

Ben Ledi View

Jun/Jul 2023

Issue 330



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Ben Ledi View

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The *Ben Ledi View* is a community newspaper produced and distributed bi-monthly by volunteers free of charge to approx. 2,000 households and businesses in the Callander area. Letters and articles published in the newspaper do not necessarily reflect the views, beliefs or opinions of the Editorial Committee, who also reserve the right to shorten, edit or not publish any particular letter or article. Contributions will only be published if accompanied by a contact name and address; these will be withheld at the author's request. Articles and advertisements are accepted and printed in good faith.

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Cover Photo by Pauline Deas



Hello Readers,

We have a very informative article on page 5 of this edition, about the Callander Flood Group. Given the amount of rain we get in this part of Scotland and the ever-increasing effects of climate change, flooding is an ever-present concern for the whole town. See how you can get involved in this important group by contacting them directly.

On page 14 we proudly publicise the achievements of one of the trustees of the Ben Ledi View, Kath Millar. Kath has been named Community Walking Champion in the Scottish category of this year's prestigious Ramblers National Walking Awards. Very well-done Kath! Regular physical activity such as walking has been proved to be very beneficial for both our physical and mental health. So please follow Kath's example and enjoy a walk/ramble/hike in the beautiful countryside that surrounds Callander.

As I write this report it is just a few days after the sixth anniversary of the foundation of the Ripple Retreat, a locally based charity that we as a community are very proud of. The service that they provide to young cancer patients and their families is second to none. It's great to hear that a local resident, Susan Milligan, has joined the team who run the retreat,

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situated on the south shore of Loch Venachar. To see how you can support this very deserving cause, please see the article on page 19.

Given that it is a small town Callander is lucky to have some superb local facilities. One of the them is the McLaren Leisure Centre. This year is the 25th anniversary of the centre opening. Throughout these 25 years they have provided not just a range of sporting activities but a wide range of support services for the local community. They are holding a special series of events throughout the year to celebrate this, so get in touch with them. I'm sure you'll find something you're interested in!

Finally, I'd need to pass on some sad news to you all. One of our longest serving trustees, Isla Routledge, is stepping down after seven years of working for the Ben Ledi View. Isla had specific responsibility for advertising, a vital role as it is the magazine's main source of income. On behalf of all the trustees I would like to thank Isla for her service to the Ben Ledi View and wish her and her husband, Steven, best wishes for their future endeavours. If you have any comments or suggestions, please contact me at convenor@benlediview.org

Steven McGowan

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Opening Of New Bracklinn Falls Bridge



Members of the Callander community joined local councillors and National Park Authority representatives at Bracklinn Falls on Wednesday 29th March for the official opening of the new Bracklinn Bridge.

The replacement bridge over the Falls was declared open by Dr Heather Reid, Convener of Loch Lomond & The Trossachs National Park Authority, who untied a bow made from recycled ribbon that stretched across the bridge. Work to install a replacement Bracklinn Bridge was completed earlier this month, providing locals and visitors with a safe place to view the spectacular Bracklinn Falls and a means to complete the full Bracklinn Falls Circuit route once again. It is the latest "Bracklinn Bridge" to be built across the River Keltie at the Falls. According to Callander Heritage Society, the first ever bridge to span the gorge at Bracklinn consisted of two logs, covered with branches and overlaid with turf. The new bridge is made from "weathering" steel which will develop over the next few months and gives it a distinctive rusty colour. The material was selected due to its longevity, giving up to 120 years design life, and the bridge is rated as highly sustainable due to the efficient design and use of materials.



Dr Heather Reid said: "Bracklinn Falls is a beautiful place and I am delighted to see a robust, sustainable bridge in place that will ensure the people of Callander, and visitors to the area, can enjoy the location for many years to come. Replacing a bridge in an environmentally sensitive location like this is not an easy task. The design and construction of the replacement bridge required a bespoke solution, which responded to the unique environment at Bracklinn Falls and the challenges in getting access through the ancient woodland and over the Keltie Water. It is fantastic to see projects such as this completed as part of the Park Authority's new National Park Place Programme, which brings a focus on the Park's visitor infrastructure. I look forward to seeing how it is enjoyed in the years to come by the local community and visitors to this special place."

A recent upgrade to the path connecting Callander town centre, Callander Crags and Bracklinn Falls makes it easier for visitors to park in Callander and walk to the Falls from there. A new information panel sharing the history and culture of the area is also being produced for Bracklinn Falls, in conjunction with Callander Heritage Society and Cambusmore Estate.

*Elaine Brewer
Loch Lomond & The Trossachs
National Park*



How many Crowns, Orbs and Sceptres we have hidden in this issue can you find?

Answers to editor@benlediview.org

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Callander Flood Group

A newly constituted Callander Flood Group (CFG) has been set up to advocate appropriate flood protection for Callander and to provide a single focal point through which any flood related concerns and proposals may be presented and scrutinised. As an autonomous, formal body it can provide a strong voice in discussions with Callander Community Council (CCC), Stirling Council, Scottish Environment Protection Agency (SEPA), Scottish Water, the National Park and other relevant bodies. The CFG may also link with CCC as required on flooding matters, and may offer to assist, partner or represent them in discussions with other institutions and stakeholders.

The CFG can lobby to ensure that any flood protection proposals are both in keeping with Callander's natural environment and would safeguard Callander properties. In particular, there is a belief that all properties at equal flood risk should be given an equal level of protection and that no property should be put at increased flood risk by any other or partial flood protection scheme. Specifically, as regards river flooding, the CFG agrees with the Scottish Government's recommended minimum design standard, that all properties at risk should be protected against at least the 100 year flood. Currently, the CFG is challenging Stirling Council's proposal to build a flood wall across the Meadows car park, mainly because the wall would give a poor level of protection to only ten properties whilst there are no plans, now or future, to protect other properties equally at risk in Bridgend, Grant Court and South Church Street.

The CFG is open to all, whether you are affected by river or surface water flooding or generally have an interest in Callander's flood-related issues, such as the implications for townsfolk and visitors of a barrier across the car park; concerns have been voiced that the possible visual, environmental and social impacts of a high wall may detract from Callander's appeal as a place to live, work or visit.

For more information, to share your views, or to get in touch, please contact the CFG at ianmccourt@gmail.com

Callander Flood Group

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Rural Stirling Housing Association

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Buchlyvan	Gargunnoch	Kippon	Fyndrum
Callander	Sturmore	Luchanhead	
Deanston	Killean	Strathlaine	

Further new build developments are being planned for Kilbuck, Balmullo, Croftlands, and Drymen. Please let us know if you want to live in a village that is set back above, information on local housing need and demand helps us to plan for the future. For a downloadable application pack please visit our website www.rhsa.org.uk

Rural Stirling Housing Association
Stirling Road, Doune FK26 6AA
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Callander Community Council 2023-27

The reformed Community Council will hold its inaugural meeting on Monday June 12th, when the community council is constituted and the office bearers are chosen. This meeting is run by Stirling Council

The full list of community councillors and office bearers will be published in the next issue of the Ben Ledi View, but can be viewed on the Callander Community Council website, www.incallander.co.uk/ccc_home, and the Callander Community Council Facebook page, www.facebook.com/ourcallandercommunitycouncil, once the inaugural meeting has been held. The list will also be posted on the Callander Community Council noticeboard, which is outside the Visitor Information Centre, and in Callander Library.

Olga Watkins - Callander Community Council

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Trossachs and Teith Community Sport and Social Hub

Over the past six months, the charity's trustees have been working hard towards the purchase of the Drummond Estate land which we highlighted back in 2022 and have been making good progress with this project, despite a few delays. We were successful in securing Stage 1 funding from the Scottish Land Fund which has allowed us to carry out numerous surveys on the land. These are a necessary requirement for us as we go into a Stage 2 application with the SLF to secure the funding for the final purchase. To date we have carried out an Ecological Survey, Topographic Survey, Habitat & Tree Surveys, and Flood Risk Assessments which included ten cross sections of the river being assessed. This was all possible thanks to the funding

from Scottish Land Fund and our Stage 1 report is being submitted as this goes to print.

The next phase is to finalise our project plans and costings which will make up part of the Stage 2 application to the Scottish Land Fund.



Acknowledgements and Thanks

At this point we would like to say a huge thank you to Drummond Estate who has been extremely patient with us as this process has gone on for longer than we anticipated, and we look forward to continued support as we work towards the final purchase.

We have also continued to work with our architects at Studio-East to put together the overall project, which not only includes the community building but also some exciting projects such as the Outdoor Nursery, Community Sensory Garden, EV Charging and Canine Exercise & Walking Trail. We have had initial designs drawn up and are pleased to share these with you [see attached images]

Charity Aims

One of our aims as a charity is to increase the opportunities for young people to partake in physical activity within the school environment, but also for our more rural communities who face geographical and transport barriers to attending many activities held in Callander. To do this, we set out to create our first employment opportunity.



We are excited to announce that we have received funding from the National Lottery Community Fund and Baillie Gifford to help us to do exactly this! We've created our Community Development Officer post. In May 2023 Jack Mould will be taking up this role. Jack is a qualified coach across multiple sports and has been tasked with building strong school links by running taster sessions, lunchtime clubs etc across all McLaren Cluster Primary Schools and McLaren High School. He will also be setting up 6 rural hubs from Crianlarich to Aberfoyle, giving residents in the outlying communities regular access to try multiple sports. This is an exciting job we have created, and the aim is, in time, to make this a full-time position as well as to create more employment opportunities within our community as this project progresses.

Community Engagement

In the coming weeks our Trustees will be hitting the pavements and knocking on doors to present to residents our plans, get your feedback and sign up members to the charity. Please do engage with them as this project is for our community and we need both your

support and ideas.

We look forward to sharing more updates with the community in the very near future.

CONTACT: trosachsteith.sportandsocialhub@gmail.com

[Barry McGeachy](#)
Secretary

[Trossachs and Teith Community Sport and Social Hub](#)

Greener Callander's Summer 2023

As always, summer is a very busy time for the Greener Callander team with weeding, dead-heading and tidying continuing in the various gardens, beds and planters around town. April and May have extra sessions to get summer bedding plants ready to go out in hanging baskets and planters in June, hopefully after the threat of frost has passed. We are again grateful to CYP for use of their poly-tunnel which is key to growing on enough plug plants and seeds and yet again we have potted on and sown around 1000. This year we are using more begonias in the hope they will survive the hot and windy as well as wet summer weather we had last year: 200 new ones in addition to those kept over winter.

Again help from Callander residents in bringing them on is much appreciated.

In the last issue I posted a plea for 'Wooden Train Engineers' to build us a replacement for the sadly rotting one outside the WC in Station Road car park. Now, thanks to two volunteers, the building of a new train is well underway, hopefully near completion by the time you read this and ready for new summer bedding. Watch out for notification of the grand opening on Facebook!

We are also extremely grateful to The Crafty Barrel Company for gifting the



New train planter in the making - photo by Lesley Hawkins

3 barrels and to the Ben Ledi View for their donation to cover other costs.

We are continuing to look for funding to restore the surface of the Community Garden. One source is the Co-op as we are one of this year's selected Local Causes, the other two being in Killin. It runs until October so, if you have a Co-op card and haven't already done so, please sign up to select us as your preferred cause. It costs you nothing but when you spend on Co-op products and swipe your card, we get a donation.

<https://membership.coop.co.uk/causes/73443> will take you to the page

where you can choose your cause or you can download the app <https://www.coop.co.uk/coop-app> (also gives you a choice of weekly offers) or phone the Membership Support Centre on 0800 0686727. Thank you.

Finally, I will make the regular plea for extra volunteers, especially for a few younger, fitter ones! We meet once a month throughout the year for a couple of hours for general garden upkeep plus extra sessions for planting summer and winter bedding. If you can help, please let me know via mlhawkins@tiscali.co.uk.

Lesley Hawkins



The Plants and Wildlife of Loch Tay Marshes

Loch Tay Marshes in Killin lie between Pier Road and the end of Loch Tay. Habitats include woodland, freshwater loch, river and fen with a diverse range of plants, birds, mammals and insects. John Holland, speaker at our Callander SWT talk in February, has spent an unbelievable number of hours recording its plants and animals since 2005: I will apologise now for being unable to do him credit!

The River Tay and its tributaries are a Special Area of Conservation (SAC),

designated as a Natura 2000 site for Atlantic salmon and otters, along with protected freshwater pearl mussels and sea, river and brook lamprey. Loch Tay is included as an important clear water loch and at its head is a Site of ~Special Scientific Interest (SSSI) with one of the most open water transition fens in Stirlingshire

On a virtual walk down Pier Road the first stop was the ruins of Finlarig Castle with its beheading pit and standing on top of a large wooded mound. Built in the 1620's by Sir Duncan Campbell, it is now surrounded by large old yew

and holly trees which provide roosts for several species of bats. Native plants include cuckoo pint, bluebells, wood sorrel, opposite-leaved saxifrage and the rare Moschatel (aka 'Town Hall Clock), an Ancient Woodland indicator species. Toothwort is parasitic on the sycamores and the Birds' Nest Orchid, without chlorophyll, is a parasite on a fungus. Woodland birds include spotted flycatcher, nuthatch, redwing, brambling, blackcap, warblers and great-spotted woodpecker.

The Carr woodland is very wet and dominated by alder and willows.

The Plants and Wildlife of Loch Tay Marshes (continued)



Special plants include coral root orchid, water avens, wood club-rush and woody nightshade. Pendulate oaks at the edge of the loch are home to beefsteak and 'chicken of the woods' fungi.

This gives way to marshy grassland with snipe, meadow pipit and water rail plus occasional hunting short-eared owls, hen harriers, peregrine, merlin and barn owl. However, summer grazing with sheep has reduced tall herbs such as meadowsweet, valerian, angelica and melancholy thistle, now virtually restricted to the island.

Beavers have been there since 2014 and quiet observers are virtually certain to see them in the evening from late April to June. John has seen them 685 times, once a group of 12 - don't expect to match that! On the island is their obvious, large, untidy lodge. They do not like alder but take a lot of willow which is good for the fen. Their favourite species is aspen, including those wrapped with chicken wire near the Killin Hotel!

Otters like to fish around the lodge but a female taking in bedding was probably overstepping the mark! Beavers don't like otters and frequently chase them away but otters generally ignore them and continue to play close by.

On the sandy, grassy ridge are silverweed, sneezewort, yarrow, ladies' bedstraw and harebell,

dependent on sheep grazing and trampling by people. Within the SSSI are bladderwort, bottle sedge, lesser water plantain, cinquefoil, water avens and lesser water plantain which forms a pink carpet over the mud.



Ospreys regularly feed on the loch and if a lot of mud is exposed, may also get a variety of spring waders. In the wetlands are snipe, whimbrel, sanderling, knot, turnstone, red-necked phalarope, common sandpiper and an occasional Temminck's stint. Gulls nest on the sandbank: common, lesser black-backed and black-headed, along with common, arctic and sandwich terns. A large number of curlew roost in March and hundreds of sand martins, swallows and house martins go through in spring. Water birds seen include goldeneye, red-breasted merganser, goosander, long-tailed ducks, pintail, scoter, pochard, dabchicks, black-throated divers, cormorants and occasionally great-crested and Slavonian grebes. Geese include barnacle, black-fronted bean, bar-headed and pink footed. Along the River Lochay there are kingfishers and wagtail, whilst dippers nest under the old railway bridge.

"Natural' factors threatening this area include climate change, invasive NZ pygmy weed, spawning non-native roach and flooding. It is an easily accessible area and recreational disturbance can threaten habitat and its wildlife. A change from sheep to controlled cattle grazing would benefit plants but would not be a good mix with dogs. Dogs running through the fen or along the 'beach' disturb ground-nesting birds and may trample chicks. Speed boats and jet skiers on the loch disturb wildlife and waves erode the shoreline and wash up into the fen. More education of users to appreciate the wildlife is obviously needed to protect this special area."

Lesley Hawkins

Heritage Society

First an update on two items covered in our last report - William MacBeath, one of the four founders of Glasgow Rangers, was born in the Waverly Hotel. His father Peter MacBeath ran a draper's shop and they lived in the hotel above, with their shop situated below. In May, 1872, at Fleshers Haugh, Glasgow Green, Rangers fought out a 0-0 draw with Callander Thistle.

More on Bridgend - the Robertson's of East Mains inherited money from family plantations in Jamaica. They bought up vast parts of Bridgend when the lots were allocated by the Commissioners after the '45 Rebellion. These lots included Flowergrove and Robertson House. In the 1890's they gifted these lots to the McLaren Trust for the building of the McLaren High School.

At our March meeting, fittingly, on the day the new Bracklinn Falls Bridge was opened, Bruce Keith came to give a talk on 'Bridgescapes, a celebration of Scotland's bridge building heritage.' Bruce is a retired surveyor and has photographed bridges from all over Scotland. He finished his book in 2017, the year the Queen Elizabeth Bridge across the Forth was opened. The earliest bridges were made from wood and later replaced by stone bridges. The oldest stone bridge in Bruce's collection was the Bridge of Balgownie built in 1320. Early bridges were narrow, only wide enough for packhorses to use and once horse drawn carts and carriages came into use, bridges had to be widened.

Many roads and bridges in the Highlands were built on the orders of Marshall Wade, he of National Anthem fame, and his successor Major Caulfield. Between them, they were responsible for more than 500 bridges and hundreds of miles of roads in Northern Scotland. They were built after the Jacobite Rebellions to allow the troops to move quickly from their barracks to trouble spots. The first stone bridge over the Teith at Callander was built by Caulfield to connect the Military Road, that he built from Stirling to Fort William, with the road at Aberfoyle.

Another famous Scottish bridge builder was Thomas Telford, 1757- 1834. He built so many roads, canals, aqueducts and bridges all over Britain that he was called the 'Colossus of Roads'. He thought the bridge at Dunkeld was his finest work.

At our April meeting Murray Cook, Stirling Council Archaeologist, talked on the Lost Viking Age Fort at Keir Hill of Dasher, Kippen. Last Summer a group, led by Murray, carried out excavations here. In the audience were the couple in whose garden the dig took place. Investigations discovered evidence of 3 main occupations of the fort. The Romans were there in the 1st/2nd century, then from the 10th century there was evidence of building by Kenneth II and then later the Vikings.

Between 950 and 1050 the Vikings carried out many raids on Central Scotland. Using the Forth and its estuary, they were able to sail far inland and raid the surrounding areas. The grave stone uncovered at Kilmadock last year is evidence of their raids to the west of the Forth. They also had settlements around the Firth of Forth. These could have been winter camps or longer established settlements because Viking burials have been found in the area.

Until the 11th Century, the Forth was the border protecting the Scots on the north side from enemies in the south and vice versa. Before Stirling bridge was built, the only way to cross the Forth was at the fords. The main fords were at Stirling and guarded from Castle Rock. The Fords at Frew, further west, allowed crossings through Flanders Moss and over the Forth. To get to the fords you needed to pass Keir Hill of Dasher. This was therefore an ideal place to build a fort to guard the fords. There will be another dig at Kippen in May and new discoveries are expected.

Our next meeting is on June 21st when Peter Mehta will talk on 'Clocks and a link with our heritage.' *Kath Millar*

German-Speaking Group in Callander

Im Juni können wir leider wegen Familienbesuch bei uns nicht zusammenkommen.

Aber wir haben vor, am SONNTAG 9. JULI, um 14.30 bei Peter (Coilhallaan House, Invertrossachs Road, FK17 8HW) ein Gartenfest zu veranstalten. Falls die Wettervorhersage für jenen Nachmittag ungünstig sei, werden wir uns vor dem Regen im Hause schützen!

NB Wenn Sie es vorhaben, mitzumachen, sagen Sie mir bitte erst eine Woche im Voraus Bescheid, damit wir wissen, wie viele Teilnehmer zu erwarten sind.

Die näheren Angaben darüber und ein Diskussionsthema werden wir im Voraus allen Mitgliedern per E-Mail schicken.

Falls jemand bis jetzt an unseren Treffen nicht teilgenommen hat, aber jetzt mitmachen möchte, schicken Sie mir bitte eine E-Mail, um die Einladungen zu unseren zukünftigen Treffen zu erhalten: jenshearer@gmail.com

Wir freuen uns darauf, Sie alle im Juli bei Peter wieder begrüßen zu können.

Jen Shearer



Callander & District Horticultural Society

We kicked off our 150th anniversary celebrations with a new event – the Spring Fayre Skills Share – on Sunday 23rd April in the events space and garden of the Callander Youth Project. We were also joined by representatives from Greener Callander and the Callander Climate Action Group. In addition to stalls, there were kids' planting activities and a series of informative demonstrations including floral art, tips on presentation of vegetables for show entries, planting up a garden planter and hanging basket tips from Greener Callander. A solar powered mobile cinema provided further entertainment showing garden/climate related short films and drone footage from a previous Annual Show.

We would like to say a special thank you to all our speakers and to Callander Community Council for their part in facilitating our successful funding application to the Braes of Doune Community Fund which resulted in significant sponsorship of this event.

Here are some photos from the Spring Fayre Skills Share -



Floral Art



Greener Callander hanging basket



Solar powered cinema



Callander Community Council



Annual Show – Saturday 19th August, 2023

Whether you have just started gardening recently, or are a more seasoned enthusiast, we would love you to get involved in our Annual Show and related activities. Maybe you enjoy craft, baking or photography – there are competition classes to enter in all these areas and also a dedicated section of competitions just for our younger audience. It's not all about being an expert, it's about sharing a common interest and getting a chance to showcase what you grow, make or bake. Preparations are now well underway for the Show on Saturday 19th August at East Torrie Farm, Callander. The show will be open to the public from 2-4pm. As well as the usual Prizegiving at 3pm, we will be serving teas and coffees – so why not make an afternoon outing and bring some family and friends to see the colourful display of flowers, produce and craft... and maybe just meet up for a bit of chat?

Schedules for the show are now available from a number of sources:

- our website, www.cadhs.co.uk;
- an electronic copy can be obtained by emailing cadhortsoc@gmail.com;
- limited printed copies of the schedule are also available at the Post Office, Campbell Butchers and Willow Houseplants.

Our schedule this year has a Victorian theme sprinkled throughout the different sections to mark our 150th anniversary, be it heritage varieties of vegetables or flowers or Victorian inspired recipes and crafts in the industrial & floral art section.

A major change this year is the introduction of the new digital photography competition. Our photography judge, Gordon Scott, had offered to run a digital competition as part of the show. Gordon and his wife have kindly sponsored this competition with the new trophy called the 'Scotties Tower Star Crystal'.

Continued on next page...

Callander & District Horticultural Society - continued

We now also have our own FaceBook page which you can find under “Callander and District Horticultural Society” and we hope to encourage more entries by using social media via Facebook and Instagram. Entries will be able to be made free via our website or via FaceBook.

Garden Competitions

Callander and District Horticultural Society are again running and sponsoring the feature garden competitions with some new classes this year: Judging will take place at the end of July.

The classes are:

1. Best kept garden area - Under 12 (Individual & Group)
2. Best kept hanging basket(s) or container(s)
3. Best kept vegetable garden
4. Best patio or outdoor sitting area for afternoon tea
5. Best commercial/retail floral display

Further information on the competition will be available on our website in due course as this information was not available when going to print.

Finally - can you help?

We are a very small committee and would very much welcome help in running the Annual Show, so if you can spare an hour or so to assist with the set up/dismantling, please get in touch by emailing cadhortsoc@gmail.com.

The Committee



Callander and West Perthshire u3a

No longer working full time? Looking for new interests? Why not join u3a, a UK-wide organisation, which provides opportunities for people to come together to learn for fun?

Callander and West Perthshire u3a has offered well over twenty interest groups this session, 2022/23, covering a wide range of subjects from Ancient History and Art to Travellers’ Tales. Visit candwpu3a.org to find out more about our groups, which are set up and run by members themselves.

Membership is only £10 for the year and you are free to join as many groups as you wish. Most groups are held in Callander or nearby villages in the daytime, although some groups meet on Zoom. Chatterbox, which keeps us informed and entertained, is our monthly online newsletter(or fanzine).

A series of talks on a variety of subjects took place in the spring and we are now planning our monthly talks programme for session 2023/24, as well as a social event for members in the autumn.

Come along to our AGM at the McLaren Leisure Centre on Thursday 24th August, 1.45pm for 2pm. Meet group leaders and sign up for groups 3.15 – 4.30pm. Both new and returning members will be very welcome.

Remember - .make the most of life – ‘learn, laugh, live.’

Joy Henderson

Messy Church - Callander



Messy Church will meet on Saturday 24th June at 10.30 am in Callander Kirk Hall, South Church Street.

Please come and join us for fun, food and family worship.

.....
Holiday Club will run from 31st July until 4th August.

.....
After the summer break, Messy Church will meet again on 30th September.

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

Gillian Alexander

Callander's Song Squad



Doesn't time fly? Some members of Callander's singing group, Song Squad, were also Ledi Birds, founded in 2000. Some 23 years on, these songbirds share memories of early days of singing together and why they continue to sing in harmony to the present day.

Some of the Squadders remember:

- I've sung in a choir since I was 5 years old.I joined the Ledi Birds in 2000 after seeing an advert by Mary Dale.I read music which is useful but not necessary, and I love singing all kind of songs. When the harmonies kick in, it always brings a smile to my face.The social aspect is very important and Song Squad members are very supportive towards each other socially and emotionally;
- I was born to sing! I love singing a-cappella. (a-cappella means singing unaccompanied).

Harmony is great especially when you are all connecting with each other;

- I joined Ledi Birds in 2003 when I was recovering from a period of stress. I had always been a member of different choirs, loved singing and was made to feel very welcome. I loved the many harmonious songs, learned by ear;
- I joined Ledi Birds in 2000 because I enjoyed singing. I could read music but not enough to sing without hearing the tune and so I enjoyed learning by ear and with others around to support me.I always come away feeling good;
- Diana persuaded me to go to the group Can't remember when, but it was quite near the beginning. I only read basic music. Song Squad is good fun, friendly and we have always produced a really good sound;
- These were years of fun, friendships and, of course, a lot of variety in our singing, brought by the varied talents of our wonderful leaders; and finally
- Singing harmony with the Ledi Birds was like a door opening to a different and exciting type of music. It has changed the way I hear a song. Harmonies can wrap around you and intensify the singing experience. Thank-you Mary Dale. For more information about Song Squad, phone Evelyn on [01877 330962](tel:01877330962) or [07810 224647](tel:07810224647)

Sandie Luti

Rotary in Callander

Since the last report we have run two fund raising events. The first was our Easter Sunday Bottle Stall, Bric-a-Brac and Easter Egg Lucky Dip, with the Easter Chicken in attendance.



Easter Chick

The weather was kind to us and with the support of our many local and visiting customers we raised almost £700. This sum, added to the proceeds from our Club's other recent fundraising activities, will help us to achieve our goal of providing at least one (and hopefully two) mobile defibrillator(s) for use in Callander police vehicles. Thank you to everyone who contributed to this excellent result.

Our second event was the Spring Coffee, Crafts and Lunch Event held in Callander Kirk

Hall on Saturday 13th May. At the time of writing we do not have the results of our efforts but we shall report in the next edition.

In our last report we mentioned that as part of a nationwide Rotary initiative we were collecting spectacles from around the district. We are pleased to report that we have now sent off 600 pairs for refurbishment and these will be sent on for use in African countries.

Finally, at our next event, on Sat 29th July we plan to hold a special collection in Ancaster Square of non-perishable food items and cash for Start Up Stirling, who run foodbank collection points and Community Hubs throughout the wider Stirling area (including Callander & Killin). Details of the most needed items at that time will be published in advance on Facebook and our website.

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

Derek House



Waiting for customers



Callander Community Champion scoops top trophy in National Walking Award!

Callander resident Kath Millar and volunteer walk leader for the Countryside Trust's award-winning health walk programme 'Walk in the Park' has been named the 'Community Walking Champion' in the Scottish category of this year's prestigious Ramblers National Walking Awards.



Notified by the award organisers back in April and to mark the recognised National Walking Month of May, Kath and other fellow winners had to keep the exciting news to themselves until the official announcement on the 16th of May.

Walk in the Park, the Countryside Trust's flagship project, which provides health walks across the National Park in Aberfoyle, Arrochar, Balloch, Drymen, Killin and Callander, supports people to reconnect with their communities and rebuild their health. Demonstrating this better than anyone else is Kath, who has been walking with the Callander group since retiring in 2011 and recently achieved her 500th walk this year. As well as leading in developing and supporting the charity's Callander evening walks in a bid to diversify and include a new generation of walkers to the group, Kath has continued to lead and support the morning and evening walks which would not exist if not for the personal time and effort she has invested.

Surprised and with disbelief, Kath shared with Health Walk Coordinator Fiona McGregor her reaction when she first received the news:

"I thoroughly enjoy attending and supporting both the walks and strength and balance" and added "to be chosen from so many others who do the same as me, is a very humbling experience".

What is more, Kath also supports and is a keen advocate of the Countryside sessions, seen as an alternative pathway to walking. Showing her caring, supportive, and engaging self throughout the class, she goes above, and beyond in her duties, so everyone can benefit. As well as the improvement to their overall wellbeing, Kath brings a fun and social aspect to the class which sees participants returning weekly.

Engaging, supportive and encouraging not only to those attending but to everyone she meets and wants to listen, Kath is keen to pass on the key messages of the benefits of walking to everyone's wellbeing. These many conversations have seen new, old and many returning people join the Countryside Trust for a Walk in the Park.

Kath is a champion of everyone being able to walk and enjoy the benefits and without doubt is our 'Community Walking Champion'!

COOK'S CORNER by Audrey Corrieri

Courgette and Ricotta Fritters

Makes 20

INGREDIENTS

1kg courgettes, top ends removed
250g ricotta
2 medium eggs, beaten
1 onion, finely sliced
2tbsp chopped parsley
250ml sunflower oil
wedges of lemon to serve

METHOD

Coarsely grate the courgettes into a colander. Sprinkle over a good pinch of salt and leave to drain for 15 minutes. Once drained, tip the courgettes onto a clean tea towel, gather up the sides and squeeze them hard over a sink to remove the excess moisture.

Tip the squeezed courgettes into a large bowl and add the ricotta, eggs, onion, parsley, potato flour and ground black pepper.

Heat the sunflower oil in a small pan over a medium heat to 160 °C on a thermometer (or test the oil temperature by dropping a tsp of the courgette batter into it: it should sizzle and float to the surface within a few seconds).

Scoop 1 tbsp of the batter into your hand and flatten to form a rough patty. Transfer the patty to a slotted spoon and carefully lower into the oil. Repeat until you have 3-4 patties frying. Deep fry for 3 mins per side or until evenly golden.

Lift out with the slotted spoon and place on a wire rack over a baking tray to drain. Repeat until all the batter has been used.

Serve warm with lemon wedges.



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jo@samaritans.org
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SAMARITANS

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For more information: www.rapecrisisScotland.org.uk

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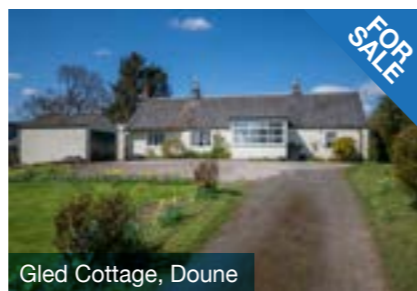
Our recent properties around Callander include:



Main Street



Fern Cottage, Killin



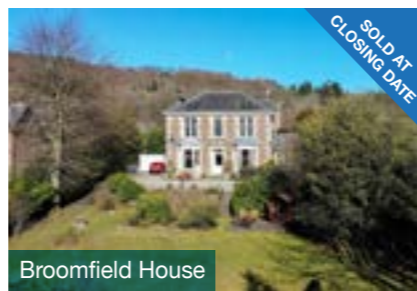
Gled Cottage, Doune



Rock Cottage



Vorlich Crescent



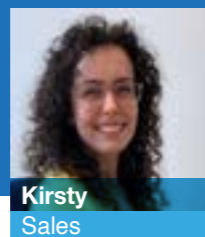
Broomfield House

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Cathedral City Estates

To find out more about the benefits of walking, pop along to weekly "Callander Walk in the Park" departing from Ancaster Square every Tuesday at 10.20am. Free to attend, suitable for all abilities (check route descriptions on their website as this may occasionally vary). No need to book, just turn up. Walks are then often followed by optional refreshments in the many local hotels and cafes in the area.

As the evenings get lighter and the days longer join them for an Evening Walk from Callander's Ancaster Square on Wednesdays (fortnightly) on 14 June, 28 June and 12 July departing at 7pm. No booking required, just turn up.

Anyone looking to develop their mobility confidence can join in with the weekly Strength and Balance session held in McLaren Leisure Centre every Tuesday from 3pm until 4pm.

For more details, visit their website www.trustinthepark.org, call 07784 240270 Monday to Friday or drop an email to Fiona@trustinthepark.org.

Photo of Kath Millar (on page 14) is of her earlier this year receiving her Special Recognition Award for achieving her 500th walk with Walk in the Park!



New Service for Urology at Forth Valley Royal Hospital

Forth Valley Royal Hospital has become the first in Scotland to set up a new service for treating patients who have a suspected recurrence of bladder cancer. Known as TULA (Trans Urethral Laser Ablation), it enables abnormal tissue in the bladder to be removed under a local anaesthetic in a clinic setting, removing, in many cases, the need for a general anaesthetic.

The procedure involves examining the bladder using a camera on a thin flexible tube that uses laser treatment to remove any tumours or suspicious areas. TULA usually takes between 10 and 20 minutes to complete and most patients are able to go home on the same day.

NHS Forth Valley Consultant Urologist, Mr Gavin Lamb, explained: "TULA has been a revelation as it can be used as an alternative to standard diathermy treatment, a less reliable and well tolerated treatment, which uses heat to destroy a tumour. Almost all the patients who have experienced the previous treatment have commented on how much better their treatment experience has been with TULA. Also, because it is so well tolerated, we have been able to treat much larger tumours that, in the past, would have required a general anaesthetic. Managers and clinical staff have worked hard to get this new TULA service in place, and I am delighted by how much our patients are benefitting from its availability.

Mental Health Support

If you need to talk to someone or you want more information on how to keep yourself and others well and look after your mental health in 2023, the following national organisations have useful resources:

- NHS 24 Mental Health Hub
Call 111 24 hours a day, 365 days a year
- Childline on 0800 1111
- Scottish Association for Mental Health (SAMH) 0344 800 0550 or email at info@samh.org.uk.
- Breathing Space Scotland 0800 83 85 87
- Clear Your Head <https://clearyourhead.scot/support>
- Samaritans Call or email 24 hours a day, 365 days a year (Call 116123 or email jo@samaritans.org)



The Community Hub will be open on Wednesdays between 12.30-2.30 in Callander Kirk Hall, South Church Street, Callander, FK17 8BN.

Gail and her volunteers have a light lunch and a warm welcome for all every Wednesday, an opportunity to catch up with friends old and new.

Pop in anytime between 12.30-2.30pm

Advisors from Citizen Advice will also be on hand to provide information and advice on benefits, housing and energy costs.

For more information contact Gail on 07951 013470
gail@startupstirling.org.uk



Pets are an important part of many people's lives, providing companionship, comfort, and even therapy. As pet owners, it is our responsibility to ensure that our pets are healthy and happy. One of the best ways to do this is through regular veterinary check-ups. In this article, we will explore the many benefits of regular veterinary check-ups for pets.

Early Detection of Health Issues

One of the primary benefits of regular veterinary check-ups is the early detection of health issues. During a check-up, the vet will perform a thorough physical examination, checking for any signs of illness or disease. They may also recommend additional tests or procedures, such as blood work or imaging, to further evaluate your pet's health. By detecting health issues early, treatment can begin sooner, which can lead to better outcomes and a higher chance of a full recovery.

Preventive Care

In addition to early detection, regular veterinary check-ups also provide an opportunity for preventive care. This includes vaccinations, parasite prevention, and dental care. Vaccinations are an important way to protect your pet from potentially life-threatening diseases. Parasite prevention, such as flea and tick medication, can help keep your pet free from harmful parasites. Dental care is also important, as dental disease can lead to serious health issues if left untreated.

Peace of Mind

Regular veterinary check-ups can also provide pet owners with peace of mind. Knowing that your pet is healthy and free from disease can help alleviate anxiety and worry. Additionally, if there are any health concerns, addressing them promptly can help ease concerns and reduce stress.

Improved Quality of Life

Regular veterinary check-ups can also improve the overall quality of life for pets. By addressing health issues promptly, pets can feel better and live more comfortably. Preventive care can also help prevent health issues from arising in the first place, which can lead to a happier, healthier pet.

Long-Term Cost Savings

While regular veterinary check-ups do come with a cost, they can actually save pet owners money in the long run. By detecting health issues early, treatment can begin sooner, which can prevent more serious health issues from developing. Additionally, preventive care can help prevent health issues from arising in the first place, which can help reduce the cost of treatment over time.

Bonding with Your Pet

Regular veterinary check-ups also provide an opportunity for bonding with your pet. Bringing your pet to the vet regularly can help build trust and a strong bond between you and your furry friend. This can lead to a more rewarding and fulfilling relationship with your pet.

Continued at top of next page



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Pets continued

Improved Longevity

Finally, regular veterinary check-ups can help improve the longevity of your pet. By detecting and treating health issues early, pets can live longer, healthier lives. Preventive care can also help prevent health issues from arising in the first place, which can help keep pets healthy and happy for years to come.

In conclusion, regular veterinary check-ups are an important part of responsible pet ownership. They provide many benefits. If you haven't already, be sure to schedule a check-up for your pet today at Riverside vet clinic. Your furry friend will thank you for it.

(Riverside Vet Clinic is currently doing free nail clips for all pets!)



Riverside Vet Clinic

Ripple Retreat News – It's Good 2 Give

Local resident, Susan Milligan, joined It's Good 2 Give as our Ripple Retreat Manager in January 2023. She brings with her a wealth of skills and experience and we're delighted to have her on board. Susan has certainly thrown herself in at the deep end and has proved herself to be a valuable member of the team already. Alongside overseeing the running of the retreat, Susan has been busy talking to her local community about her role and the retreat which opened in 2017 (it was our 6th birthday on 12th May!)



Supporting young cancer patients (age 0 to 18) and their families in Scotland, the Ripple Retreat, situated on the shores of Loch Venachar, is a place families can spend precious time together during or after treatment. Families stay at no cost to themselves. We are almost fully booked for 2023 already, however, we do keep some weeks free for families whose child is moved to palliative care and wishes to spend time at the retreat at short notice or, if parents have sadly lost their child, to give them time and space together to reflect and breathe in the calm oasis that the retreat provides.

The retreat was built after 7 years of incredible fundraising and support from individuals, businesses, schools, and organisations. I have been a full-time volunteer since setting up the charity in 2010. As we've grown our practical and mental health support for young cancer patients, and run the retreat, I have a small paid team working alongside me with the passion, skills, and experience, to support young cancer patients and their families. We have no charity premises, so have no other overheads to ensure that we keep our running costs as low as possible.

Back to Susan! Susan first heard about It's Good 2 Give and the Ripple Retreat after volunteering at the water stop for the Callander 10k. She loved the name of the charity when she started volunteering - 'It's true - it feels good to give!' Since then, she became a Welcome Volunteer, welcoming families as they arrive for their stay at the retreat on a Saturday morning. She has also volunteered at various events throughout the year.

'When I first walked through the door of the Ripple Retreat, I got an instant very special feeling of a very special place. I am honoured to be part of an amazing team and privileged to be Manager of such an amazing space. I look forward to sharing news with the local community (and further afield) and bringing the community to the Retreat to understand the impact it has on the families who stay.'

If you'd like to support the Ripple Retreat in any way you can, we'd love to hear from you! Whether it's raising funds through the 2024 Callander 10k, or children's 1k, taking part in the Kiltwalk, organising a fundraiser at your school or nursery, or choosing us as your Charity Partner, please contact Susan who'd love to have a chat with you.

We're very happy to come to you for a 'lunch and learn session' at your school or place of work to tell you all about our charity and the retreat. You bring your lunch and we'll do the rest! Please contact Susan to arrange: [E: susan@itsgood2give.co.uk](mailto:E:susan@itsgood2give.co.uk) [T: 07359 573293](tel:07359573293)

With heartfelt thanks to everybody who has supported us so far,

*Lynne McNicoll OBE
Co-Founder and Chairperson
lynne@itsgood2give.co.uk*

McLaren Leisure

(celebrating 25 years of supporting the community)

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

www.mclarenleisure.co.uk 01877 330 000

We are thrilled to be celebrating our 25th birthday as a community-led and run sport and leisure facility! For a quarter of a century, we have been committed to providing quality facilities and services to our local community.



We were established in 1998 [The picture shows members at the opening ceremony] and over the years, we have grown and expanded our facilities and services to better serve the diverse needs and interests of our members.

We are proud to offer community facilities and services with state-of-the-art equipment, and a variety of programmes designed to promote health and wellness in our community. Whether you're a fitness enthusiast, a sports

fanatic, or just looking for a fun activity to do with friends and family, we have something for everyone.

McLaren Leisure is more than just a place to exercise and play sports. It's a hub for our community, a place where people come together to socialise, make new friends, and support one another.

We have seen at first-hand the positive impact that our facility has had on our community, and we are honoured to have played a role in promoting a healthy and active lifestyle for so many people.



As we celebrate this milestone, we want to thank our members and the wider community for their support over the years. We are proud of what we have accomplished together and are committed to continuing to provide high-quality facilities and services for many years to come.

We are excited to celebrate our 25th birthday with a series of special events throughout the year, including community walks, family events and celebrations within our fitness classes, swimming lessons and summer activities. We invite you to join us in celebrating this momentous occasion and to experience all that McLaren Leisure has to offer.

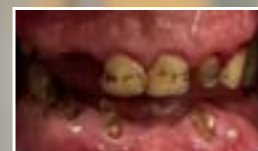
We have even launched a new website for the occasion! Pop online and check it out - it's your one stop for all things McLaren Leisure. Find out about activities, make a booking or check out our timetable of 25 activities for our 25th birthday.

Thank you for your continued support, and here's to another 25 years of fun, fitness, and friendship!

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What's On for June and July

REGULAR MEETINGS

Mondays:

- Body Fit 7.00-7.45 am McLaren Leisure
- Active Life 9.30-10.30 am McLaren Leisure
- Chair Yoga 11.00-12noon McLaren Leisure
- Core Fit Express 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: None in July
- HIT Circuits 7.00-7.45 McLaren Leisure
- Cycle Fit 6.00-6.45pm McLaren Leisure
- Indoor Cycling 8.00-9.00pm McLaren Leisure
- Core Fit 8.00-8.45pm McLaren Leisure
- Guides 6.30-8.00pm St Andrew's Church Hall
- Callander Pipe Band practice/teaching 7.00pm Masonic Hall
- Open rink night Bowling Club 7.00pm Visitors/beginners welcome (bowls available)
Contact Donald 075134 488453

Tuesdays:

- Callander Cycle Meander meet 10.00am Ancaster Square (contact 01877 339074)
- Aqua Therapy 9.30-10.30am McLaren Leisure
- MumFit 11.00-12 noon McLaren Leisure
- Yoga Basics 12.30-1.45pm McLaren Leisure
- Gentle Yoga 2.00- 3.00pm McLaren Leisure
- Strength and Balance 3.00 -4.00pm McLaren Leisure
- Body Fit Express 5.00 - 6.00pm McLaren Leisure
- Power Fit 6.00-6.45pm McLaren Leisure
- Beginner Line Dancing 6.30pm - 8.00pm St Andrews church hall
- AquaFit 7.15-8.00pm McLaren Leisure
- Badminton Club 7.30pm McLaren Leisure

Wednesdays:

- Evening Yoga 7.30-9.00pm McLaren Leisure
- Taekwondo 7.00-9.00pm McLaren Leisure
- Cycle Fit 7.00-7.45 am McLaren Leisure
- Active Life 9.30-10.30 McLaren Leisure
- Baby and Me Yoga (for carers and babes up to crawling) 9.30-10.30 Fire Station ,contact Sian Lucas at www.momoyoga.com/seasonalbalance
- Seasonal Yoga 11.00-12noon Fire Station book at www.momoyoga.com/seasonalbalance
- Citizens Advice Bureau 10.00am-12.30pm Callander Library
- Teapot Café 10.30am Callander Kirk Hall Library
- Body Fit Express 1.00- 1.30pm McLaren Leisure
- Core Fit Express 5. 30-6.00pm McLaren Leisure
- Bowling club 2.00pm (as Monday) Bowling Club
- Body Fit 7.00-7.45pm McLaren Leisure
- Walk in the park 7pm fortnightly from 14th June
- Cycle Fit 8.00-8.45pm McLaren Leisure
- Taekwondo (contact falkirktaekwondo@gmail.com)

Thursdays:

- Aqua Therapy 9.30-10.30am McLaren Leisure
- Town Break 10.30-12.30 St Andrew's Church Hall
- Craigard Club meet for lunch 12.00-2.00pm Callander Hostel
- Bingo Session 2.00- 3.00 (doors open 1.45) Callander Hostel Contact Jen Shearer 01877 0446 or 07710 232908 for transport
- Power fit 6.00-6.45pm McLaren Leisure
- HIIT 7.00-7.30pm McLaren Leisure
- Cycle Fit 7.00-7.45pm McLaren Leisure
- Core Fit 8.00-8.45pm McLaren Leisure
- Redtooth Poker League at Lade Inn 7.30pm all welcome

Fridays:

- Body Fit 9.00-9.45 am McLaren Leisure
- MumFit 11.00- 12noon McLaren Leisure
- Power Fit Express 1.00-1.30pm McLaren Leisure
- Cycle Fit Express 5.30-6.00pm 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

Sundays

- Redtooth Poker League at Lade Inn 6.00pm all welcome

June

Saturday 3rd

- Woodland Trust 'Tree medicine across the seasons – Summer with Rowan' (£40 and booking fee) 10.00am-3.00pm Lendrick book on website <https://www.woodlandtrust.org.uk>

Friday 7th

- Yoga & Sound Mini Retreat 6-9pm <https://www.momoyoga.com/seasonalbalance>

Saturday 10th

- Woodland Trust guided walk Drippan, Lower Lendrick and Drum 10.00am to 12.30pm. Free but booking required on website <https://www.woodlandtrust.org>.

Saturday 24th

- Messy Church, Kirk Hall 10.30am

July

Saturday 1st

Woodland Trust guided walk Lendrick Hill and Glen Finglas Reservoir 10.00am-12.30pm. Free but booking required n website <https://www.woodlandtrust.org.uk>

Friday 5th

Copy deadline for Ben Ledi View

Wednesday 5th

- Northwest Girlchoir from Seattle, USA in concert with local young Musicians - £5 suggested donation proceeds to Callander Kirk

Sunday 9th

- German-speaking group meet at 2.30pm Coilhallan House ,Invertrossachs Road Callander FK17 8HW

Saturday 15th

- SWT Bottle stall and plant sales 10.00am-3.00pm Ancaster Square

Wednesday 26th

- Pregnancy Yoga & Relaxation Retreat 6-9pm <https://www.momoyoga.com/seasonalbalance>

Saturday 29th

- Rotary Special Collection of non-perishable food and cash for Start-Up Stirling 10.00am -2.00pm Ancaster Square

August

Friday 4th

Ben Ledi View published

Mark Brownrigg

Jean Brownrigg and family would like to thank all those who gave them such wonderful support at the time of Mark's passing. Their presence in the church, kind words, practical help, the cards they sent and the many beautiful flowers which we received were very much appreciated and gave us comfort.

Not many people have heard of Myositis, so we were very happy to send £800 to Myositis UK for further research.

A big Thank You to all who donated.

Our New Bridge

Dear Sirs,

I have just read Issue #329 of the BLV and am completely disappointed in the article re the Bracklinn bridge.

Having been born and spent my youth in Callander, but now retired in Canada, I feel qualified to comment on this latest iteration of the bridge over the Bracklinn Falls, having spent many Sundays on walks with my parents to the Falls

In simple terms, the new bridge is a perfect abomination.

I assume the cost of the previous bridge was paid by Stirling Council, in which case the company who built it had certainly done their utmost to build it to last for only a few years. They saw the Council coming.

This latest version looks to be an example of a Lego-built bridge and how your Convenor can say that "I think it was just what was needed. It doesn't detract from the natural beauty of the place and it appears to have been built to last"

How you can say that is complete nonsense.

It may be today's idea of bridge building, but it is certainly not mine.

Alisdair Duncan.



The group will go on our summer outing to Oban.

On Tuesday 20th June

Leaving from the **Dreadnought Car Park at 10:30am**
Stopping at the Green Welly for coffee.

Look forward to seeing you there
Fiona Snow
Secretary

Callander Amateur Operatic Society

In March, the production of *Calamity Jane* was a great success, thoroughly enjoyable for cast, orchestra and audience. There was a real buzz about the show and we have received some very favourable comments.

Below is the review by Elizabeth Donald, the local rep for NODA (our umbrella organisation)



'From the overture, the music of this popular show wrapped itself comfortably around the audience and transported us to mid-America with its gun-shooting, rumbustious main character Calamity Jane. This role was grasped wholeheartedly by Naomi Scott, playing the defiant woman trying to prove her worth in a man's world, before realising her true feelings in an emotional My Secret Love. Provoking her to the max was Richard Underwood, egging her on in Tell us Another One and with sparks flying in their duet, I Could Do Without You, then showing all the discomfort of a man faced with an angry female undressing, before recognising his love for her. Martin Scott played Lieut. Danny Gilmartin, showing his resilience in coping with an Indian attack, but less sure when he falls in love with Katy and on how to break the news to Calamity.

Olivia Pearson took on the role of Katie Brown, in her first principal role, demonstrating her capabilities by portraying a frightened substitute for a famous singer then growing in confidence when she knows she is appreciated. Their duet, Love Me Dearly, was a tender moment. Angela Dickinson showed herself in a different light this year playing the role of Adelaide Adams, where her less than veiled contempt for Katy's abilities and ruthless handling of her admirers were spot on.



capable proprietor's niece; Brian McKay as Joe The Barman; John Isgrove as Hank and Matt Duncan as Rattlesnake. The story line charged along with wonderful numbers such as The Deadwood Stage, Windy City and of course the lovely harmonies in The Black Hills of Dakota. The chorus sang these classics with engaging style and the dancers' moves were in keeping with the times.

This is a great company show and this production, with apt costuming and colourful cloths setting each scene, made a great impression on myself and the audience who showed their hearty appreciation. Well done to all.'

Another wonderful reflection on the talent that abounds in Callander. As always we have to thank you, our audience and supporters, who have stayed loyal over the years and helped make our productions possible.

Already we are looking forward to our next production, which will be confirmed in the next few weeks. If you have been inspired by *Calamity Jane* then why not come along to rehearsals which will start in the first week in September. If you want to help in other ways, we are always looking for volunteers. Please see our website for details - www.c-a-o-s.org.uk.

Grant Webb dealt well with the testing role of Francis Fryer, a shy song and dance man thrust into impersonating a woman and putting over an attractive seductiveness until the wig came off. He finally got his reward in finding his partner Susan.

Other principals upheld their roles: Steve Murphy as the excitable proprietor Henry Miller; Charlotte Wood as Susan, the



Steve Murphy for CAOS

Photographs by Ron Allner

Book Club Review

This issue's book review title is *Lessons in Chemistry* by Bonnie Garmus (Doubleday: 2022).

The book begins in 1961 when a young girl called Madeline (Mad) Zott is reading the insightful notes her mother puts in her school lunchbox every day (It is not your imagination. Most people are awful). Mad is no ordinary 5-year old. She already reads literary novels, but hides this from her classmates. She is smart enough to know that being different is not a blessing and she has direct experience of this. Mad's mum is Elizabeth Zott, the reluctant star of a new television cooking show, *Supper at Six*, which was causing a big noise in households across America in the early 1960s.

Rewind ten years earlier, to the Hastings Research Institute in the town of Commons, Southern California. It is 1952 and Hastings is a mediocre workplace with one star scientist, Cadel Evans. A famed chemist, still in his 20s, Evans had authored numerous influential scientific papers, been involved with Nobel Prize winning research, presented at many conferences and had turned down a number of posts at much better institutions, including Harvard. He chose Hastings based on one factor, its low annual rainfall, as he hates rain.

Evans meets Elizabeth Stott, who is also a researcher at Hastings. Yet while he has a lab to himself, she is crammed in with a bunch of mean male co-workers. These colleagues whisper behind her back, as she refuses to do their admin or make their coffee. Like Evans, her passion is chemistry. The pair match in intellect, but their career paths could not be more different.

After a ropery start, the two begin a relationship, drawn to one another by their shared awkwardness and love of scientific formulas. Their love is deep, a fact that causes their bitter colleagues even greater resentment and there are united imaginings and yearnings that it will all end badly. But what does eventually happen, could never have been anticipated by anyone.

This is the debut novel by Bonnie Garmus and it's brilliant. Workplace hierarchies and women's place within them is the key theme, but whilst women are at the bottom of the heap in 1950s America, many men don't figure too well either. The book is smart and funny. And such a fantastic character, Elizabeth Zott, at it's heart. I'll miss her. I certainly won't forget her. Definitely recommended.

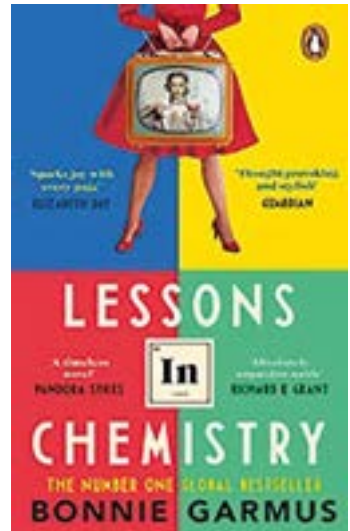
The next BLV book club review will be *The Satsuma Complex* by Bob Mortimer (Gallery Books UK: 2022).

Maggie Magor

Scottish Artist Exhibition

I am a professional artist, living and working close to Callander My paintings are exhibited in various public and private collections in Europe and the USA and my 11th solo exhibition will take place at the Dundas Street Gallery in Edinburgh between Saturday 1st - Friday 14th July.

If you would like to find out more about my work, my website can be viewed at : www.peteryatesartist.com



Peter Yates

Callander Primary School's Fundraising Group

Met on the 27th April to plan our annual, whole school fundraising event to help boost our school funds.

We decided as a team to coincide this fundraiser with the King's Coronation and the holiday weekend. We planned and organised a "Royal Mile" event on Friday the 5th May.



Classes took part in logging as many "Royal Miles" as possible. Children could wear non uniform for the day or come to school dressed for the occasion wearing red, white and blue. We even saw the occasional crown, tiara and Union Jack bowler hat alongside some waving flags!



We raised a wonderful £184.50 which will go towards replenishing our PE equipment and enhancing our Art supplies.

*Clair Harvey
Depute Headteacher,
Callander Primary School*

- Across**
- 1 Influence (6)
 - 4 Hanging Ice (6)
 - 9 Mathematical Statement (7)
 - 10 Utilize (5)
 - 11 Bordering Pakistan (5)
 - 12 Top (7)
 - 13 Aldi (11)
 - 18 Unable to do (7)
 - 20 Godfather (5)
 - 22 Fabric (5)
 - 23 I'll see your bet (7)
 - 24 This Harry is not a royal or a wizard (6)
 - 25 Not far away (6)
- Down**
- 1 Antony and Cleopatra had one (6)
 - 2 Most common outcome in apprentice (5)
 - 3 The Lion's Request (7)
 - 5 Held on tight (5)
 - 6 Who's New Year was on 22nd Jan (7)
 - 7 Prince Andrew's cue to the throne (6)
 - 8 Study of numbers, quantities & shapes (11)
 - 14 As a rule (7)
 - 15 Throw away (7)
 - 16 Plays have several of these (6)
 - 17 Person who makes audio books (6)
 - 19 Quick step (5)
 - 21 These convey an action (5)

Prize Crossword #148

1		2		3			4	5		6		7
						8						
9								10				
11						12						
	13	14						15				
16												17
18				19				20		21		
22						23						
24								25				

This crossword, my second is slightly harder than the first as some clues have more than one possible answer. Don't think too deeply for the answers! I urge everyone to give it a go, as the winner will be selected at random, so everyone has a chance to win the £5 prize.
Good luck everyone John Keeling

Contact form on reverse of this page to enter competition

Junior Prize Word Search #149

K	D	B	C	G	A	C	Y	M	D	B	G	H	S	L
E	R	A	A	A	T	R	I	T	W	O	Y	R	W	A
E	E	D	N	K	H	I	C	B	A	W	M	B	I	C
P	S	M	O	A	L	C	E	A	T	L	N	A	M	R
F	S	I	E	R	E	K	H	S	E	I	A	S	M	O
I	A	N	I	T	T	E	O	E	R	N	S	K	I	S
T	G	T	N	I	I	T	C	B	S	G	T	E	N	S
J	E	O	G	N	C	R	K	A	K	S	I	T	G	E
G	D	N	C	G	S	R	E	L	I	K	C	B	G	G
O	B	O	X	I	N	G	Y	L	I	P	S	A	K	T
L	M	V	J	A	V	E	L	I	N	D	H	L	A	E
F	O	R	M	U	L	A	1	O	G	N	A	L	R	N
R	U	G	B	Y	V	S	N	O	O	K	E	R	A	N
F	O	O	T	B	A	L	L	T	J	V	U	W	T	I
C	Y	C	L	I	N	G	S	H	I	N	T	Y	E	S

List of words to find.....

- | | |
|------------|-------------|
| Athletics | Gymnastics |
| Badminton | IceHockey |
| Baseball | Javelin |
| Basketball | Karate |
| Bowling | Karting |
| Boxing | KeepFit |
| Canoeing | Lacrose |
| Chess | Rugby |
| Cricket | Running |
| Cycling | Shinty |
| Darts | Snooker |
| Dressage | Swimming |
| Football | Tennis |
| Formula1 | WaterSkiing |
| Golf | |

To win find the one sport NOT in the puzzle

Local Information

Emergency Services: 999

Callander Police: 101

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

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

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

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

Councillors

Martin Earl - earlm@stirling.gov.uk

Gene Maxwell - Maxwellg@stirling.gov.uk

Elaine Watterson-wattersone@stirling.gov.uk

MSP

Evelyn Tweed - evelyn.tweed.msp@parliament.scot

National Health

Callander Medical Practice [01877 331000](tel:01877331000) (Prescriptions (10.00am till 3pm))

District Nurse [01877 330150](tel:01877330150)

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

Chemists

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

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

Vets

Callander:[01877 381213](tel:01877381213)

Schools

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

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



Callander Kirk

The Church of Scotland,
South Church Street, Callander

Please join us every Sunday 11.15am
- (Communion Service 4th June) also
livestreamed on facebook and on
Youtube channel

Rev Jeffery McCormick BD
jmccormick@churchofscotland.org.uk
[01567 820247](tel:01567820247)

Church Office/Hall Bookings:
callanderkirk@btconnect.com

Bin Collections

Bins are now collected on a
Saturday or a Tuesday.

The dates are

June

	Tues	Sat
Grey/Blue	6th	24th
Brown/Green	27th	3rd
Brown/Blue Box	13th	17th

July

Grey/Blue	4th	22nd
Brown/Green	25th	1st/29th
Brown/Blue Box	11th	15th

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](tel:01877330492)
Also for sandbags and grit
- Stirling Council Main number [08452 777000](tel:08452777000) (Functions as emergency number from 5.00pm to 9.00am and over weekends. Also use for non-collection of wheelie bins.)



Saint Andrew's Scottish Episcopal Church

Leny Road, Callander

Sunday Worship 9.30 am

Midweek Worship at St Andrew's
(BCP), Wednesdays, 10.30am.

For further information please contact:

Revd Jon Connell Rector of linked
charges of St Andrew's Callander and
St Mary's Aberfoyle 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)
www.standrewschurchcallander.co.uk

Hall for hire by the hour - contact
[07795 244333](tel:07795244333)

Recreation

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

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

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

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

Library: [01877 331544](tel:01877331544)

Visitor Information Centre: [07727 288 585](tel:07727288585)

Floods & Environment

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

SEPA website:

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

Floodline: [0845 9881188](tel:08459881188) Select option 1 followed by: [06213 121](tel:06213121) (the Teith at Callander)

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

Location of defibrillators

Dreadnought Garage

Callander Golf Club

McLaren Leisure Centre

The Post Office

Ancaster Square

West Dullater House and Grace's

Cottage Invertrossachs

Mobile unit based in Callander with
Scottish Ambulance Service



St Joseph's Catholic Church

Glen Artney Road,

Callander

Website: stfdac.co.uk; Phone: [01877 330702](tel:01877330702)

Email: stjosephcallander@dunkelddiocese.org.uk

Parish Priest: Rev. Leszek Wieceaszek
SAC

WEEKLY SCHEDULE

Callander

Tuesday & Thursday Holy Mass at
10.00am

Sunday Holy Mass at 11.30am

We warmly welcome you to join us
in worship on a Sunday afternoon.
This takes place in St. Andrew's
Church Hall at 4.00pm each week.
Our weekly prayer meeting is on a
Monday evening at 7.30pm on
zoom/in-person. Please contact:
admin@callanderchristianfellowship.org.uk for further details.



New Planning Applications

Erection of a new primary school

with associated car parking and provision of external landscape spaces
 McLaren High School Callander Stirling FK17 8JH
 Ref. No: PSC/2023/0003 | Received: Thu 20 Apr 2023 | Validated: Fri 21 Apr 2023 |
 Status: Current

Installation of 3 no. replacement windows

on rear elevation
 Flat D First Floor Right 151 Main Street Callander FK17 8BH
 Ref. No: 2023/0136/HAE | Received: Wed 12 Apr 2023 | Validated: Mon 24 Apr 2023 |
 Status: Current

Erection of telecoms mast,

installation of associated equipment and formation of access track Open for
 comment icon
 Sron Armalite Glen Finglas Brig O Turk Callander FK17 8HY
 Ref. No: 2023/0122/DET | Received: Fri 31 Mar 2023 | Validated: Thu 06 Apr 2023 |
 Status: Current

Change of use of land to extend garden curtilage

6 Old Station Court Strathyre Callander FK18 8NL
 Ref. No: 2023/0088/DET | Received: Tue 07 Mar 2023 | Validated: Tue 09 May 2023 |
 Status: Current

Application to discharge a planning obligation

related to planning permission ref. no. 2005/0188/OUT
 Land At Lagrannoch Stirling Road Callander Stirling
 Ref. No: 2023/0083/75A | Received: Tue 28 Feb 2023 | Validated: Tue 28 Feb 2023 |
 Status: Current

Extension of car park and formation of footpath link to viewpoint

Leny Wood
 Car Park Land At Falls Of Leny Kilmahog Callander
 Ref. No: 2023/0004/DET | Received: Tue 10 Jan 2023 | Validated: Tue 21 Feb 2023 |
 Status: Current

Help Needed

(desperately!)

As you probably know the Ben Ledi View is hand delivered to every household in Callander for free. We are only able to do this because all of the many people who produce and distribute the magazine do it as unpaid volunteers. We are currently in need of some additional volunteers and I'm sorry to announce that if we don't get them, we may struggle to publish the magazine in the future.

The people we need are

- **Editorial** to assist in the editing of the magazine
- **Advertising**:- Persons to help facilitate local businesses to place ads in the magazine and charging them for this.
- **Secretary**: person to set up and organise our team meetings.

If you think that you are able to help with any of the above roles, please contact me on the following [email convenor@benlediview.org](mailto:convenor@benlediview.org)

Steven McGowan

BLV DEADLINES

The next issue of the Ben Ledi View will be published on **Friday 2nd August 2023.**

Advertisements copy & artwork

Please send all advertisement copy for the **Aug/Sept** issue to our Advertising Co-ordinator Nina Taylor at:

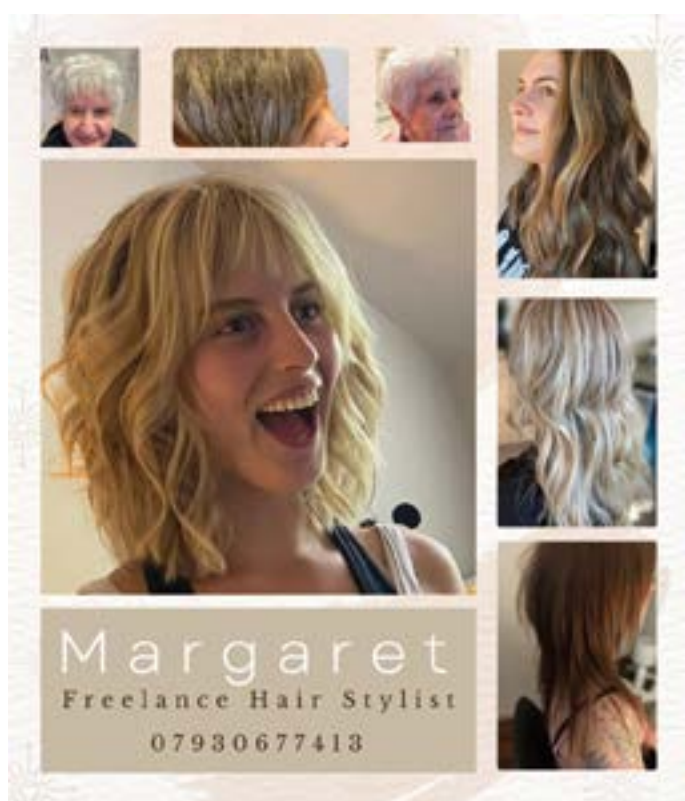
advertising@benlediview.org by **Wednesday 5th July 2023** Full details of sizes for advertisement and artwork specifications are at www.benlediview.org under the Advertise tab. Please call or email for advice if in doubt.

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

Editorial copy

All editorial contributions for the **Aug/Sept** issue should be emailed to editor@benlediview.org or handed in to the Callander Library by **Friday 7th July 2023.**

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



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Friday – 08:00 to 16:00; Saturday 08:00 to 12:00

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callanderdecorating@gmail.com

To advertise in the Ben Ledi View
Contact our Advertising Co-Ordinator
Nina Taylor at:
advertising@benlediview.org

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Overflows	Gas Safety Certificates	Blocked Drains
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Help Still Needed (desperately!)

As you probably know the Ben Ledi View is hand delivered to every household in Callander for free. We are only able to do this because all of the many people who produce and distribute the magazine do it as unpaid volunteers. We are currently in need of some additional volunteers and I'm sorry to announce that if we don't get them, we may struggle to publish the magazine in the future. The people we need are in

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If you think that you are able to help with any of the above roles, please contact me on the following email convenor@benlediview.org

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King Charles III Coronation

A Royal tea party

The continuous downpour didn't dampen the spirits of the many dozens of visitors who came to St Andrew's church hall on Coronation Bank Holiday Monday to enjoy a cuppa and delicious array of home-baked cakes — as well as the opportunity to catch-up with friends and neighbours.



'We'd like to thank everyone who came and made the afternoon such a happy occasion. It made all the effort worthwhile,' said Vestry secretary Liz Balding. 'I was worried about the weather but I think the unrivalled reputation of our talented bakers was more than enough to tempt folk along.'



She also thanked the volunteers who put up the bunting in the church hall and grounds — and maid special mention of Mrs Audrey Corrieri, who had crocheted at least 60 eye-catching red, white and blue flowers that dotted the pyracantha around the main church entrance and the display on top of the font. 'They certainly brought the "wow" factor to our celebrations.'

