

# Ben Ledi View

Callander's News & Views since 1987

## Canmore Trust Street Ceilidh

31st August 2024

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sea of  
blue!



*"Bringing our community together to  
create a Sea of Blue in 2024"*



## Ben Ledi View

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## Convenor's Welcome Message

Hello Readers,

We are now well into the second half of 2024, the weather has warmed up a bit and Callander seems to have remained busy, particularly with coach parties. Hopefully, both locals and visitors will make use of the new Trossachs Explorer bus service to enjoy the surrounding area with someone else doing the driving for a change!

The last issue highlighted some positive news in terms of new / reinstated bus services but sadly the news contained in this one is rather less positive with the Bank of Scotland branch scheduled to close at the end of October and the Post Office to follow suit at the end of January. These closures will have a significant impact on the people of Callander and particularly on local businesses and it is good to see that the Community Council and the Development Trust are already looking into ways to address the issues.

On a more positive note, Creative in Callander are celebrating their 10th Birthday which is great news and, in addition, another new amenity for the town, the Community e-Bike Share scheme, was launched in June.

The energy generated by the many voluntary organisations with which Callander is blessed is again shown by the number and breadth of interests included in the Charities & Clubs and Sports sections. Residents are getting involved in a huge range of activities such as horticulture, amateur dramatics, football, heritage, Scouting and A Walk in the Park to name but a few.

The 2024 Canmore Trust Street Ceilidh takes centre stage in this issue, with our striking front cover. I think this is a brilliant way of raising money for the very important cause of suicide prevention, so please support it in any way you can.

Finally a gentle reminder that we still have a need for more volunteers to join the team. Whilst we have had a number of new starts, more volunteers would be welcome so I would again encourage any budding citizen journalists out there to contact us via email to [convenor@benlediview.org](mailto:convenor@benlediview.org) or [editor@benlediview.org](mailto:editor@benlediview.org).

Here's to a great Summer!

**Mark Griffiths**

*Convenor, Ben Ledi View SCIO*

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If you would like to join the BLV mailing list or send a copy to friends or family, please send your details to:

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Or you can ask to join our email list and we will send you out a copy by email each month free of charge.

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## Callander Community Council Roundup



As previously reported, the Callander Community Council (CCC) surgeries on the first and third Saturdays each month at Callander Connect continue to go well, as more local people are dropping by to share their issues. Times are varied from session to session to ensure that different groups of people can be served.

The most important local news at the moment is the closure of Callander's Post Office at the end of January 2025 and the closure of the Bank of Scotland on 30th October 2024. At the same time, we have a number of shop closures, due to retirement, unacceptable costs (power, rent and rates) and dropping customer numbers. It means that the town needs to work together to reverse the trend and ensure there are reasons for residents and visitors to shop and stop in Callander. CCC and Callander Community Development Trust (CCDT) are working together with enthusiastic residents to find solutions to both the closure of the financial services (see separate article) and with Callander Enterprise to improve Main Street, see below. We will report on progress on the Community Post Office and Banking Hub in each BLV issue.

The CCC sub-group which is working on St Kessog's is still awaiting further information on the detail of the sale from Stirling Council, which is working on the prospectus. By the time you read this, we hope to have received that information. But Stirling Council is aware that the community is interested in the future of St Kessog's. It is what we can all do, which will be the challenge.

The four priority projects which members of CCC and CCDT are jointly working on with members of the community continue to progress, but a little more slowly than was hoped, as it has been a challenge to obtain quotes and appropriate grant funding. However, CCDT has very recently been successful and been awarded funding for a Meadows Feasibility study, which should be able to start shortly – this is a joint project between CCC, CCDT and interested members of the community. See the separate report on this from CCDT.

Regeneration of Main Street – respect the Charrette – is awaiting quotes to support grant applications and Transport Scotland has recently sent round a plan for future work in their area. We hope that the plan can be put on the CCC website InCallander, so anyone can see when any local A84 work (and beyond) is due to be done. According to that plan, the A84 pavements are due to be started in October 2024 as we had hoped, but there is no confirmation of how much of the pavements will be upgraded at that time. It may be a multi-stage project over a few years. Enquiries are ongoing.

We understand that there has been money granted to Stirling Council for a feasibility study on the pedestrian bridge – another of the four priority projects for the town, but the funding for the final bridge is not yet in place.

*Marilyn Moore, CCC*

### Next Issue - Dates & Deadlines

**Publish Date:** 5th October 2024.

#### Advertisements copy & artwork

Please send all advertisement copy for the **Oct/Nov** issue to our Advertising Co-ordinator Agnes Allen: [advertising@benlediview.org](mailto:advertising@benlediview.org) by **Wednesday 4th September 2024**

Full details of sizes for advertisement and artwork specifications are at [www.benlediview.org](http://www.benlediview.org) under the Advertise tab. Please email for advice if in doubt.

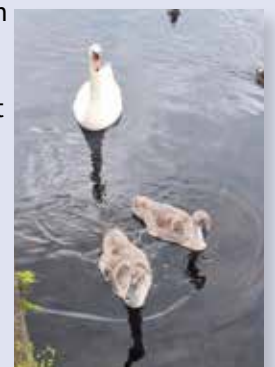
#### Editorial copy - Friday 30th August

All editorial contributions for the **Oct/Nov** issue should be emailed to [editor@benlediview.org](mailto:editor@benlediview.org), submitted via our website contact form at <https://benlediview.easyportal.app/contact-form> (scan QR code above) or handed in to the Callander Library by **Friday 30th August** Items received after the deadline may be held over to next issue. If you would like space held to submit content *no later than 1 week* after deadline, please email.



### Cygnets Watch!

Last issue we featured four new cygnets. Sadly, only two and one parent - believed to be dad - survived. After apparently hiding the cygnets for many weeks, proud dad can now be regularly seen out and about with his little family.



*Pictured around 3rd week July at the Meadows riverfront.*

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## CALLANDER COMMUNITY DEVELOPMENT TRUST



### Local Place Plan Update

#### Headlines...

A new E-Bike Share Scheme has been launched by CCDT to offer local people the opportunity to try out e-bikes in Callander at a low cost, and create sustainable active travel options. (see article below for details of how to join)

CCDT has secured funding from Forth Valley & Lomond Community Led Learning Development to develop ideas for a Meadows Masterplan (including the lower section of Station Road carpark). We're excited about collectively imagining how this special place in Callander can be transformed. Watch this space for more details for sharing your ideas. To help us kick off the project, we invite you to share photos of the Meadows through the years/seasons to host as part of an ongoing exhibition in Callander Connect.

You can do this by emailing: [development@callandercdt.org.uk](mailto:development@callandercdt.org.uk).

Recap on Local Place Plan priorities being progressed... These include:

- 1.i.a Pedestrian Footbridge
- 1.i.b & 1.ii Safe Walking Routes to the Primary School including the Creep Footpath
- 5.i & 5.iii Regeneration including Main Street Improvements
- 2.i Meadows Masterplan

For each of these subgroups, we are looking for a local resident (in addition to representatives from the CCC and CCDT) to help shape and inform the progress of these.

*If you'd like to help or find out more - please get in touch with [development@callandercdt.org.uk](mailto:development@callandercdt.org.uk).*



*Keep an eye out on Callander Connect's window and social media for more updates and event details through the Autumn.*

## Pedal Power!

### Callander's New Community E-Bike Share Scheme Begins



We had an excellent day on June 15th at Callander Connect for the launch of our Community E-Bike Share Scheme. Over 30 folk joined us to roll out this fantastic new adventure.

The Callander Community E-Bike Share Scheme offers local people the opportunity to try out e-bikes in Callander at a low cost, and creates sustainable active travel options.

Seven people completed inductions on the day, including a test ride and how to take care of these nifty bikes. Here's what some of them had to say:

- "Great opportunity to try new E-Bikes"*
- "It was great to hear about the scheme and it was fun going on the e-bike"*
- "Really informative, really enjoyable"*

One highlight of the day was the organised bike ride to Strathyre Cabins (see image left), led by Callander Meanders. Eleven riders collectively cycled a whopping 99 miles on the 8-mile (13km) route.

Want to join the fun? To rent an e-bike, you need to do an induction. Just drop an email to [secretary@callandercdt.org.uk](mailto:secretary@callandercdt.org.uk) to book your spot.

Big thank you to our volunteers and amazing supporters—Cycling UK, Trust in the Park, Callander Meanders, Forth Environment Link, Callander Community Council—who made this all possible.

*Overall, it was a joyful launch day filled with fun, community spirit, and a whole lot of biking. Here's to many more miles of smiles in Callander!*

**Chiara**, Development Officer

## Community Closures

### Bank & Post Office

Callander residents have been concerned to learn of the proposed closure of two essential local businesses. The Post Office at 5 Station Road has been run by Calum Menzies for over ten years but, with his upcoming retirement, there is a risk of it closing altogether. At the same time, Lloyds Banking Group has announced that the Callander branch of Bank of Scotland, at 42 Main Street, will close from the 30th of October 2024.

The reason for these proposed closures is linked to the increasing use of technology to carry out transactions that used to be done in-person. Lloyds Banking Group argues that running branches is inefficient in a world when so many banking services are available online. Post Offices, meanwhile, have gradually ceased to be profitable for operators as so many of the services they used to provide on behalf of the Government have shifted online.

Whatever the reason, the closures represent a blow, not only to the community of Callander, but to surrounding homes and villages, with many residents and local businesses reliant on being able to conduct in-person banking and make use of the post office.

In an emergency meeting on Wednesday 3rd July, the Callander Community Council and Callander Community Development Trust discussed options to find solutions, with a primary goal being to maintain the Post Office under community control. Other local communities impacted by bank branch closures have successfully created banking hubs where transactions can be carried out, or enquiries made, face-to-face, and this option is also being investigated.

Marilyn Moore, Secretary of the Callander Community Council, said *“Callander Community Council and Callander Community Development Trust are working together to find a solution and our working group has already set up a number of meetings*

*including with the Post Office to understand the options for communities.”*

A Bank of Scotland spokesperson said, *“As many customers now choose to bank through their mobile app or online, visits to our Callander branch have fallen over recent years. The local Post Office offers everyday banking, with cash also available at close by free-to-use ATMs. Customers can also manage their money through our mobile banking apps, online, by calling us or speaking to a Community Banker.”*

Unfortunately, ATMs and banking apps do not answer the need to pay in money or to provide change to shops who still take cash. When we pointed out to the Bank of Scotland that the Post Office was also due to close, they did not make any further comment.

*We await further developments and will update you in future editions of BLV.*

**Jake Bowen-Bate**

### Trossachs Church

The historic and much cherished Trossachs Church will celebrate its 175th anniversary later this year but sadly has been identified by The Church of Scotland as one of the properties to be closed imminently.

Friends of Trossachs Church is a group of volunteers who recognise the historical and social value of this treasured Trossachs icon. We invite you to become a supporter as we try to explore and imagine a viable future for this special place. By the time of this issue going to print, we will have held our first Open meeting early in July in Brig O' Turk but plan to hold a further meeting in Callander.

*Please log on to our website [www.trossachschurch.co.uk](http://www.trossachschurch.co.uk) to become a supporter (it will only take a few seconds of your time!) and also to find out about future events and developments. This place is part of our community, and we need the community's support to explore and find it a new future.*



*Save our Pharmacies  
news on page.32...*

**Trossachs Church by  
Chiara Fingland**

## News from the Library

### Library Opening Hours

The trial of new library hours is going well and will remain in place for the time being. (See page 34 for library opening times).

### Falls Hub

Callander Library has been chosen to take part in an NHS pilot scheme tackling falls management and prevention. We now have lots of information leaflets available on health, mobility, nutrition, strength + balance, walking aids etc. We also have a supply of ferrules (the rubber stops for the bottom of walking sticks, elbow crutches and walking frames), so pop in if you need a replacement.

### Outreach/Housebound Service

We are lucky to have some lovely volunteers who can deliver books to your home every fortnight. If you're unable to get to the library for any reason (health, mobility, recovery etc) and for any length of time, then please call the library **01877 331544** for further information about this free service.

### Bookbug

After the summer holidays, Bookbug will return to the library on Thursday, 15th August for more songs, rhymes and stories. All babies, toddlers and pre-schoolers are welcome to come along with their grown-ups and join in the fun. Sessions are every fortnight from 10.30 – 11.00 am. Sessions are free and no booking is required.



### On a more personal note – "Thank you!"

After a long absence, my return to work has been made so much easier by the overwhelmingly warm welcome from this lovely community. I have been so touched by all the well wishes and hugs and am delighted to be back.

**Fiona**

Community Library Officer



### Community Hub

The Community Hub is open on **Wednesdays 12.30-2.30pm**  
**Callander Kirk Hall, South Church Street, Callander**

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 Citizens Advice will be on hand to provide information and advice on benefits, housing and energy costs.

*If your business would like to help or you would like more information contact Gail on 07951 013470 or [gail@startupstirling.org.uk](mailto:gail@startupstirling.org.uk) #workingtogether #cuppaandchat*

## Callander Girl Cassie in Miss Scotland Final

Cassie Gudgeon is excited to announce that she is one of the final 10 in Miss Scotland 2024. In this competition she will have to complete a number of challenges competing against the other 9 finalists. Her chosen charity to work alongside throughout the process is *Throat Cancer Foundation*.



This is a charity very close to her and her family as in the early months of 2023 her dad was diagnosed with throat cancer and she has been supporting him since then.

She has now been made an ambassador for the charity and says "I am incredibly honoured to have been made an ambassador for this charity, considering how close it is to my heart"

Cassie would love it if you watched her on her journey through the Miss Scotland competition.

You can do this by following her on Instagram [@cassiegudgeon](https://www.instagram.com/cassiegudgeon) Facebook [@cassie.gudgeon](https://www.facebook.com/cassie.gudgeon) And by keeping up with the [@missscotlandofficial](https://www.instagram.com/missscotlandofficial) page on instagram and facebook.

*Shares and engagement = points, so let's help boost her chances!*



**Miss Scotland Final 10**

PÀIRC NÀISEANTA  
**LOCH**  
LAOMAINN  
IS NAN TRÒISICHEAN

## National Park News

information and signage. Recent situations have been considered, e.g. when visitors have flocked to a few attractions such as Bracklinn Falls, filling car parks and blocking roads. It also considers options for car-free travel around the area, which has links to the Trossachs Explorer shuttle bus.

The Station Road car park is seen as a great asset for Callander but it needs to be developed to be a main Hub for visitors. It is large enough to be the main car park for visitors and already has toilets and a laundrette. Improved facilities such as showers and disposal points for waste water would help as well as information boards and signage.

## Trossachs Bus

The new Trossachs Explorer shuttle bus has been widely advertised, including a separate article in this edition of the BLV (see page 9). We have been trying to start this service for many years so I hope many local people as well as visitors will support it.

## Infrastructure Development Report Results

A new report will be published shortly - the Strategic Tourism Infrastructure Development (STID) Report for Callander. While the title refers to tourism, the study has looked at what the local community needs as well as visitors' needs. It looks at the existing facilities for car parking, footpaths and cycleways as well as how they are (or are not) linked together as well as

The Callander STID suggests better visitor management by advertising lesser used attractions, such as the car park at Bochastle which has links to existing footpath and cycle networks. It also suggests new developments, such as one at north Loch Venachar for water based activities, as well as path networks. These types of facilities should help to take pressure off areas such as Bracklinn Falls and south Loch Venachar.

Information boards and signage could be improved so that all of the existing facilities and new attractions can be found and easily accessed. Examples are, signage to the Rob Roy Way and the Great Trossachs Path which are difficult to find and the National Cycle Route 7 which is also difficult to find unless you realise the number 7 on signs refers to this route.

While in the past we have talked about a major new attraction in Callander, the Meadows is a very special place within the town and could easily and quickly be improved to form that major attraction. Existing links to Station Road car park mean that cars, bikes and motor homes could be parked there with a short walk by the road crossings to the Meadows. This is already a peaceful area by the river but could be improved by better grassed and play areas.

Hopefully the proposals in the Callander STID can be progressed and integrated with other plans for Callander South, a footbridge over the River Teith, improvements in the Meadows and a flood protection scheme.

*Please contact me or the National Park if you need any further information.*

**Richard Johnson** Tel: 07769688368

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Further details visit our website news and events page:

[www.rsha.org.uk/community-donation-fund](http://www.rsha.org.uk/community-donation-fund)



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## National Park bus pilot launched

Visitors and locals can enjoy popular destinations including Ben A'an and Ben Ledi without their cars this summer, with the launch of a pilot shuttle bus service.

In a bid to help reduce emissions, congestion and parking issues, Loch Lomond & The Trossachs National Park Authority is introducing the Trossachs Explorer. The bus will run between Aberfoyle and Callander during the peak summer months and will stop at several popular visitor locations on the route, including Loch Katrine, Ben A'an and Ben Venue.

## Reducing Car Journeys

The seven day a week service has been planned to tie in with bus services from Stirling and Glasgow to allow visitors from those cities to make the full journey without a car.

The transport pilot is one of the key projects announced as part of the new National Park Partnership Plan which sets out a long-term vision for the National Park as 'a thriving place that is nature positive and carbon negative', through, in part, more sustainable transport.

Of the millions of visitors to the National Park each year, 79% travel by car\*. The dominance of car travel puts huge pressure on popular locations and their communities, with parking and congestion.

As well as reducing emissions and congestion from car travel to the Park, it is hoped that offering car-free travel options will make it easier for visitors and residents without access to a car to enjoy some of Scotland's most scenic locations.

Gordon Watson, Chief Executive at Loch Lomond & The Trossachs National Park Authority, said:

*"Tackling the dominance of car travel in the National Park is hugely important for reducing emissions but it will also open up leisure, employment and*

*education opportunities for more people, particularly young people and anyone who either doesn't have access to a car or prefers not to travel by car. And we know from businesses in the National Park how important it is to have public transport options for staff.*

*"If Scotland is to reduce car kilometres by 20% by 2030, we need an efficient, inclusive rural transport sector that meets the needs of both visitors and residents.*

*"This is a pilot project for just one area of the National Park, but it is a step in the right direction. We will use the learnings from this initiative to work with partners to develop longer-term, more sustainable and active travel options in the National Park, as well as share what we've learned with other rural areas."*

This Trossachs Explorer pilot will run between Aberfoyle and Callander during the peak summer months (1st July – 30th September) and will stop at a number of popular visitor locations: The Lodge (Queen Elizabeth Forest Park), Ben Venue, Loch Katrine, Ben A'an, Brig o' Turk and Kilmahog for access to Ben Ledi.

Buses will run seven days a week, with up to eight services a day. The service will allow visitors and residents unlimited daily travel in the Trossachs area of the National Park with a 'day saver' ticket for £5.95. Under 22s and over 60s can also travel for free in line with national policy.

The income generated from the pilot will be reinvested into future transport initiatives that support more sustainable travel.

The pilot is being operated by Midland Bluebird and supported with funding from BMW UK, as part of its Recharge in Nature partnership with

UK National Parks. Funding was also received from the Scottish Government's Smarter Choices, Smarter Places fund.

## Community Reaction

At Loch Katrine – one of the popular locations now accessible without a car – young people and local businesses welcomed the news.

Cordelia Murray-Brown, National Park Authority Youth Committee member said,

*"As a teenager, the Trossachs Explorer will give me freedom to explore the area without relying upon my parents to drive me. For instance, I can get the Trossachs Explorer to Ben Venue and then walk back home to Kinlochard over the hill. This will make the journey much more interesting and manageable.*

*"I can also meet up with friends to see parts of the countryside I wouldn't otherwise have access to. The Explorer will further provide me with a route to meet up with my friends from school in Callander which would otherwise be a multi-hour trip in terms of buses."*

James Fraser, Chief Executive of the Steamship Sir Walter Scott Trust said:

*"Loch Katrine is the birthplace of Scottish tourism ...but access for many years has been hampered by the lack of public bus services. We are therefore delighted the National Park Authority has taken the initiative to introduce this new pilot bus service to help major population centres in the central belt to access popular hills and outdoor attractions in the Trossachs in a more sustainable way. This is a much welcome boost to tourism in the Trossachs and I hope the new service will be well supported and a great success."*



More information about The Trossachs Explorer, including timetable and route information, is available on the National Park Authority website at <https://www.lochlomond-trossachs.org/trossachsexplorer>

Adapted from a release issued by Loch Lomond & The Trossachs National Park Authority

## St Andrew's Midsummer Event

A small army of knitted hedgehogs invaded St Andrew's church towards the end of June for the Midsummer Afternoon Tea Party event to mark the Midsummer Solstice.



The hedgehogs were knitted by Callander resident Elizabeth Reece-Heal — a member of the U3A 'Knit and Natter' group — and formed part of a hedgehog quiz and themed afternoon.

*'Kath Millar read a hedgehog tale, while her colleague Ann Snodin had knitted a variety of animals and birds to accompany the story,'*

said St Andrew's Vestry secretary, Liz Balding.

*'We also held a junior painting competition, featuring entries from both Callander Primary School and the McLaren High School, which our visitors were invited to judge. The primary school sent in an impressive 68 entries.'*



## Men's Mental Health #BandsforBrothers

Local man and ex-McLaren student Scott MacDonald (35) knows at first hand the difficulty of speaking about mental health issues and he's campaigning to help change that.

Scott has already raised over £1000 for Scottish Association for Mental Health (SAMH).

He is now working on further fund-raising plans and has set up a wrist band initiative:

The prize winners were:



**Christina Wood (primary school)**



**Lara Burns (McLaren High School).**

There were also a number of outdoor games that proved popular with visitors. 'We'd like to thank the Guides for overseeing them and Callander Rotary Club for loaning some of the games,' she said.

*'Of course these events can't*

*happen without kind folk setting up, helping on the day and clearing up. In particular a big thank you to all the ladies who baked the delicious cakes for the afternoon tea, which garnered many compliments. Also Susan Walker for the photographs, Lynn Schroder and Amanda Smith for their eye-catching flower arrangements and additionally, Lynn's loan of gazebos and easels to stage some of the artwork.'*



St Andrew's next event will be the Harvest Lunch in the church hall on Saturday 21st September, 12.30pm, followed by the Harvest Festival Communion service on Sunday 22nd September, 9.30am.

### **'bandsforbrothers'**

*"My aim is to encourage people to band together and show support for mental health – particularly for men who can find it difficult to talk about feelings. The BFB bands are for everyone who wants to show support."*

All profits go to the Scottish Association for Mental Health (SAMH).

You can also buy a band from #bandsforbrothers or scan the code to visit the Shopify shop:



If any local businesses are willing to stock bands, please let Scott know.

This helps cut down costs and increases donations to SAMH. His email is [Macdonald.Scott@hotmail.co.uk](mailto:Macdonald.Scott@hotmail.co.uk) Further support is available from

- Andy's Man Club <https://andysmanclubs.co>
- [seemescotland.org](http://seemescotland.org) - practical help and support
- Samaritans: 0330 094 5717
- The Canmore Trust Suicide Prevention Charity Scotland - <https://thecanmoretrust.co.uk>



**Angelica Hamer**

## 10 Years of Creative in Callander

For the past decade, social enterprise shop Creative in Callander has been gracing the high street - boasting a unique selection of arts and crafts by local artisans. In June, members old and new celebrated in style with a private event at the shop.

From the original £500 funding that got them started back in 2013, they've come a long way. A loan of £1000 followed and by 2014 they had become a limited company - 2024 therefore marks the tenth anniversary since the incorporation. Though no longer part of the collective, founding member Fraser Waller (pictured below with Lynne Schroder) joined current Board and Collective members to celebrate the huge achievement.

Still run entirely on a voluntary basis - the only such artist enterprise in Scotland to be so, this is an inspiring communal effort. Whilst many artists have come and gone over the last decade, about half the current 28 members have been in the collective since the beginning.



Those that leave often go on to open shops of their own with the skills and knowledge gained within the collective. None has been more dedicated in sharing this knowledge, than current board member and crafter of the gorgeous "best-seller" highland cow yarn brooches, Sarah Hatton, who explained how working in the collective has been a true labour of love.

Sarah, an occupational therapist, is already busy with her own businesses, but works in the shop every Friday and is involved in much of the administrative side (such as legal and accounting aspects). She



tells me she loves meeting people and mentoring gives her the opportunity to share her wealth of business knowledge and experience with new artists. Artists such as Kerry, who was on shift with Sarah when I popped in. Kerry has only been in the collective for a couple of months but has fitted in well, with her richly coloured oils of local wildlife, a bright and beautiful addition to the shop's wares.

New artists wishing to join the collective must first submit an application online. Their work will be assessed to ensure that it meets the quality criteria but also that it's not too similar to any other members'. It also must not be on display anywhere else in the town. Once accepted, they are guided by Sarah and the other members through the many pitfalls of selling - such as pricing, marketing and copyright issues (Sarah successfully fought her own copyright battle).

Members must work one shift a month in the shop, although board members do at least two. In fact, board member, retiree and hand-knitter Susan Watson can be found popping in most days just for the love of it. Like Sarah and the other board members, she also has her own specific role - taking care of the rotas.

Meanwhile, metalworker and sculptor Lynne Schroder can be found regularly refreshing the window displays to reflect the seasons or

other events. Nessa Walker - whose artwork is based around mono-printing and needle felting, onboards new artists as well as displaying the shop. Yani Homfray, a talented acrylics landscape artist, organises events - such as the recent Open Studios Stirlingshire.

Mary Kennedy is the sixth and newest board member. She joined the Board in order to bring an outside perspective, which, Sarah tells me, has proved very valuable.

With all the gloom surrounding recent news of closures, it's wonderful to see this thriving enterprise in Callander. A steady flow of customers - from tourists popping in to scoop a unique local memento, to locals making it a first port of call for selecting special gifts - ensures that Creative in Callander will remain a fixture of the high street for many years to come.

If you've not visited, then do pop in for a browse and a chat. Be warned, you may not leave empty-handed but you will no doubt have a stunning new artwork to treasure or gift to bestow.

*Creative in Callander can be found at 28 Main Street, Callander, or visit them online to learn more about the artists and their work <https://www.creativeincallander.co.uk>*

**Nina Taylor**

# Canmore Trust Street Ceilidh 2024

Following the success of the last two years Canmore Trust Street Ceilidh, we are really looking forward to making 2024 even bigger and better on Saturday 31st of August!

## Everyone is invited!

Join us on Ancaster Square at 6.45pm to join the Piper led procession up to Ancaster Rd where the ceilidh will start promptly at 7pm with a Gay Gordon's led by the Glasgow Vets Ceilidh Band.

## “Sea of Blue”

2024 t-shirts can now be ordered - and will be ready to be collected at “The Gathering” between 1pm-6pm on Ancaster Square during the day of Saturday 31st of August where The Community Friends of the Canmore Trust will have a stall.



If you want to wear t-shirts from previous years, that is absolutely fine or any blue top...we just want you to join us!

Ice cream will be available in Ancaster Gardens before, during and after the Street Ceilidh thanks to Achray Farm.

The Canmore Trust is supporting those whose lives have been impacted by suicide. They are providing training to a growing network of volunteers who can now support individuals in crisis, their families and workplaces - lives are being saved.

## “Creating safe spaces”

Thank you to Empardio Limited & Kings Group Scotland for sponsoring the Canmore Trust Street Ceilidh to ensure every penny raised will go to The Trust.

Thank you also to Callander Rotary Club and Killin Mountain Rescue as without both organisations, this event could not go ahead.

If you would like to know more about the event or volunteer for this and future events email [callanderstreetceilidh@gmail.com](mailto:callanderstreetceilidh@gmail.com)

## The Community Friends of The Canmore Trust

The sea of blue returns to a street near you!

Our Annual street ceilidh is back for its THIRD year and we hope to make it even bigger and better than before! Join us to Strip the Willow down Ancaster Road and raise vital funds for **The Canmore Trust!**

**Saturday 31st August**  
 ⌚ 7-8pm 📍 Ancaster Road, Callander

Spread the word, dig out your blue T-shirt and bring your friends! We hope to see you there!

To donate please visit  
**JustGiving**  
 /thecanmoretruststreetceilidh2024

Hosted by  
 Community Friends of  
 The Canmore Trust

## The Gathering by Callander Connect

In partnership with The Community Friends of The Canmore Trust, Callander Connect will be supporting the Gathering event ahead of everyone getting their dancing shoes on for the Canmore Street Ceilidh on Saturday 31st August.

Ancaster Square has been booked between 1-6pm to convene and celebrate the wonderful and amazing array of community organisations and activities that we have. This is a chance to come and find out more about what's happening locally, share stories, welcome new ideas and for groups to showcase themselves.

Whether you're just coming along to see what it's all about, or are keen to be part of the activity programme, we'd be delighted to welcome you.

Are you part of a group who might be interested in taking part? There's two options:

1. Take a stall/ table for the afternoon
2. Take a performance slot during the afternoon (between 2.00pm-5.00pm)

Pop into Callander Connect to register your interest or complete the google form (scan QR code) or visit Callander Connect on facebook. Keep an eye out on the programme being released in the near future!



Freddy, Chiara and Ellie



## Trossachs and Teith Community Sport and Social Hub

### Community Playgroup

We are delighted that the Community Playgroup has been so well attended since it started in May. The playgroup has been funded via TTCSSH and delivered in partnership with Flowers and Pebbles Childminding and Outdoor Play. The free family friendly sessions run on Wednesdays at 11.15am-12.15pm at Callander Primary grass pitch.



These offer a wide variety of play and learning opportunities, including painting and other process art and messy play, sensory play, games and activities that promote gross motor development and lots of opportunities for children to socialise with other kids. As the sessions are

free of charge, they are open to everyone within the community, promoting social inclusion and providing families with opportunities to meet other parents and children within the area. It has been great to see so many different families use the provision each week, with new faces coming along most weeks too.

### Forest Club Activities for Rural Schools

Also in partnership with Flowers and Pebbles Childminding and Outdoor Play, TTCSSH has funded Forest Kindergarten play sessions for both Callander Primary and Aberfoyle Primary. These took place in both Coilhallan Woods in Callander and Aberfoyle Woods behind the school. Both sessions were very well received by both staff and children. Activities included hammocks, swings, rope bridges, zip lines, den building, toasting marshmallows by the fire and whittling, amongst lots of others. We



hope to expand this provision going forward.

### School Multi-Sport Provision and Rural Hub Killin

Trossachs & Teith Community Sport and Social Hub have been able to successfully deliver our Killin Rural Sports & Recreational Hub on a Tuesday evening from 6-8pm with up to 20 young persons attending each week, providing them with Multi-Sport taster sessions involved the likes of Football, Cricket, Boccia, Tennis etc. This is a pilot scheme with Active Stirling and proved so successful that this will be rolled out to other communities in the Trossachs & Teith Area in the near future.



Jack Mould, our Community Development Officer, has also been involved with delivering Multi-sport sessions to P1 up to S3 pupils based at Katrine House in McLaren High School in partnership with Active Stirling on Thursday mornings since May 2024, which again has proved very successful for all involved!

Emma King

## Callander Community Food Larder



Thank you!

A huge thank you to all the folk who so generously contribute to the larder - it is really appreciated.

We are always looking for donations of food/toiletries for our Community Larder, located outside the Kirk Hall for members of the community to uplift anything they need. Please remember to check the "best before" date on any gifted items.

**Food Items** - Instant Meals (Pot Noodle, Mug Shot, Pasta in Sauce), Cup a Soup, tinned Soup, Cereal Bars, Cereal, Tinned Pasta (Spaghetti, Ravioli, Mac Cheese), Dried Pasta with a jar/carton of sauce, Rice, Jars of Fish/Meat Paste, Oat Cakes/Crackers, Tea Bags, Coffee, Tinned Tomatoes, Tinned Meat, Tinned Veg, Tinned Fruit.

**Other non-perishable food items** - baking potatoes, carrots, apples, bananas, oranges...

**Toiletry Items** - Toilet Roll, Sanitary products (these are always required), Shampoo, Toothpaste, Soap, Shower Gel.

**Surplus Garden Produce** - goes in basket on table

# Callander Heritage Society

## “Are we nearly there yet?”

At our May meeting Bruce Keith gave a most interesting and amusing talk entitled “Are we nearly there yet?” This was a journey celebrating Scotland’s milestones, inspired by The Road and the Miles to Dundee.



As a youngster, Bruce’s family regularly drove down the A9 from Inverness to Dundee to visit his grandparents. To keep the children amused, his dad got them to count the milestones as they passed. This memory inspired Bruce’s Covid project.

Signposts tell us how far we have to go to reach our destination and also how far we have come. They come in all shapes and sizes and are made in many different materials -stone, wood, iron, aluminium.

The Romans gave us the Mile – a thousand soldiers’ paces. Since the length of a pace depended on the soldier, in 29BCE Marcus Agrippa established the standard Roman foot, based on his own foot, and a Roman mile became equal to 5000 feet. This works out at 1,617 yards.

The Romans also gave us the milestone. Along the side of Roman roads were stone milestones showing the distance in miles to Rome. The distances were marked in Roman numerals, as were later milestones.

For many years, Scotland and England had different lengths of mile. The English mile was 1760 yards while the “Lang Scots Mile” was 1984 yards. The Lang Scots Mile is marked out on Ayr esplanade.

Most of the signposts in Britain are new because during WW2 all the signposts were removed to hinder the German troops if they invaded. After the war some were reinstated but most were replaced. From 1752 -1759 William Roy surveyed all of Scotland’s roads for the Ordinance Survey.

In 1766 the Turnpike Act put a milestone up at every mile so that you knew what toll was to be paid at the Toll House. The toll paid for the upkeep of the roads. Many were rutted and full of potholes (some things don’t change) until Tarmacadam was invented.

## “The Rediscovery of the Old Kilmadock Cross.”

At our June meeting Dr. Murray Cook spoke about “The Rediscovery of the Old Kilmadock Cross.”

ROOKS – The rescuers of Old Kilmadock -unearthed the stone during their work in the Cemetery. Some of the members were in the

audience.

The stone was identified as an early Christian Cross which had probably been later used as a gravestone. The stone is a very important discovery because it has 3 different forms of “writing”. In this time pictures were used to give information. The stone has a Christian cross decorated with Celtic patterns. Below the cross are Pictish carvings of fantastic animals. At the bottom of the slab is an inscription in Ogam, a form of early Irish writing. The bottom of the stone has deteriorated with time so the full inscription cannot be seen.

The stone is in Edinburgh at the moment where it will be cleaned, recorded and tested. ROOKs are fund raising for this. Testing will show the age of the stone and whether it is local or not. Its discovery is adding to the knowledge about the people who lived in this area. We are on the borders. The Forth was the border between Pictland and Northumbria. The land of the Picts covered most of Eastern Scotland north of the Forth as old place names show. Stones covered in Pictish art are mostly found in this area. The Kilmadock stone is the most southerly find. The Romans were the people to first use the term Picts (painted people). They depicted the Northern tribes as savages. Their art shows otherwise. Pictland only came into being long after the Romans left and disappeared in 875 CE when the last King died and the kingdom was renamed Alba.

*There are no meetings in July and August. Our meetings restart on the 18th September when Professor Stewart Brown will be speaking about “The Disruption.”*

**Kath Millar**



## Deutschsprachige Gruppe in Callander

Nach der Sommerpause haben wir vor, am 14.00 Uhr am Samstag, 14. September, wieder zusammenzukommen.

Wie gewöhnlich findet das Treffen bei Peter, Coilhallan House, Invertrossachs Road, Callander, FK17 8HW statt. Das Gesprächsthema werden wir im Voraus allen Mitgliedern per E-Mail versenden. Wenn jemand noch nicht an einem unserer Treffen teilgenommen hat und jetzt unserer Gruppe beitreten möchte, senden Sie mir bitte ihre Kontaktdaten per E-Mail: [jenshearer@gmail.com](mailto:jenshearer@gmail.com); oder rufen Sie mich bitte an: 07710-232908. Neue Mitglieder, die mit anderen Deutsch sprechen möchten, empfangen wir immer gerne.

**Jen Shearer**



We meet in Callander Kirk Hall at 2pm on the second Tuesday in the month for a talk and tea/ coffee.

On Tuesday 10th September Gavin Black is going to talk about woodworking and how that affects mental health.

**Annual Membership....£16.00**

**Per Couple.....£24.00**



## Rotary Club News

### Supporting MND Charity Bike Ride

On Tuesday 21st May, our Club members were pleased to welcome Rotarian Peter Delaney, from the Rotary Club of Beverley in Yorkshire, as he arrived in Callander on his bike ride from Lands End to John O'Groats.



This challenge was Peter's tribute to his wife, who died of Motor Neurone Disease (MND) in 2022 and as he cycled the length of the country, he was collecting donations to fund

research and generate awareness of this awful disease. Callander Rotarians turned out in force to wish Peter well as he set out to cycle the next stage of his journey, from Callander to Killin, accompanied by a group of 14 members of the Callander Meanders Group, on a beautiful sunny morning.

President of Rotary in Callander, Jen Shearer, presented Peter with a commemorative banner, a wee dram and a commitment of £200 from the Club for the MND charity.

### Thornhill Gala Day Stall

On 24th August we will be manning a stall at Thornhill Gala Day, always a lively, fun summer event.

Come along and join us there, for chat, fun and games. That same afternoon, we will also be out and about in Ancaster Square, collecting donations for charity while Liz Campbell's young Highland dancers entertain locals and tourists. All funds raised will be used to support local good causes.

### Ceilidh Stewards

On the evening of 31st August our members will be stewarding the popular Canmore Trust Street Ceilidh, in Ancaster Road, another annual event in our Club Callander.

### New President

By the time you are reading this, Jen Shearer will have handed over the President's chain of office to her successor Peter Ireland, President for 2024-25.

### Speaker Evenings

The autumn will see a new initiative for Rotary in Callander, as we host a series of Speaker Evenings, extending a warm invitation to anyone in the community who is interested in the topic, to come along and join us. Details of the dates, times, venues and the speakers' topics will be published in September, online and on posters throughout the town.

*To find out how you might be involved in Rotary in Callander, you can send us a message via our Club Facebook page or email us at [enquiries@callanderandwprotary.org](mailto:enquiries@callanderandwprotary.org), to arrange an informal chat over a cup of coffee. Together we can make a real difference in our local community, whilst also enjoying fun and friendship with our fellow Rotarians.*


**Derek House**

### AGM and Enrolment Day

The Annual General Meeting of Callander and West Perthshire u3a will be held on Thursday 29th August, 2024 at 2pm in the McLaren Leisure Centre.

No longer working full time? Looking for new interests? Come and join us to find out more about what's on offer and meet the group leaders. You will have the opportunity to sign up to groups, pay subscriptions and catch up with friends.

*We look forward to seeing you there.*

**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 ran about 30 interest groups this session, 2023/24, covering a wide range of subjects from Ancient History and Art to Travellers' Tales. Have a look at our website [www.callanderandwperthshireu3a.org](http://www.callanderandwperthshireu3a.org) to find out more about our groups, which are set up and run by members themselves.

Most groups are held in Callander or nearby villages in the daytime, although some groups meet on Zoom.

Callander and West Perthshire u3a also offers a programme of speaker events, as well as opportunities to share in social activities and meet new people.

Come along to our AGM at the McLaren Leisure Centre on Thursday 29<sup>th</sup> August at 2pm to find out more, meet group leaders and sign up for groups

Both new and returning members will be welcome.

Make the most of life - 'learn, laugh, live.'



LOCH LOMOND  
& THE TROSSACHS  
COUNTRYSIDE  
TRUST



**The Loch Lomond and The Trossachs Countryside Trust invite you to join in their popular weekly walking & mobility-confidence building activities!**

Join our weekly health Walks – every Tuesday @10.20am, from Ancaster Square (occasionally the Medical Centre, see schedule for details).

The news of our Walk in the Park project and its associated activities has been hitting the streets of Callander. Since the last issue in June, we have steadily seen attendance in numbers rising, which is largely thanks to the Ben Ledi View and current participants for help in spreading the word – thank you! We have a lovely round up of what’s been happening and dates for your diaries of things coming up!

All Group Walk – on 24th June we held our annual hugely successful All Group Walk bringing together participants from our 6 walking group, Strength and Balance sessions and the lovely ladies from Glasgow based charity ‘Bonnie Boots’. There were big smiles, high fives, and lots of laughs as 76 participants enjoyed a choice of walking routes including Bridgend & Meadows or our next level Callander Bridges walk.



*Thank you to all our volunteer walk leaders - these walks would not happen without their support and enthusiasm. Thank you also to the staff at McNab’s for hosting us after the walk, everyone thoroughly enjoyed time to socialise with new friends and devour the fabulous scones.*

**Evening Walks – Wednesdays 7pm – Ancaster Square**

With the nights lighter and longer join us every Wednesday 7.00pm from Ancaster Square for our volunteer led walks as we enjoy a local stroll around Callander. Suitable for all abilities, we like to end with an optional refreshment in The Old Rectory afterwards.

**Weekly Strength & Balance Session – Every Tuesday, 3-4pm, McLaren Leisure Centre.**

In between our health walks or by themselves, join us for our weekly sessions held in the McLaren Leisure Centre in Callander, an all accessible and safe environment for our members in the Callander community. Strength and balance exercises focus on building strength, improving balance and mobility, which may help build confidence - you only need to speak to our other participants to discover its benefits. We also like to end our sessions with tea and coffee, as the social element of our sessions is equally important.

*Our sessions are FREE with no need to book - just turn up!*

**JOIN US FOR A Walk IN CALLANDER ON TUESDAYS** *Always 10:20AM*

	Meeting Place	Walking Route	30 SE	
06 August	Ancaster Square	Tulipan & The Meadows		
13 August	Ancaster Square	Railway & Golf Club		
20 August	Ancaster Square	NCN7 Lagrannoch		
27 August	Ancaster Square	Bochastle		
03 September	Medical Centre	Keltie Bridge		
10 September	Ancaster Square	Strathyre		
17 September	Ancaster Square	Bridgend & The Meadows		
24 September	Ancaster Square	Invertrossachs Road		

No need to book, just turn up. For more information visit: [www.trustinthepark.org](http://www.trustinthepark.org). Walks are followed by optional refreshments in a local coffee shop/hoor.

Walk in the Park welcomes people living with dementia, and their carers, on our walks. Routes identified with this logo are suitable for most abilities. Please contact us for more details.







## Callander & District Horticultural Society

### Planting the seeds for the future.....

Last year Callander & District Horticultural Society "CADHS" celebrated 150 years since it was established. This year the Committee made it their goal to try to inspire and encourage more young people into gardening-related activities as these youngsters will be our gardeners of the future.

CADHS has already carried out several collaborations this year including running a Mothers' Day craft/planting event entitled "Celebrating Mother Nature" with the local Cub pack which was featured in a previous BLV edition.

Working alongside children, parents, teachers and other members of the community, members of our committee also participated in a couple of morning sessions to help rediscover the Callander Primary School garden and raised beds – a real workforce ranging in age from 3 to 80. A wonderful project to witness – with lots of smiles recognising the real change many pairs of hands working together can make.

To mark its special anniversary, CADHS gifted money to the High School Garden at the end of last year to buy a garden bench and other gardening supplies. CADHS also facilitated the repair of the Primary School Garden shed, work done courtesy of local joiner Alan Neumann. The Society gifted children-sized gloves, trowels, wheelbarrows, watering cans with accompanying storage boxes to the Primary School.



Lachlan Hunter - Bulb show Winner

We've already seen some evidence of interest from the younger generation at our Bulb Show earlier in April this year when Lachlan Hunter (pictured left) won the Best Daffodil prize in the adult classes.

Dan Wood is also pictured here creating some wildflower seed bombs – the messier the better!



Dan Woods making seed bombs

As growing season got underway, one of our newest Committee members, John Burrows, kindly donated leek plants for the Children's growing class in our Annual Show later in August this year (see details below). A team from the Committee then took part in planting activities with the youngsters to repot these leek plants into buckets for growing on over the Summer.

Firstly, a lunchtime was spent with the Callander Primary Eco Group and then a late afternoon session with the youngsters of the Forest Club. A hive of activity and lots of fun at both events as the youngsters filled their buckets with compost and planted their leeks ready to take home with simple instructions for their care over the Summer.



Leeks Planted with Forest Club

The Society has also delivered similar plants to the Callander Youth Project, High School and Nursery. We are hoping that these leeks will be nurtured over the summer by their new young owners and entered in our Annual Show.

### Annual Show

CADHS Annual Show is on Saturday 24th August at East Torrie Farm, Callander. Whether you have just started gardening recently, planting a few seeds or vegetables for the first time, or are a more seasoned enthusiast, we would love you to get involved. The show includes classes in growing, craft, baking, photography (digital competition), floral art and dedicated classes for our younger audience too. Our Show has an Open section for vegetables and flowers as well as Confined classes for amateur competitors living in the parish of Callander. You can see more details on our website [www.cadhs.co.uk](http://www.cadhs.co.uk) where you can download your own copy of the Schedule. Some paper copies are also available at the Callander Post Office and Campbells Butchers.

The Annual Show will be open to the public from 2.00pm-4.00pm. As well as the usual Prizegiving at 3.00pm, 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 a bit of chat!

### NEW THIS YEAR!!!

We will be running a free Shuttle Bus from the Square in Callander to the show venue at East Torrie Farm from 1.45pm – 4.15pm. The provision of this transport has been kindly sponsored by Callander Community Council via the Braes of Doune Community Fund.

*We would love you to help us grow the Show. Why not come along on Saturday 24th August or, even better, take a look at the Schedule and see how you can get involved.*



## Scouts End of Term News

Our summer term at 9th Callander has come to an end. Our sections have enjoyed incredible programmes of activities focused on being outdoors and learning some more traditional scouting skills, rounded off nicely with some end-of-term activities!

### Beavers

Looking at our Beaver section, they were able to spend time at the Invertrossachs scout campsite learning all about fire-lighting! This is a very important skill that can be learned through scouting, and our Beavers will have the opportunity to learn even more about it as they move up into our older sections.



To celebrate the end of a wonderful summer term, the Beavers were treated to a Ukulele concert from the Doune Ukulele Group!

### Cubs

Our Cub section went off to camp this term! They spent a weekend at the amazing Barrwood Scout campsite where they were able to take part in caving, climbing and den building. A good camp is one of the best experiences you can have as a member of Scouts, where you can put all your learned skills to use and truly enjoy yourself outdoors! To end their summer term, the Cubs took part in a big game of capture the flag, and cooled off with a brilliant water gun fight! Not even the leaders were safe from the onslaught of water...

### Scouts

Our Scout section had lots of good lessons in teamwork during this term, as they worked together during their pioneering activity where they made a swing!

They also spent a lot of time on the water, all culminating in a grand canoe trip on the Lake of Menteith! This activity perfectly encapsulates what Scouting is all about, putting your learned skills to good use and showcasing true teamwork.



However, it is with sadness that I report the decision to suspend our Scout section, this is due to a lack of available volunteers to keep the section running. This means that our Scout section will not reopen after summer, and will continue to stay suspended until enough volunteers are found.

### Volunteers Urgently Needed

In the light of the decision to suspend our Scout section, I ask once again that if you are at all interested in joining our team in helping deliver activities to our sections, please do not hesitate in contacting [markwright410@hotmail.com](mailto:markwright410@hotmail.com) where you will be asked to complete a PVG application, and guided through the volunteer training process.

*9th Callander is looking forward to delivering our next programme of activities to our Beaver and Cubs, and hoping that it won't be long before our Scout section is operating once again!*

**Campbell Gillan**

## Ripple Retreat News

This year is flying by, we've already had 18 families stay at the Retreat with bookings full until November. We ask families if they are willing to leave feedback after their stay – in 3 different ways:

1. By writing a comment in our R book



2. By placing our Wooden heart in their favourite part of the house



3. By completing a Feedback form

We share the feedback with our Trustees and with our Welcome volunteers who give up their time to Welcome our guests on arrival. There is a connection made with the family and it is very rewarding to hear how the stay has impacted on each family.

We are immensely appreciative of the wonderful support from the local community and can't thank you enough for that.

*As always, if you are interested in finding out more about It's good to give or would like to visit the Retreat, please get in touch, my details are below:*

[susan@itsgood2give.co.uk](mailto:susan@itsgood2give.co.uk)  
07359 573293



**Susan Milligan**  
Ripple Retreat  
Manager

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## Be Prepared for Flooding: A Callander Community Guide

Flooding is an increasingly pressing concern for many communities across Scotland, and Callander is no exception. As we face the realities of climate change, the frequency and intensity of floods have risen dramatically. It's important that Callander residents respect the importance of being prepared for flooding by taking practical steps to safeguard their home and family.

### Seasonal Flood Risks

November to February are peak months for river flooding, while the most significant flash floods over the past two decades have occurred between August and October. However, with climate change altering weather patterns, flooding can happen at any time. It is essential for residents to remain vigilant and prepared year-round.

### Community Support and Resources

Being prepared is not just an individual responsibility but a community effort. Engage with local organisations such as the Callander Flood Group and participate in community meetings to stay informed about local flood risks and response strategies. Visit Callander Connect at 43 Main St. for more information and to speak with community representatives directly or to get information about Callander Flood Group and Callander Resilience Group. See right for more details.

### Conclusion

Flooding is a serious and growing threat to our community. By taking proactive steps to prepare, you can significantly reduce the impact of floods on your home and loved ones. Stay informed, create a flood plan, and ensure your home is protected. Together, we can build a more resilient Callander.

For more detailed information and to download a Household Flood Plan template, visit the Scottish Flood Forum. <https://scottishfloodforum.org/>

## Preparing for Flooding: Practical Steps

The Scottish Flood Forum offers a comprehensive Household Flood Plan, which is an invaluable resource for anyone looking to protect their home from potential flood damage. Here are some key steps you can take to prepare:

### 1. Stay Informed

- Sign up for flood alerts through SEPA's Floodline service to receive timely warnings about potential flooding.
- Follow local news and weather updates regularly, especially during high-risk periods.

### 2. Create a Flood Plan

- Develop a Household Flood Plan using the template provided by the Scottish Flood Forum. This plan should include:
  - Emergency contact numbers
  - A checklist of items to take if you need to evacuate
  - A safe meeting point for family members
- Ensure everyone in your household is familiar with the plan and knows what to do in case of a flood.
- Visit Scottish Flood Forum Household Flood Plan for a detailed template.

### 3. Prepare Your Home

- **Flood Barriers and Sandbags:** Install flood barriers or keep sandbags ready to prevent water from entering your home.
- **Elevate Electrical Appliances:** Elevate appliances and wiring above potential flood levels.
- **Flood-Resistant Measures:** Consider investing in flood-resistant doors, windows, and air brick covers.
- **Drainage Maintenance:** Regularly clean gutters, drains, and downpipes to ensure proper drainage.

### 4. Protect Valuables

- **Move Valuables:** Move valuable items and important documents to higher levels in your home.
- **Waterproof Storage:** Store copies of important documents (like insurance policies) in a waterproof container or digitally on a secure cloud service.

### 5. Insurance

- **Check Coverage:** Ensure your home insurance policy covers flood damage. If not, consider switching to a policy that does.
- **Document Possessions:** Take photographs or videos of your possessions, which can be useful for insurance claims.

### 6. Emergency Kit

- **Essentials:** Prepare an emergency kit with essentials such as water, non-perishable food, medications, a flashlight, batteries, a first-aid kit, and toiletries.
- **Clothing and Bedding:** Include warm clothing, blankets, and sleeping bags.
- **Tools and Supplies:** Pack multi-purpose tools, a whistle, plastic sheeting, duct tape, and waterproof matches.
- **Communication:** Have a battery-powered or hand-crank radio and extra mobile phone chargers.
- **Personal Items:** Don't forget necessary personal items like eyeglasses, hearing aids, and baby supplies if needed.
- **Cash and Important Documents:** Keep some cash in small denominations and important documents such as identification, insurance policies, and bank account records.



## Protection Efforts

The Highland Boundary Fault which runs through Loch Lomond and Callander is a critical line for protection of red squirrels: to the south is a mixed population with greys often dominating in urban areas but to the North is predominantly reds. The exception is Aberdeen where 10 greys from Somerset introduced in around 1971 completely replaced the local reds. The SSRS has targeted work to redress this; since 2009 10,000 greys have been removed and by 2022 greys were restricted to the city centre with reds being seen more often. The target to completely eradicate them over the next 2 years would be the first species eradication on the mainland, previous ones having been of introduced predators on islands.

SWT is one of 12 partners / funders in the SSRS project and Programme Manager Nicole Still was the speaker to the Callander SWT Group in April. This came just a week after reports of a red squirrel dying from squirrel pox virus in a Dunfermline park, the first one recorded north of the Highland Line. SSRS are working with the Highland Council to do more trapping and testing for antibodies and no more cases have since been reported.



The iconic red squirrel is our only native squirrel species but populations have seriously declined. While once widespread throughout the UK, now only small, isolated populations are found in Wales and England, many of which have been reintroduced. The majority of red squirrels, ~120,000, are found in Scotland but these are under threat from several sources.

## Multiple Threats

The destruction of woodland has contributed to their decline along with habitat fragmentation, when areas of woodland become separated by development and changing land-use. These isolated areas are often too small to support healthy, sustainable populations of many wildlife species. However, the greatest threat to the red squirrel's future in Scotland is the invasive non-native grey squirrel. Larger and more robust, grey squirrels out-compete reds for food and living space, reducing their breeding success and survival of young. When grey squirrels move into an area, red squirrels can be completely replaced within 15 years.

The grey squirrel is a North American species, introduced to Britain in Victorian times, to decorate the gardens of large stately homes. Their range soon expanded, completely replacing red squirrels in most of England and Wales, and many parts of Scotland. Greys cause approx £33m of damage to forests in England and Wales, currently less in Scotland but this is likely to increase with more planting of native species.

## Squirrelpox

Some grey squirrels also brought squirrelpox, a virus that they carry without harm to themselves, but red squirrels have no natural immunity. The disease causes lesions on the face, feet and genitalia and is always fatal within two weeks. There is currently no vaccination or treatment available although research is underway. It is reported in populations in England, Ireland and Scotland. When squirrelpox is present, grey squirrels can replace red populations around twenty times faster than by competition alone. If greys are at a low density, the rate of transfer is reduced so the SSRS strategy is to implement a rapid response system to reported greys in critical areas.

## How you can help

In our area the last positive antibody test was in 2014 so not an immediate threat but it remains extremely important to report sightings of red and grey squirrels, dead or alive, via the SSRS site <https://scottishsquirrels.org.uk/>.

Numbers seen may vary across the year, increasing with dispersal of young but, if you see them frequently in the same place eg on walks or in gardens, then only report every six months. The virus is spread by direct contact of bodily fluids so it is good practice to clean bird or squirrel feeders regularly with anti-viral disinfectant, also beneficial to birds.

A new Project Officer for this area has recently been appointed and will be looking for volunteer support. Everyone can help by also taking part in the Annual Survey in October.

See the SSRS website for more information and opportunities to get involved <https://scottishsquirrels.org.uk/>.

**Lesley Hawkins**



**Callander Thistle FC:**  
Youth Football and  
Community Spirit

As the summer rolls on, kids of Callander Thistle have been full of energy and excitement for football festivals. We've had teams head to Alloa, Stirling, Bishopbriggs, Rangers FC Training Centre and many more! The joy on the faces of our young players is a testament to the fun these events bring. Not only do these festivals provide an excellent opportunity for kids to engage in healthy physical activity, but they also foster teamwork, discipline, and a love for the game.



Our junior teams have not long started back to training following their short summer break and are ready for another exciting season of games. Over the break many of our players enjoyed three full days of football with Rangers Soccer Academy who hosted a Summer Football Camp at McLaren Leisure in partnership with Callander Thistle FC. The camp provided opportunities for children from preschool to high school to develop their skills and make new friends.

We are always looking to expand our youth teams, welcoming players born in 2012 through 2018. Our club is dedicated to nurturing young talent and providing a supportive environment where all players can grow and thrive. If your child is interested in joining a team, we encourage you to get in touch.

[Callanderthistleafc@gmail.com](mailto:Callanderthistleafc@gmail.com)



Additionally, we are on the lookout for enthusiastic coaches to join our ranks. Coaching at Callander Thistle FC is a rewarding experience, and we offer comprehensive support and qualifications to help you succeed. Training sessions take place on Wednesday evenings, with games held on Saturdays. By sharing the coaching responsibilities, we ensure that our coaches have ample support and can deliver the best experience for our players. Our club is also seeking volunteers to help with various non-coaching roles. Whether you have a background in sports or simply want to give back to the community, your involvement would be greatly appreciated. If you think you can contribute, please contact us to discuss how you can become part of the Callander Thistle family.

Our amateur team has completed its packed pre-season schedule which included friendly games, training days, and its highly successful golf day fundraiser. They are now ready to take on league and cup fixtures for a new season. It is an exciting time for everyone involved, and we look forward to a successful year ahead.

*Callander Thistle FC is more than just a football club; it is a community where everyone can find a place. Join us in making this season the best one yet! For more information on joining as a player, coach, or volunteer please contact us at [callanderthistleafc@gmail.com](mailto:callanderthistleafc@gmail.com).*

**Bob Mercer**

*Callander Thistle Club Chairperson*

**McLaren Leisure**

From invigorating fitness classes to kids holiday camps, soft play, multiball, sports and even an open office. McLaren Leisure offers a range of activities to suit everyone.

Join us today and unlock a world of leisurely delights! Head to our website to view our full range of activities.

[www.mclarenleisure.co.uk](http://www.mclarenleisure.co.uk) | 01877 330000 | Callander, FK17 8JP



## McLaren Leisure

*Exciting Summer Fun and What's Still to Come!*

The summer months always bring lots of excitement to McLaren Leisure. While it marks the end of our term-time activities it brings with it new thrills as we enjoy Kids' Camps, family fun sessions and much more.



*Interactive Fun*

We are over halfway through our summer programme and our ever-popular Kids' Camp, for children aged P1-P7, has been a resounding success so far. We have kept young minds and bodies active with a variety of engaging activities, from swimming and climbing to races and sports.



*Outdoor Obstacles*

It has been wonderful to see children making new friends and creating lasting memories. In addition to Kids' Camp, we were delighted to see the return of our summer swimming schools this year. These sessions help children of all ages and skill levels improve their swimming abilities. Our dedicated instructors have ensured that every participant has made progress while enjoying their time in the water.

We've filled the kids' holidays with swimming, climbing, sports, inflatables, and much more but the excitement doesn't end there—

we've also celebrated adult fitness with the second summer Rig Fit Games. This event was a highlight of the summer for our fitness community. Participants showcased their strength, endurance, and teamwork in a series of thrilling fitness challenges, creating an atmosphere of friendly competition and camaraderie.

As we transition from the vibrant summer months into the energetic back-to-school season, McLaren Leisure is excited to announce a host of new activities and programmes designed to keep our community active and engaged. The introduction of new Walking Football sessions, a low-impact version of the game is perfect for those who want to stay active without the intensity of traditional football. It's a great way to enjoy the sport, improve fitness, and meet new friends in a fun and supportive environment. Sessions will be held weekly, and all skill levels are welcome. Check our website or give us a call for more details. In addition to walking football, we have many more new clubs and classes launching soon to cater to a variety of interests, including a weekly Run Club, whether you're a seasoned runner or just starting out, lace up your running shoes and join our weekly sessions

Now is the perfect time to make the most of a McLaren Leisure membership. Our memberships offer great value, providing access to our gym, swimming pool, fitness classes, Multiball Interactive gaming wall, racquet sports, soft play and much more. If you're looking to maintain your fitness routine or try something new, our memberships offer flexibility and convenience to suit adult, junior and family members. Full details are available on our website [www.mclarenleisure.co.uk](http://www.mclarenleisure.co.uk)



**McLaren  
Leisure**

As the new school year approaches, McLaren Leisure is here to support families with a range of programs to ease the transition, our school sports club provides a safe and fun environment for children to stay active before and after the school day. The walking bus service ensures a safe journey to and from Callander Primary School, it's the perfect solution for busy parents! Children will take part in a range of activities including climbing, sports, games and our multiball interactive game wall. Sessions are available Monday – Friday for children in Callander Primary 1 – 7. Bookings can be made online today!

Get your kids back in the swim of things with our after-school swimming lessons. These sessions are designed to improve swimming skills and build confidence in the water, catering to various age groups and skill levels. We are looking forward to welcoming our regular and new swimmers back to classes for another great swimming term.

For full details on all our upcoming events, classes, and membership options, visit our website ([www.mclarenleisure.co.uk](http://www.mclarenleisure.co.uk)) and follow us on social media. We're excited to continue providing top-quality recreational opportunities for our community throughout August, September and beyond.

*Thank you for being a part of McLaren Leisure. We look forward to seeing you at our new sessions, clubs and classes, and wish everyone a smooth and active transition back to school.*

**Rachel McLean**

Marketing & Funding  
McLaren Leisure

[www.mclarenleisure.co.uk](http://www.mclarenleisure.co.uk)

**01877 330000**

# What's On for August & September 2024

## Regular Meets & Classes - Something for Everyone

### Mondays

- RigFit 7.00-7.45 am McLaren Leisure
- Active Life 9.30-10.30 am McLaren Leisure
- Chair Yoga 11.00-12noon McLaren Leisure
- Kettle Fit 12.15-12.45pm McLaren Leisure
- Highland Dancing 4.00pm Kirk Hall:
- Teen Fit 4.00-5.00pm McLaren Leisure
- RigFit 5.30-6.15 am McLaren Leisure
- Yoga Fit 6.00- 7.00pm McLaren Leisure
- Cycle Fit 6.20-7.05pm McLaren Leisure
- Cycle Fit Adv 7.15-8.15pm McLaren Leisure
- Core Fit 8.15-9.00pm McLaren Leisure
- Pump Fit 7.15-8.00pm McLaren Leisure
- Guides 6.30-8.00pm Callander Primary School
- 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 07963 736044)
- Cycle Fit 9.30-10.15pm McLaren Leisure
- Walk in the Park 10.20am (See flier, page 12 for start location)
- Aquacise 11.00-12.00noon McLaren Leisure
- MumFit 11.00-12 noon McLaren Leisure
- Yoga Basics 12.00-1.00pm 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
- Line-dancing 6.00-7.00pm (absolute beginners) 7.00 - 8.30pm (improvers) St.Andrew's Church Hall
- AquaFit 7.15-8.00pm McLaren Leisure
- Badminton Club 7.30pm McLaren Leisure
- Evening Yoga 7.30-9.00pm McLaren Leisure
- Taekwondo 7.00-9.00pm McLaren Leisure
- Song Squad practice 7.00-9.00pm at Callander Fire Station

### Wednesdays

- Rig 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](http://www.momoyoga.com/seasonalbalance)
- Seasonal Yoga 11.00-12noon Fire Station book at [www.momoyoga.com/seasonalbalance](http://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
- Evening Walk in the Park - weekly 7pm, Ancaster Square
- Cycle Fit 8.00-8.45pm McLaren Leisure
- Taekwondo (contact: [falkirktaekwondo@gmail.com](mailto:falkirktaekwondo@gmail.com))

### Thursdays

- Aquacise 9.30-10.30am McLaren Leisure
- Craigard Club meet for lunch 12.00-2.00pm Callander Hostel
- TeenFIT 3.30-4.30pm McLaren Leisure
- Cycle Fit 7.30-8.15pm McLaren leisure
- Core Fit 8.00 8.45pm McLaren Leisure
- Bridge Club 2.00 - 4.00pm upstairs in Callander Library
- Redtooth Poker League at Lade Inn 7.30pm all welcome
- Scottish Country Dancing 7.00pm Masonic Hall

### Fridays

- Body Fit 9.00-9.45am McLaren Leisure
- MumFit 11.00- 12noon McLaren Leisure
- Power Fit Express 11.00-12.00 noon McLaren Leisure
- Cycle Fit Express 5.30-6.00pm McLaren Leisure
- Spike Island 8.15 -9.15pm McLaren Leisure

### Music and Memories

*Come along for a trip down Memory Lane, familiar songs, friendly blether and a cuppa. Everyone welcome, including those living with dementia and their carers.*

Join us on:

Monday 12th August  
Monday 9th September

Callander Kirk Hall  
2.00pm-3.30pm

**For more information please contact:**

**Ann Ross 07720 887720 or  
Anne McLachlan 07743 125966**



## August

### Sunday 4th

- **Monthly Service** (including vote on closure) Trossachs Church, Brig O' Turk, 3pm [www.trossachschurch.co.uk](http://www.trossachschurch.co.uk)

### Monday 12th

- **Music & Memories** 2.00pm - 3.30pm at Callander Kirk Hall

### Thursday 15th

- **Bookbug Session** 10.30am - 11.00am at Callander Library

### Saturday 24th

- **Callander Horticultural Society Annual Show** 2.00pm-4.00pm at East Torrie Farm, - free shuttle minibus from Square to venue 1.45-4.15pm [www.cadhs.co.uk](http://www.cadhs.co.uk)

### Thursday 29th

- **Bookbug Session** 10.30am - 11.00am at Callander Library
- **Callander & W. Perthshire U3a AGM** 2.00pm McLaren Leisure

### Saturday 31st

- **The Gathering** - 1.00pm-6.00pm in Ancaster Square
- **Canmore Trust Street Ceilidh** from 6.45pm in Ancaster Square & 7pm Ancaster Road

"...Join us on Ancaster Square at 6.45pm to join the Piper led procession up to Ancaster Rd where the ceilidh will start promptly at 7.00pm with a Gay Gordon's led by the *Glasgow Vets Ceilidh Band*."

## September

### Sunday 1st

- **Monthly Service** 3.00pm Trossachs Church, Brig O' Turk [www.trossachschurch.co.uk](http://www.trossachschurch.co.uk)

### Monday 2nd

- **CAOS Rehearsals begin** and run through September, October and beyond. McLaren High. 7.30pm

### Thursday 5th

- **Guild** - 2pm Kirk Hall New Session Rev J McCormick. Members and visitors welcome

### Monday 9th

- **Music & Memories** 2.00pm - 3.30pm at Callander Kirk Hall

### Tuesday 19th

- **Arthritis Club talk** 2.00pm - Kirk Hall

### Thursday 12th

- **Bookbug Session** 10.30am - 11.00am at Callander Library

### Saturday 14th

- **German Speaking Group** 10.30am - 11.00am at Peter's home, Coihallan House, Invertrossachs Road Callander FK17 8HW at 2.00pm. Newcomers welcome please contact [jenshearer@gmail.com](mailto:jenshearer@gmail.com) for details of meeting

### Wednesday 18th

- **Heritage Society Prof Stewart Brown** - 7.00pm at Masonic Hall

### Friday 20th

- **Thornhill Players**, Kirk Hall, Callander (see p. 30 for details)

### Saturday 21st

- **Thornhill Players** - Thornhill Community Hall (see p. 30 for details)

### Saturday 21st

- **Harvest Lunch** 12.30pm at St Andrew's Church Hall

### Sunday 22nd

- **Harvest Festival Communion service** 9.30am at St Andrew's Church

### Thursday 26th

- **Bookbug Session** 10.30am - 11.00am at Callander Library

### Friday 28th

- **CAOS Ceilidh** (note this date is tentative) time and venue tbc

### Saturday 28th

- **Messy Church** 10.30am at Callander Kirk Hall, South Church Street

### Saturday 29th

- **Harvest Thanksgiving Luncheon** 12.30pm at Callander Kirk Hall

## October

### Friday 4th

### Ben Ledi View published

The Parish of Callander



Harvest Thanksgiving and Lunch in aid of Start Up Stirling

Worship Service in Callander Kirk  
Sunday 29th September 2024

at 11.15am

featuring Callander Kirk Junior Choir



followed by a soup lunch in the Kirk Hall

at 12.30pm  
**All welcome**

Please contact the Church Office if you would like to attend the soup lunch and inform them if you have any dietary requirements, so we can cater for everyone - thank you.

Email: [callanderkirk@btconnect.com](mailto:callanderkirk@btconnect.com) Phone: 01877 331409 (Tues & Thur 10.30am-1.00pm)

Scottish Charity Number SC000396 **The Church of Scotland**

**Messy Church**

Callander Kirk Hall  
South Church Street

Find us on Facebook  
'Callander Messy Church'  
or contact Lara on  
07423 059 885

Saturday 28th September at 10.30 a.m. Everyone welcome

FREE

Games, crafts, stories, food, singing and worship for all ages

# CALLANDER JAZZ & BLUES FESTIVAL

THU 3rd OCT 24  
SUN 6th OCT 24

[www.callanderjazzandblues.com](http://www.callanderjazzandblues.com)  
[@callanderjazzandbluesfestival](https://twitter.com/callanderjazzandbluesfestival)



This year's 18th Callander Jazz & Blues Festival is the biggest one yet with over 80 live performances across 12 eclectic venues, 9 retail outlets and 193 musicians all contributing to our biggest musical extravaganza ever.

Starting on Thursday 3rd through to Sunday 6th October, the busiest weekend of the year in Callander will offer a magic mixture of jazz, blues, rock, swing, jive, country, pop and rock'n'roll. Only 3 of our 12 venues need a ticket to enter, so no excuse not to stick your dancing shoes on and enjoy the live music, from chart topping 80's band The Korgis, to recent Channel 4 The Piano finalist, Alice Faye. We also have a new venue this year with restaurant Nick's at Port of Menteith joining the party, along with a return of the Dreadnought Hotel and Callander Golf Club. This year's amazing line-up features musicians from the USA, Italy and Spain, as well as top artists from England, Northern Ireland and Scotland, including many recently nominated and award winning jazz and blues performers.

Here is a sample of just some of the amazing performers we have lined up for this year's 18th Callander Jazz & Blues Festival...

**The Korgis** music has been described as 'timeless', and perhaps that's what makes it seem just as fresh today as when they first hit the charts in 1979, with 'If I Had You'. Runaway hit 'Everybody's Got To

*Learn Sometime'* charted in the UK, USA, Ireland, Australia, Belgium, Holland, Switzerland and hit the No1 spot in France and Spain, and has been covered by numerous artists, including Zucherro and Yazz.

**Kyla Brox** is widely regarded as one of the very best soul-blues singers the British Isles has ever produced. Winner of the UK Blues Challenge 2018 and the European Blues Challenge 2019, voted Best Female Vocalist in the 2019 European Blues Awards and semi-finalist in the International Blues Challenge 2019 and 2020, blues and soul become inextricably entwined when singer-songwriter Kyla performs.

**The Tenement Jazz Band** is a traditional jazz band comprising musicians with a shared love of New Orleans trad jazz, ragtime and blues music. Voted the Best Band at the Scottish Jazz Awards 2022, the band is bringing its interactive *Cabinet of Musical Wonders* show to Callander this year, which has been produced especially for children, showcasing a fun introduction to early jazz and its many instruments.

**The Terraplanes Blues Band** is a recent winner of the Emerging Blues Act Of The Year in 2023 at the national UK Blues Awards and is a musical group from Bristol with a fine blend of finger pickin' country blues and high energy raw r'n'b. Delivering howling blues harmonica and screaming slide guitar, The Terraplanes is a rhythm &

blues band that take you back to the golden era of the blues.

**Rose Room** has been voted 'Best Band' twice at the Scottish Jazz Awards and is Scotland's leading ensemble influenced by the Gypsy Jazz genre. Sharing a love of Swing music and the style of the great Django Reinhardt and Stéphane Grappelli, its "vigorous and vivacious" performances go "down a storm" with any audience as they serve up their 1930s 'Hot Club' standards,

**Max De Bernardi & Veronica Sbergia** passionately play roots, blues, ragtime and gospel with an Italian flavour and often quite humorously! An irresistible blend of blues, ragtime, vaudeville music and hillbilly music, played using strictly acoustic instruments such as ukuleles, washboard, kazoo, double bass and guitars. Max & Veronica regularly perform across Europe and the USA, but never before in Scotland.

**The Rachel Duns Quintet** features powerful tenor saxophone sounds as well as delicate vocals and soaring flute melodies, backed by a dynamic rhythm section. Winner of the Scottish Jazz Awards Rising Star of 2021 award, Rachel and her eponymous quintet has gained traction performing original music blending jazz with blues, soul and hip-hop.

**Iago Banet's** technique and approach to performance has captivated crowds across the UK and Spain. Born in Galicia in the north-west of Spain, a teenage Iago found a classical guitar at home and set about learning to master it. From that moment, there was no going back: guitar became his passion, his obsession and his future. Iago is a one-man-band on acoustic guitar not to be missed.

**Jackson Sloan** is a singer, songwriter and performer of authentic 1940s/1950s roots Rhythm & Blues, Swing and Rock 'n' Roll and has built up a reputation as an exceptionally talented frontman. He has performed at many prestigious Rhythm & Blues and Rockin' festivals, clubs and dance events across the globe and has written and recorded many songs that are favourites on the 'Vintage' music scene.

**Sean Taylor** is best described as a roots artist influenced by blues, Americana, jazz, spoken word and folk music. Sean is an international touring troubadour and was nominated for the 2023 UK Blues Acoustic Artist of the Year award. He has opened for Robert Cray, John Fogerty, John Mayall, Neville Brothers, Tony Joe White, Band Of Horses, Richard Thompson, Eric Bibb and many other legends.

**Delta Fuse** are three young Irishmen from Derry who offer up a full on mix of blues, rock'n'roll, funk and soul, and have been making waves & electrifying audiences across the UK and Europe playing their cut-throat power trio blues with stomping rhythms. The bands influences include the music of John Lee Hooker, through 50s Chicago and 60s psychedelic blues to the smoother soulful sounds of BB King.

Other top artists playing Callander for the first time are Ben Hemming, Jimmy Regal & The Royals, Toby Walker, Alice Faye, Fargo Railroad Co, Big Wolf Band, Sam Braysher Trio, STAN the BAND and Calum Ingram. Festival favourites returning include The Revolutionaires, Gerry Jablonski Band, Andy Taylor Group, Deke McGee Band, Alex Hamilton Band, Bison Hip, Greig Taylor Band, Ali Affleck and That Swing Sensation.



*The 18th Callander Jazz & Blues Festival runs from Thursday 3rd - Sunday 6th October 2024. Follow us on Facebook and Instagram for news on this year's performers and venues, check out our website; [www.callanderjazzandblues.com](http://www.callanderjazzandblues.com).*

*We hope you can take in at least one of the festival's shows this year. There's certainly plenty of choice!*

**Duncan Boyle**

## COOK'S CORNER

by Audrey Corrieri

### Slow Cooker Peanut Chicken

Serves 4

#### Ingredients

- 3 chicken breasts, diced
- 2 onions, diced
- 200g frozen mixed peppers
- 200g frozen baby carrots
- 120g peanut butter
- 1 tbsp cornflour
- 2 tbsp lime juice
- 2 tbsp soy sauce
- 1 tbsp curry powder
- 1 red chilli, diced
- 1 tin chopped tomatoes

#### Method

Add all the ingredients to the slow cooker and stir thoroughly.

Cover and cook on low for 4 hours.

Serve with cooked rice.

### Review: SCO Enthralls at Callander Kirk

On Saturday 6th July an enthusiastic audience gathered in Callander Kirk for a performance by the Scottish Chamber Orchestra.



The concert was part of their Summer Classics tour. Led by their

very energetic conductor, Maxim Emelyanychev, the orchestra treated us to 3 pieces. The Kirk made an ideal venue for the soaring strings of Elgar's Serenade for Strings.

The whole orchestra then played Schumann's Cello Concerto.

Philip Higham's brilliant solo performance was greeted with loud applause resulting in a beautiful encore.

Finally, we were treated to Beethoven's 7th Symphony. A rousing, joyous piece, it built to a wild, energetic finale. An excellent evening's entertainment.

**Kath Millar**

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## It's never a dull moment with CAOS!

Last August, this article started with 'Normally in this edition of the BLV I would be letting you know which show we will be staging next March.' This year I can tell you the show but, at time of writing can't tell you who the Musical Director will be!! See the advert above and get in touch if you have the qualifications or know somebody who does.

The show is, of course, *Made in Dagenham*, a departure from our usual fare but one that we are sure you will enjoy. Based on real events, this gritty tale tackles some serious issues with an earthy humour which catches the mood of the late 1960's and is still relevant today. The music and lyrics are great and help create a modern upbeat show that will have you rocking in the aisles.

If we don't yet have a MD we do have a producer/director. Ronnie Honey has played on stage with CAOS

on several occasions and is well known on the local amateur dramatic scene. He brings a wealth of experience and excellent stagecraft with him and we are really looking forward to working together on this production.

Show dates are 19th to 22nd March 2025 and rehearsals start on Monday 2nd September 2024 at McLaren High School (see What's On for details).

If you don't fancy being on stage there are many other ways you can help support CAOS. Financial assistance is always welcome and this can be through sponsorship, donations, and advertising in our programme. Our Patrons are also an invaluable source of support. Practical help with lighting, backstage and front of house is also appreciated. If you think you have

something to offer with any of these check our web site ([www.c-a-o-s.org.uk](http://www.c-a-o-s.org.uk)) or contact us at [caoscallander@gmail.com](mailto:caoscallander@gmail.com).

Like last year we hope to have another Family Ceilidh towards the end of September (date and venue to be confirmed) and look out for the regular annual Christmas concert at the end of November/beginning of December.

*Hope to see you in September and March and Mondays in between and here's to another great production in 2025!*

**Steve Murphy for CAOS**

CAOS is sponsored by Andrew Baird  
Optometrist

## THORNHILL PLAYERS

### Were you at our production last October?

Did you enjoy watching us hamming it up in *The Book Club of Little Witterington* and *What's For Pudding*?

To delight you even further, we are performing a follow-up to *Book Club* –

*The Book Club of Little Witterington* – *After the Fete*. Come along and see what further mischief Belle and company can get up to!

Our second play is a clever comedy/mystery called *The New Patio*.

Dates for your diary are:

- Friday 20th September, Kirk Hall, Callander and
- Saturday 21st September, Thornhill Community Hall.

*Tickets can be booked in advance by phoning 01786 850288 or emailing [cjohnston447@btinternet.com](mailto:cjohnston447@btinternet.com) Pay at the door on the night – cash or cheque accepted.*

## Book Club Review

This issue's book review title is *Thirsty Animals* by Rachelle Atalla (Hodder & Stoughton: 2023) *Thirsty Animals* is the second novel by award-winning author, Rachelle Atalla.

The book begins at a Welcome Break service station off the M74 close to the Scotland/England border. Aida is a 21-year old student working night-shift in one of the service station shops. She's returned home from Edinburgh University to help at the family's livestock farm and is doing additional work to bring in extra income through difficult times.

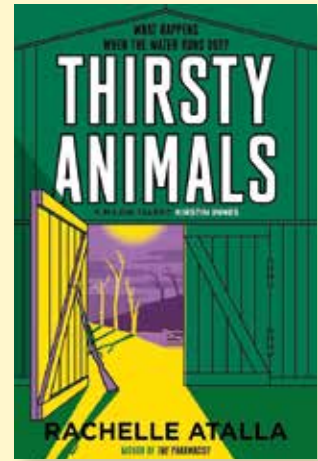
A family enter the shop and take a plastic bottle of water off the shelf. The bottle has a big security tag on it. They take it to the check-out and Aida requests £14.99 payment. The man with his young child looks in despair, but he buys the water, which his son then gulped down greedily in seconds. Despair is mixed with a relief of sorts.

The family managed to make it over the border to Scotland. They're one of the luckier ones.

Atalla's imagined world in *Thirsty Animals* is a world where the reservoirs are running dry and rain is a rarity. There are rumours that it rains a lot in Scotland and that the lochs are full, but even that is proving not to be the case, as the sun beats down day after day. Farming is a tenuous and isolating occupation at the best of times and Aida's family stockpile to survive.

Then one day a battered campervan arrives at the farm-gate, the strangers need emergency help with a young pregnant woman. As the drought situation worsens and the taps run completely dry, Aida and her family are forced to close ranks and make choices to survive.

I found *Thirsty Animals* compelling and thought-provoking. Atalla steers the reader chapter by chapter into a worsening and desperate situation. All of us know the narrative of drought from the news media and from



journalistic reports around the world. But on our doorstep? Atalla weaves that drought narrative into rainy Scotland and makes the inconceivable, utterly believable. And whilst I wouldn't ever usually choose to read apocalyptic fiction, I would certainly read another by this author, as the story-telling was so good.

The next BLV book club review will be *The List* by Yomi Adegoke (4th Estate:2023) *Maggie Magor*

## Local Man Has the Photography Bug

Some people baked bread, some people started (and still haven't finished) a DIY project, and some people took their previous hobby to a whole new level.



Callander man, Paul Fraser, already an accomplished wildlife photographer, did just that. Paul has a background in biology and outdoor education and when the Covid lockdown

came around, he decided to see what there was to photograph in his own background and the answer was... bugs!

Keen to involve his children whom he was homeschooling throughout the lockdown, they became accomplished backyard explorers - finding, photographing, identifying, and learning about the many insects and arachnids that populated the garden. Using nature guides and the app '1 Naturalist', Paul and his children learned more and more about not only Scottish native species, but species

from around the world. Paul has even made a wish list of insects he would like to photograph!

One day when Paul was at work, he noticed a pile of sawdust next to a hole in wood on a freshly dug planter. He grabbed his camera and saw a tiny digger wasp, living up to its name.



He photographed the wasp and was happy with the result. About 7-8 months later, he heard of the worldwide photography competition held by the *Royal Entomological Society* and decided to enter. It was his first time entering into the competition and he was delighted to receive a

'Specially Commended' award. What's more, he is the only macro-photographer from Scotland to be featured!

Paul's top tips for finding and photographing insects:

1. Get up early before the heat comes into the day as insects are cold-blooded and they will be moving slowly, if at all. This makes observing easier and means you don't have to handle them or disturb them.
2. It doesn't have to cost a fortune! Consider what kind of photography you would like to do - there are affordable options for most things, even specialist equipment.
3. Do your research! Learn about the species you are interested in, where they live and what they like, and get out there!

Article dedicated to Paul's children for their continuous curiosity and enthusiasm. See Paul's entry: <https://www.insectweek.org/art-and-photography/2023-photography-competition-winners-over-18-category/>

*Keena Wildman*

Community Closures cont...

### Pharmacies under Threat - Sign the Petition

The Callander Pharmacies are a lifeline for people living in and around Callander and for many visitors. They dispense vital medication; they offer local healthcare advice – often saving lives when they spot serious health issues; they can identify and treat minor ailments; and they know their local communities.

Pharmacies are the heart of communities and support people – particularly the vulnerable – in so many ways. We cannot afford to lose them but we face 2 challenges:

**Pharmacy Staff:** there is a national shortage of pharmacists and pharmacy staff. Pharmacies are usually private/company businesses: in Callander we have Farrens and both their pharmacies are Community Pharmacies so they are reimbursed by the Government scheme for

medicines. Staffing costs are met by the business. Linked to this is...

**Cost of Medicines:** In Scotland, prescription medicines are free but the Government only funds the lowest cost for most medicines. This means that when the low cost options aren't available, the pharmacy has to make up the difference in cost. Pharmacies spend hours sourcing low cost options to make sure people have what they need when they need it. This takes up staff time which could be spent responding to patients and customers.

This campaign is about raising awareness of these challenges.

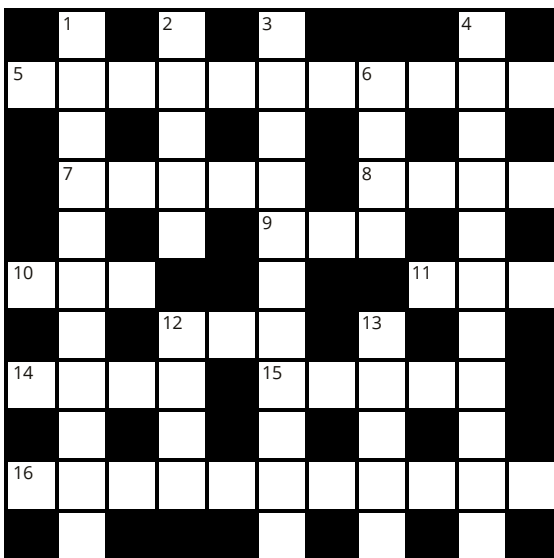
**TO SHOW YOUR SUPPORT, PLEASE SIGN THE PETITION IN FARRENS MAIN STREET or TROSSACHS PHARMACY**

Share your concerns and visit the NPA website at [www.npa.co.uk/saveourpharmacies](http://www.npa.co.uk/saveourpharmacies) or go on social media using the #SaveOurPharmacies hashtag.

*Angelica Hamer*



## Crossword 337



- Across**
- 5 Dinghy, perhaps (7,4)
  - 7 Strong thread (5)
  - 8 Disfigure (4)
  - 9 Chafe (3)
  - 10 Drunkard (3)
  - 11 Consumed (3)
  - 12 For each (3)
  - 14 Indifferent (2-2)
  - 15 Tanker (5)
  - 16 Possessing four right angles (11)

- Down**
- 1 Patron saint of tanners (11)
  - 2 Natural talent (5)
  - 3 Subterranean (11)
  - 4 Born in early December, for example (11)
  - 6 Explosive weapon (4)
  - 12 Bard (4)
  - 13 Not under one's breath (5)

**Solution 336**



Solution will be printed in the next issue. Visit <https://benlediview.easyportal.app/puzzle-solutions> or scan the QR code to see the solution now.



## Health Q&A with Olga Watkins

### Anyone for a spoonful of VIROL....?

When I was a wee girl living in Glasgow, my grannie was the fount of all knowledge when it came to anything medical – she would swear by Vick Vapour Rub for chesty coughs, a spoonful of VIROL for poor appetites, Askit powders for headaches, bread poultices for anything that ‘festered’ and chicken soup for everything else.

We have all moved on from that, thankfully, but it can still be difficult to get good medical advice without having to consult a GP or other health professional.



The internet can be very useful, but getting accurate information can be fraught with danger for the unwary.

If you have a general health question that you would like answered in a future edition, please send it either to [editor@benlediview.org](mailto:editor@benlediview.org) or post it in the library BLV box – I may be able to answer it for you and you never know – it might be the answer to a problem that some other reader was just desperate to ask! You can submit the question anonymously and you will not be identifiable in the answer.

If you would rather look up information online, I would recommend the following website - [www.patient.co.uk](http://www.patient.co.uk) - where you will get sensible, detailed information on most medical conditions, as well as guidance on other health topics. The language is easy to understand and the information it gives is accurate.

*Olga Watkins*

## Water Safety

Summer is a great time to enjoy Scotland’s beautiful waterways but the latest data from the National Water Safety Forum show that there were 47 accidental drownings in Scotland and 236 throughout the UK in 2023.

Figures also show that 4 in 10 of Scotland’s accidental drownings happened when the person had no intention of entering the water. Instead they were participating in healthy and beneficial everyday activities such as walking, jogging or cycling.

The RLSS online water safety toolkit Lifesaver-Lifechanger aims to give the whole family the confidence to keep themselves and others safe around the water. (See details right)

We’ll feature Open Water and Wild Swimming in the next issue of BLV.



In the meantime, take a look at ‘Sponge to Plunge’ - the RLSS UK Cold Water Exposure 2 week Home Plan ([www.rlss.org.uk](http://www.rlss.org.uk))

Find out how to become a Lifesaver here [www.rlss.org.uk/lifesaver-lifechanger](http://www.rlss.org.uk/lifesaver-lifechanger). *Angelica Hamer*



## Library



### Opening Times for Callander Library

<b>Monday</b>	Closed	
<b>Tuesday</b>	9.30-1 pm	2-5 pm
<b>Wednesday</b>	9.30-1 pm	2-5pm
<b>Thursday</b>	9.30-1 pm	2-7 pm
<b>Friday</b>	9.30-1 pm	2-5pm
<b>Saturday</b>	10-12 pm	

Books, DVDs, hearing aid batteries.

**A**re you or someone you know a housebound resident of Callander?

The Housebound Library Service currently has space for more subscribers to the service in Callander.

For more information and contact details, please visit the council website:

<https://www.stirling.gov.uk/community-life-and-leisure/libraries-and-archives/libraries/housebound-library-service/>



### Citizens' Advice Callander

Citizens' Advice outreach sessions in Callander:

- Every Wednesday, Thursday and Friday in Callander Library 10am - 12 noon'
- Every Wednesday Callander Kirk Hall Café 12.30pm-2.30pm

## Pastoral &amp; Worship



Monday evening.

**Pastor:** Rev Nathan Swisher

**Contact :** Tel: 07851 529481 | **email:** admin@callanderchristianfellowship.org.uk or visit : [www.callanderchristianfellowship.org.uk](http://www.callanderchristianfellowship.org.uk)

**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, followed by refreshments.

Our weekly prayer meeting is at 7.30pm,



### Callander Kirk The Church of Scotland,

South Church Street, Callander

Please join us every Sunday 11.15am also live streamed on Facebook

#### Services

**Kirk Church** 11.15 every Sunday

**Trossach Church** - 3.00pm

Sunday 4th August - monthly service  
Sunday TBC - Songs of Praise

Rev Jeffery McCormick BD

[jmccormick@churchofscotland.org.uk](mailto:jmccormick@churchofscotland.org.uk) 01567 820247

Church Office/Hall Bookings:

[callanderkirk@btconnect.com](mailto:callanderkirk@btconnect.com)



### 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 info please contact:

Revd Jon Connell Rector of linked charges of St Andrew's Callander and St Mary's Aberfoyle h: (01877) 382887  
m: 07983 897 841 or

Liz Balding Secretary to St Andrew's Vestry m: 07825 635 428

[www.standrewschurchcallander.co.uk](http://www.standrewschurchcallander.co.uk)  
Hall for hire by the hour - contact 07795 244333



### Callander Outreach Service

Wednesday 10am – 4pm

Callander Library

Drop-in, no appointment necessary  
(home visits also available  
Tel: 07931 334828)



### St Joseph's Catholic Church

Glen Artney Road,  
Callander

#### WEEKLY SCHEDULE

**Tuesday & Thursday**

Holy Mass at 10.00am

**Sunday**

Holy Mass at 11.30am

**Parish Priest:** Rev.

Leszek Wiececzek SAC

**Website:** [stfdac.co.uk](http://stfdac.co.uk); Phone: 01877 330702

**Email:** [stjosephcallander@dunkelddiocese.org.uk](mailto:stjosephcallander@dunkelddiocese.org.uk)

## Bins & Waste

Check collection day by postcode at: [www.stirling.gov.uk](http://www.stirling.gov.uk)

Saturday		Tuesday	
3rd Aug	-	6th Aug	Glass
10th Aug	Glass	13th Aug	-
17th Aug	Blue	20th Aug	Green
24th Aug	Green	27th Aug	Blue
31st Aug	-	3rd Sep	Glass
7th Sep	Glass	10th Sep	-
14th Sep	Blue	17th Sep	Green
21st Sep	Green	24th Sep	Blue
28th Sep	-	1st Oct	Glass

### WRC Opening times

#### PREBOOKED ONLY

- Monday - Friday 5.00pm to 7.40pm
- 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.)



**Don't forget to Book..**

Stirling Council residents must now book a slot in order to dispose of waste at all council waste recycling centres.

Slots can be reserved at your preferred time and date up to 14 days in advance of your intended visit (to Lower Polmaise, Callander or Balfron).

Slots can be booked on the same day, subject to availability, whilst people who do not have internet access can arrange a booking by calling [01786 404040](tel:01786404040).

For more information visit the Council website [www.stirling.gov.uk](http://www.stirling.gov.uk)

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#### Callander Police: 101

Local Council Office & Registrar: [01877 33004](tel:0187733004)  
Social Work: [01786 471177](tel:01786471177)  
Post Office: [01877 330267](tel:01877330267)  
Stirling Council: [01786 404040](tel:01786404040)

#### Councillors

Martin Earl - [earlm@stirling.gov.uk](mailto:earlm@stirling.gov.uk)  
Gene Maxwell - [Maxwellg@stirling.gov.uk](mailto:Maxwellg@stirling.gov.uk)  
Elaine Watterson-[wattersone@stirling.gov.uk](mailto:wattersone@stirling.gov.uk)

#### MSP

Evelyn Tweed - [evelyn.tweed.msp@parliament.scot](mailto: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](http://www.nhs24.scot)  
[www.nhsinform.scot](http://www.nhsinform.scot)

#### Chemists

Farrens [01877 330132](tel:01877330132)  
**Mon-Fri** 9am-6pm & **Sat** 9am-5pm  
Trossachs [01877 330016](tel:01877330016)  
**Mon-Fri** 9am-1pm and 2pm-6pm

#### Vets

Callander:[01877 381213](tel:01877381213)

#### Schools

McLaren High: [01877 330156](tel:01877330156)  
Callander Primary: [01877 331576](tel:01877331576)

#### 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](http://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)

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- Callander Golf Club
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- Ancaster Square
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