottish Water emergency
information re flooding from mains
or sewers: 0800 0778778

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 3rd
June 2022.**

Advertisements copy & artwork

Please send all advertisement copy
for the **June/July** issue to our
Advertising Co-ordinator Wendy
Munro at:

advertising@benlediview.org by
Wednesday 4th May 2022 Full
details of sizes for advertisement
and artwork specifications are at
www.benlediview.org 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
June/July issue should be emailed
to editor@benlediview.org or
handed in to the Callander Library
by **Friday 6 May 2022.**

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

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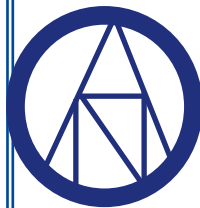
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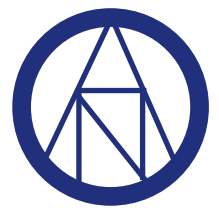
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