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

The Ben Ledi View is published by

Ben Ledi View Community Newspaper SCIO (Registered Charity SC 043744).

Cover Photos: Main photo by Pery, Swan photos overlay by Dave Bray



Convenor's Welcome Message

Hello Readers,

2024 seems to be flying by and I can hardly believe that this issue of the Ben Ledi View straddles the mid-point of the year. As the weather has gradually warmed up, Callander has become noticeably busier, with both locals and visitors enjoying what our town and the surrounding area has to offer, well showcased by our front cover!

Talking of the surrounding area, I am delighted to see that the life-line C60 Bus Service to and from Killin has been given a 2-year reprieve by Stirling Council. The need to maintain and indeed improve public transport was strongly supported by the Community in the Local Place Plan and it is hoped that this can now be built on and perhaps expanded.

This is also the time of year when the myriad of voluntary organisations with which Callander is blessed seem to become more active and this is evidenced by the number of articles in the Community and Sports sections. I was particularly drawn to the one announcing the launch of the 2024 Canmore Trust Street Ceildh, on Saturday 31st August, organised by the Community Friends of the Canmore Trust. I think is a brilliant way of raising money for the very important cause of suicide prevention and I will certainly be saving the date, despite my days of doing "Strip the Willow" having sadly passed!

Following on from the previous couple of issues, you can see that the focus on the Local Place Plan (LPP), which tells Stirling Council and the National Park Authority (NPA) what the priorities are for the people of Callander, isn't being allowed to slip. The articles from the Community Council and Development Trust show that a number of actions are already underway and more details can be found by visiting Callander Connect. Outside of that, the town has a real connection with St Kessogs, and the article and Call to Action on page 9 sets out a potential way forward.

Finally, as I pointed out in the last issue, if this paper is to continue to be published and to be sustainable going forward, we have a need for more volunteers to join the team. Whilst we had a great response at our Open Morning as noted opposite, we still need more volunteers so I would encourage any budding Citizen Journalists out there to contact us via email to convenor@benlediview.org or editor@benlediview.org.

Have 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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Team updates and other news from the BLV

Despite the usual, challenges, hiccups and setbacks - we are certainly pleased to have been able to bring you another issue.

Team News

It was great to see so many people at our Open Day - some just popping in to say hi but also some folk who were keen to help. We're pleased to welcome section editors Angelica, Jake and Keena, who will be involved in putting each issue together. We also recruited a new distributor, Till. Till is the new owner of the Trossach's Tryst and we are looking forward to hearing more about his plans for his new retreat centre soon.

Judging by the feedback we receive, the BLV is very important to the town, which is why the current team, small though it may be, is determined to keep going as long as we can. But we will ALWAYS need new recruits coming on board to share the load. Please get in touch if you think you can help.

Coming Soon

In future issues, we hope to bring you some more insights into what is involved in producing the magazine and hopefully show that it is not too

scary and doesn't have to take up too much of your time if you are thinking about volunteering.

We'd like to continue with an "open door" policy and hope to be able to have editor drop-in sessions at Callander Connect, where you can come along to see how the issue is shaping up and see if editing is something you'd like to try - the more the merrier.

We are also developing a new website and volunteer portal where we can share more of our content and information in searchable formats. We hope to give updates on these plans in the next issue.

Tell us...

What do you think of the BLV? What you would like to see more (or less?) of? Do you have an idea for an article or a question for Olga's health Q&A (see page 29 for details)?

We have a dedicated contact form that you can use for everything. Scan the QR code below or visit <https://benlediview.easyportal.app/contact-form> or contact via the usual emails (see below and left hand page).

Thanks for reading!

Nina Taylor, Volunteer Editor

Our thanks to...

With the publish date coinciding with the 40th anniversary of Volunteer Week, what better time to give special thanks to some recent BLV retirees

John Nelson

it's hard to quantify just how much of a contribution John has made. John was Chief Editor for many years, ensuring the BLV was published issue after issue, despite a dwindling editorial team, hospital stays and family health issues. John even stepped into the breach to help with the last issue, although having already retired and moved away from Callander. In short, an absolute legend of the Ben Ledi View. We wish him and Katherine all the very best in their new home.

Steve McGowan - Steve was a long-standing Trustee and held several roles including a number of years steering the ship as Convenor. Thank you Steve.

Carol McGowan - Steve's wife Carol was, until recently, our Environment editor and we thank her for her many years of service in this role.

Alan Davidson - Alan gave several years of dedicated service as both a Trustee and head of Distribution. Although still a team member on the distribution team, we thank Alan for his hard work as a valued Trustee.

Rosalind Sannachan - Rosalind has been our Charities & Clubs editor for over 7 years - an amazing contribution to the production of the BLV. Thanks and best wishes Ros!

John Keeling - John was with us for a shorter time, but made a huge contribution in the Chief Editor role - co-editing several editions and solo-editing two full editions. His work is greatly appreciated, sincere thanks John.

Next Issue - Dates & Deadlines

Publish Date: Friday 2nd August 2024.

Advertisements copy & artwork

Please send all advertisement copy for the **Aug/Sep** issue to our Advertising Co-ordinator

Agnes Allen: advertising@benlediview.org
by **Wednesday 3rd July 2024**

Full details of sizes for advertisement and artwork specifications are at www.benlediview.org under the Advertise tab.
Please email for advice if in doubt.

Editorial copy

All editorial contributions for the **Aug/Sep** issue should be emailed to 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 28 June 2024 (please note, we have brought this forward 1 week, due to staffing constraints)**. Items received after the deadline may be held over to next issue.



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CALLANDER COMMUNITY DEVELOPMENT TRUST

Callander Connect

Callander Connect is a new community space that has hosted 59 events and meetings since opening in January 2024, including...

- Pedal into Spring and Summer sessions on bike maintenance held by Callander Meanders.
- Drawing classes by Artist Kerry Lindsell for people looking to learn or improve their drawing skills.
- Free sessions from Stirling Enterprise Park Ltd (STEP) on the basics of web design and Canva for individuals and small business owners.
- Employability Training by Stirling Council for young people offering support with starting off their careers.
- A sold-out free screening of 'Swim Wild' as part of the Adventure Film Festival organised by Callander Film Society & Cinema.



Art Class

Thank you to everyone who has supported the space to date! We are welcoming local groups, businesses and individuals to host events, meetings and more at Callander Connect. To check availability, contact secretary@callandercdt.org.uk.



Callander Community Council

Callander Connect at 43 Main Street is one of the first projects to be progressed that directly relates to the Local Place Plan (3.ii, 3.v, 4.i, 5.iii, 6.ii, 7.ii). It is now open Mondays, Wednesdays and Fridays and is managed by CCDT's new Operations Manager - Freddy Bowen-Bate. Pop in, have a chat and check out the new seed library!

To help progress solutions within the Local Place Plan (LPP), Callander Community Council (CCC) and Callander Community Development Trust (CCDT) have set up LPP sub-groups including:

- 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 CCC and CCDT) to help spearhead these priorities.

If you'd like to help - please get in touch with development@callandercdt.org.uk

Chiara

Development Officer

New Seed Library Blooms in Callander Connect



A new project to support local gardeners and growers has taken root in Callander Connect. The Seed Library, managed by 'Climate Action Callander' and built by 'Wolf in the Trees', offers residents of Callander free access to a collection of seeds and gardening information. This project is generously funded by the 'FEL Climate Seed Fund'.

The Seed Library features drawers filled with alphabetically organized seeds, inviting the community to add, swap, and take seeds at no cost. You are encouraged to bring unused seeds to exchange for varieties you prefer. The library also provides several books and growing guides packed with valuable tips, covering everything from sowing schedules to plant care and harvesting techniques.

The creation of the seed library itself promotes climate friendly practices and reuse and circular economies. Here's a wee story about it from maker Gavin (Wolf in the Trees):

'The seed library was all made from recycled materials. The wood came from various places including an old bed frame, a neighbour's old garage shelving and some recycled wooden pallets. What a good way to create

something from things that would have otherwise been thrown out. Hopefully, it will help the gardens flourish with the seeds it will hold.'

This project aims to inspire more people in Callander to cultivate their own fruits, vegetables, and flowers, promoting both sustainability and self-sufficiency. A small noticeboard at the library shares additional growing tips. Seed donors should use the provided seed packets available at Callander Connect.

The Seed Library offers a green thumb to anyone interested in gardening with any level of experience. Please stop by Callander Connect to participate in this blossoming community project.

For more information, visit Callander Connect or contact Climate Action Callander <https://www.climateactioncallander.com/>



Seed Library

Chiara

Development Officer

Callander Community Council Roundup



Callander Community Council

The new Callander Community Council (CCC) surgeries on the first and third Saturdays' each month at Callander Connect are proving to be useful and have raised some interesting points for us to follow up on. It gives the community councillors a chance to talk to local people about the issues of the day and what particularly needs attention in the town.

Of course, one of the main issues is St Kessog's and we have a sub-group working on that. Stirling Council intends to sell St Kessog's and our group meets with them to try to establish details of the sale and any limitations on the use of the building. Detailed information is awaited. Meanwhile, the group is looking to put a financially viable project together to ensure that the building remains our icon in the centre of the town and will be chasing Stirling Council to ensure they maintain St Kessog's.

Last time we reported on the four priority projects which members of CCC and Callander Community Development Trust (CCDT) are

jointly working on with a member of the community.

Regeneration of Main Street – respect the Charrette – has already been in action which has resulted in a survey, the initial results of which were discussed at the last meeting of Callander Enterprise and other business owners in Main Street. Main requests were help with painting, and some repairs with cleaning the street furniture seen as other helpful improvements. Transport Scotland has been approached for the date when the pavements are due to be upgraded as the original date was last autumn. To maintain the current green spaces Greener Callander needs a much larger and younger volunteer base since Stirling Council has announced that flower beds will no longer be maintained by them. We have relatively few now – Greener Callander does all the rest, but cannot manage anything further.

Finally, Callander Community Council would love to have more councillors on board, particularly

younger members of the community. We understand that with working and managing a growing family, it is not always possible to find the time for some extra volunteering, but we would really appreciate some younger members so that we can work towards the future that you want for the town.



If you have an interest or want to find out more, do drop into Callander Connect on a Saturday as detailed above or write to callandercc556@gmail.com.

Marilyn Moore
Callander Community Council

Rural Forth Valley and Lomond Funding

Community Led Local Development 2024/25 Programme for Rural Forth Valley and Lomond Funding of £5,000 to £30,000 for both revenue and capital projects which must be completed by 15th February 2025.

Applications are invited from community groups and local businesses based in rural Stirling, Clackmannanshire and West Dunbartonshire proposing to deliver a project which meets one or more of the following priorities:

- Investing in Sustainable Economic Actions
- Creating Resilient and Smart Communities
- Fostering Partnership Working
- Addressing Inequalities & Social Inclusion
- Preparing Climate Actions & Responding to the Climate Emergency

Submit your Expression asap to discuss your project with the CLLD Project Officer. Deadline: 17th May 2025 More information and the guidance document is available at: <https://www.fvl.org.uk/how-apply/eoi-form/>



Robert Kirk

Mr Robert Kirk of Trust Houses, North Church Street died tragically on 9th of May, aged 79, in an accident on Main Street - an event that shocked and saddened the community.

Robert, a long time resident of Callander, was a familiar figure in town, often seen walking along Main Street.

We offer sincere condolences to his family and friends at this sad time.

C60 is Safe for now

Sirling Council has agreed to launch an in-house pilot bus service to replace the C60 service between Killin and Callander for the next two years.

A 16-seat minibus will operate four return journeys from Monday to Saturday between Killin and Callander for an initial two-year pilot period. It will follow the same route as the C60 service, passing through communities such as Strathgryre, Lochearnhead and Lix Toll along the A84.

The new service will start as soon as the required permit is granted by the Office of the Traffic Commissioner, which can take up to eight weeks.

Councillors agreed to the decision from a suite of costed options that included not providing a service (given it's not a statutory service), retendering the service for a third time to external providers and exploring a Demand Responsive Transport (DRT) provision.

Read more: stirling.gov.uk/news/council-gives-green-light-for-new-in-house-bus-service-on-c60-route

Trial Callander-Aberfoyle Bus Announced

News is just in that the National Park Authority has announced a new bus route between Callander and Aberfoyle.

The service is planned to run between July and September and will stop at a number of busy visitor locations including The Lodge, Ben Venue, Loch Katrine, Ben A'an, Brig O'Turk and Kilmahog/Ben Ledi.

It will run seven days a week, up to eight services a day and will tie into bus services to and from Stirling and Glasgow, as well as the Loch Katrine boat timetables. Ticket prices will be fair and in line with national policies, under 22s and over 60s will travel free.

"We hope this will be just a first step in developing a more comprehensive National Park mobility network over time, which will deliver part of our new National Park Partnership Plan vision for the National Park as a thriving place that is nature positive and carbon negative" **NPA**

Fuller details of the service itself (including timetable) will be available in June.



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
[#workingtogether](https://www.facebook.com/workingtogetherstirling) [#cuppaandchat](https://www.facebook.com/cuppaandchat)

Community Donation Fund: Apply Today!

Looking for that extra piece of funding to achieve your community project then why not apply? We are keen to promote and support causes within the rural Stirling area.



You could be eligible for funding if your project will benefit:

- The Association's tenants or prospective tenants – either directly or indirectly
- Rural Stirling communities more generally.

Previous donations include contributions towards:



Play facilities (Buchlyvie)



Stirling Carers Centre



Bench seat (Killin)



Purchase of a new van: The Food Train

Eligible applications are awarded on a first come first served basis so don't delay, apply today.



Further details visit our website news and events page:

www.rsha.org.uk/community-donation-fund



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We currently have over 670 rented houses and flats. Around 40 of these become available for rent each year. At present we have properties in the following communities:

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Buchlyvie	Gargunnock	Kippen	Tyndrum
Callander	Gartmore	Lochearnhead	
Deanston	Killlearn	Strathblane	

Further new build developments are being planned for Killlearn, Balmaha, Croftamie, and Drymen. Please let us know if you want to live in a village that is not listed above. Information on local housing need and demand helps us to plan.

For a downloadable application pack please visit our website www.rsha.org.uk.

Rural Stirling Housing Association
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Providing affordable homes: sustaining rural communities

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Saving St. Kessogs: A Callander Community Call to Action

For centuries, St. Kessog's Church has stood as the heart of Callander, embodying our town's rich history and serving as a central hub for generations. However, in recent years, this iconic landmark has been closed, its future uncertain. Now, more than ever, your help is needed to save and revitalise St. Kessog's, ensuring it remains a vibrant part of our community.

A Historical Gem

St. Kessogs' origins trace back to the grounds of St. Kessog's Graveyard, where the original kirk was said to have been founded by St. Kessaig. The church has seen many transformations since the 1700s, with significant expansions and renovations over the years. Its iconic spire, added in 1860 by Robert Baldie, is a beloved feature of Callander's skyline, symbolizing the town's identity.

In 1985, St. Bride's Church and St. Kessog's Church amalgamated, leading to the closure of St. Kessog's as a place of worship. Ownership transferred to Stirling District Council in 1989. A government grant allowed the building to be converted into a tourist information centre and small cinema. When the tourist board moved out due to funding difficulties, Stirling Council offered to sell the building to the Clanranald Trust (for Stirling). However, due to disputes in closing and a burst water pipe, this deal fell through, and the building has stood vacant since 2018.

The Heart of Callander

St. Kessog's has been more than just a building. It has been the site of countless weddings, baptisms, and community gatherings. Its presence in Ancaster Square is a constant reminder of our shared heritage. However, without action, we risk losing this vital part of our town.

Callander, known as the Gateway to the Highlands, has the potential to be an idyllic place to live—a modern-day Camelot. But such a vision requires care and dedication from its residents. We need to come together to save St. Kessogs, making it a beacon of our community spirit once again.

The Current Challenge

Stirling Council has announced its intention to sell St. Kessog's. With an estimated £998K needed for refurbishment, the price tag may seem daunting. However, there are still avenues to explore. For instance, the Stirling and Clackmannanshire City Region Deal includes £700K funding for a digital hub in Callander, which could cover a significant portion of the refurbishment costs.

Despite the challenges, we believe that preserving St. Kessog's transcends mere financial considerations. It's about safeguarding the soul of our community.

CALL TO ACTION

We invite you to join our efforts in saving St. Kessogs. Here's how you can help:

- **Join the Save St. Kessog's Facebook Group:** Stay informed, share ideas, and coordinate efforts to preserve and restore St. Kessog's. Scan the QR code below to join the group.
- **Donate:** Every contribution, big or small, helps us move closer to our goal.
- **Volunteer:** Your time and skills are invaluable in organizing events and spreading awareness.
- **Get Informed and Engaged:** Visit Callander Connect at 43 Main St. for more information and to speak with community representatives directly.



Together, we can ensure that St. Kessogs remains a cherished symbol of Callander for generations to come. Let's make sure our town continues to be a place where history, community, and potential converge.

Thank you for your support. If you have any questions or would like to discuss further, please don't hesitate to reach out. Let's save St. Kessog's, ensuring it remains a beacon of our community's spirit.

Loucas George



Facebook
Group QR Code

The 2024 Canmore Trust Street Ceilidh

Exciting Preparations Underway!

Following the tremendous success of the past two Callander Street Ceilidhs, the Community Friends of The Canmore Trust are thrilled to announce the 2024 Canmore Trust Street Ceilidh, scheduled for Saturday, August 31st, from 7 pm to 8 pm.

We will once again host this lively event on Ancaster Road and hope to gain the enthusiastic support of local residents, visitors to the town and those from surrounding areas as we create our "Sea of Blue" with as many participants wearing their blue t-shirts (sales of new t-shirts promoted through our social media pages from June 2024).

Big Plans

This year's ceilidh promises to be even more enjoyable, with an upgraded sound system ensuring better acoustics and enhancing the experience for the growing number of participants. Last year's event saw



wonderful community involvement, with many residents decorating their gardens and hosting post-ceilidh gatherings. We hope to see even more of this spirited participation, creating a festive atmosphere that brings everyone together.

The 2024 Street Ceilidh will feature an hour of live music by "The Glasgow Vet Ceilidh Band" and dancing along Ancaster Road, stretching from Bracklin Road to the path access to North Church Street. During this time, Ancaster Road will be closed to all traffic in order to accommodate the festivities. We will be working closely with Stirling Council's Safety Advisory Committee to ensure the event is safe and fun for all!

Support

This event cannot happen without the support from the town's Rotary Club & Killin Mountain Rescue who assist with Marshalling and First Responder provision. Thanks also to

Empardio Limited and Kings Group Scotland who sponsor the event to ensure 100% of monies raised on the day go to The Canmore Trust.

But this event is not all about fundraising, The Street Ceilidh is about bringing our community together and raising awareness on the importance of providing safe spaces for those lives impacted by suicide.

The Canmore Trust is impacting many lives with a national strategy towards suicide prevention <https://thecanmoretrust.co.uk/>

The Gathering

We have booked out Ancaster Square from 1pm till 6.40pm for "The Gathering" where we hope Community Groups and Organisations and wellbeing businesses will be present to entertain, display and promote themselves creating a "warm up event" to the Street Ceilidh – more information on this will be available through our Social Media posts.

Let's make our third year, the best one yet. Dig out your blue t-shirts!

If you have any questions or would like to be involved in "The Gathering", feel free to contact one of the organisers:

Joyce Burnett: - 07472 345193

Christine Collie: - 07971 548162

Kirsty Fingland: - 0795 570548

We look forward to another unforgettable evening filled with music, dancing, and community spirit. Let's all hope for clear skies and a sunny ceilidh!

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](https://thecanmoretruststreetceilidh2024)

Hosted by
Community Friends of
The Canmore Trust

Callander Heritage Society

“The Journey to the Asylum”

Our March speaker was Dr Iain Hutchison who gave us a sobering account on a challenging yet thought-provoking subject.

Before the mid 19th Century there was no formal treatment for those suffering from mental illness. Treatment varied depending on status in society and the type of illness. Most towns and villages had one, or more than one, ‘Village Idiot’, some known for making pithy statements, some for behaving in very strange ways but generally tolerated by the residents. If they caused too much disruption they were shut up in the local Poor House which had a lunacy ward or put in prison. Here they were subjected to pretty awful treatment.

Families of wealthier people who suffered from mental illness were embarrassed by them and hid them away. If they could afford it there were privately owned madhouses where patients were looked after but there were no controls and treatment varied. Some asylums even allowed visitors in to look at the inmates.

In 1857 a network of asylums were set up. They were hidden away on the outskirts of towns or out in the country. For the rich they were a holiday in the country. For the poor the accommodation and food was basic.

There were no activities and some patients were permanently shackled to their beds. Sometimes inmates were abandoned by their relatives.

Stirling District Asylum, was established at Bellsdyke, Larbert in 1869. An inspection in 1879 found it well run but were worried that pauper lunatics were being cared for too expensively. The asylum had 70 acres of land where inmates could help with growing food for the kitchen, and 20 acres for social activities – gardening, games, walks.

By the 1900s more attempts were being made to treat the inmates and help some to recover. By 1948 improved medicines were being used to help control illness. Over time asylums closed and treatment became hospital-based.



“Ways out of the Glen – Roads, Raids and Refuge in the Glencoe Landscape”

At our April meeting, Dr. Michael Given from Glasgow University gave a fascinating insight into findings from recent excavations in Glencoe.

A team from Glasgow University has carried out a year long programme of excavations and surveys in Glencoe and Dr. Given shared some of their findings. The A82 is the main road through the glen. It follows the route of the old Military Road, built after the Jacobite Rebellions to allow the army to move quickly from Fort William to quell troublesome clans. This road follows tracks made over centuries allowing movement from central Scotland to the West coast and the Islands for trading and/or fighting.

However, there were lots of other tracks into and out of the glen, used in different ways. Many tracks led from the bottom of the glen up to the sheilings where the animals were summered to leave the good land for crop growing. There were paths to the places where peats were cut then carried back for use as fuel. There were tracks over the passes to neighbouring glens. Useful for raiding neighbouring clans and bringing back the spoils. Of course, these worked in reverse as well and were used by the neighbouring clans to raid the Macdonalds. The pass over from Glen Etive was a Coffin Road. At the highest

point are the cairns where the coffin was rested on its way to the Macdonald burial ground on Eilean Munde in Loch Leven. Tracks across Rannoch Moor were used by cattle drovers. There was good grazing on parts of the moor. There were also good hiding places where the Macdonalds could ambush the drovers, steal cattle and hide them to be sold later on.

From his house at Achtriochtan, Maclain could control movement through the glen. When the group excavated the ruin of the house they found it had been a fairly large stone built house with stone flags on the floor and a fireplace in the end wall. Family and favoured guests were seated near the fire and warmth. The farther from the fire the less important you were. Many pieces of pottery were found, some made in Scotland, others from Germany and France eg. Bartmann jugs and a Beauvais vase. These showed trade between Scotland and Europe. Under the hearthstone of the fire a pot, containing a number of gold and silver coins from all over Britain and Europe, was discovered. The premise is that Maclain hid the coins when the Government troops were billeted with him before the Massacre of Glencoe. Maclain was killed during the Massacre of 1692 and his house set on fire.

No one who knew the location of the horde survived and so it lay unclaimed until its discovery in 2023. The Horde is to be displayed in Glencoe Folk Museum.

Our next meeting is on June 26th when Dr. Murray Cook will talk on the Kilmadock Pictish Stone.

There are no meetings in July or August. Talks resume in September.

Kath Millar

Rotary in Callander

The club has held two successful fund raising events since the last report.


On the 30th of March it was our Easter bottle and Bric a Brac stalls in Ancaster Square. As well as the stalls, our younger visitors were catered for with the very popular Easter Egg Lucky Dip. Thanks to all the local people and visitors we were able to raise over £500 which will go to our charity account which supports many local causes.

The second event was the Spring Coffee, Lunch and Crafts Day in Callander Kirk Hall. Over 100 people visited to enjoy the coffee, home baking, soup and homemade bread and to browse around the stalls displaying many beautiful hand crafted items. The day raised over £750 for Rotary Foundation Charity which amongst many other good causes continues the fight to eradicate polio worldwide.

Our next event will be a Bric a Brac stall in the Square on Saturday 13th July. Our children's games will also be set up in the Square to entertain the young folk.

To find out how you might be involved in Rotary, send us a message on Facebook or email us at enquiries@callanderandwprotary.org to learn more and arrange an informal chat. Together, we can make a real difference in our community.

Derek House



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.candwpu3a.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 29th 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.'

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If you are having a mental health crisis and need urgent help now, find out who to contact on their urgent help page.

<https://www.youngminds.org.uk/young-person>

Callander Community Food Larder

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



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

Research shows that walking can have huge benefits to our overall wellbeing and physical benefits like increased heart and cardiovascular fitness and keeping your muscles and bones strong. Walking, especially in nature, is shown to reduce stress and anxiety and improve mood. Meeting new people and being part of a community are some of the social benefits to walking in a group.

Opposite are some photos from our groups recent walk of Loch Venachar. In June we look forward to enjoying lots of other walks including a special All group walk on Tuesday 25th June, enjoying Callander's great path network and beautiful views on offer. The walk is an opportunity for all our walking groups across the National Park to get together. We will have several routes adapted to suit all abilities on offer on the day.

Our volunteer-led and gentle weekly walks are FREE to join and adapted to suit all abilities. Walks end with optional refreshments at a local café. Here's a look to the months ahead:

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 the 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!

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& THE TROSSACHS
COUNTRYSIDE
TRUST



JOIN FOR A Walk CALLANDER ON TUESDAYS

 Always
10:20AM

	Meeting Place	Walking Route	CAR	
11 June	Ancaster Square	Tulipan & The Meadows		
18 June	Ancaster Square	Railway & Golf Club		
25 June	Ancaster Square	All Group Walk		
02 July	Ancaster Square	Callander to Kilmahog		
09 July	Medical Centre	Keltie Bridge		
16 July	Ancaster Square	Flanders Moss		
23 July	Ancaster Square	Bridgeend & the Meadows		
30 July	Ancaster Square	Kilmahog to Leny Falls		

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



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.



Walk in the Park is a flagship project of Loch Lomond & The Trossachs Countryside Trust. Registered Scottish Charity No: SC043266 Company Limited by G



Connecting Communities

FREE Nature Identification Events

12 & 15th June

With thanks for funding from the Scottish Government through Sustran's Love Your Network grant we are running two FREE events for anyone who wants to share their love of nature with their walking, wheeling or cycling groups.

To reserve your place on either event below, drop us an email to info@trustinthepark.org with the event details you would like to attend:

- Pollinator Identification Event - 12th June - 0930 - 1230 Callander
- Pollinator Identification Event - 15th June - 0930 - 1230 Aberfoyle

To find out more about all our activities above, or if you are unsure if this is for you, please get in touch with our Walk in the Park team: Call Fiona 07843 842323 or drop us an email to fiona@trustinthepark.org / Grace@trustinthepark.org with any questions.

More details can be found at www.trustinthepark.org.

Become a Nature Ambassador
Pollinator I.D
- EVENT

Wednesday
12TH JUNE 2024
09:30am - 12:30pm
Callander Meadows,
behind The Riverside Inn

If you like to share your love of nature with your walking, wheeling or cycling group then join us on our FREE Become a Nature Ambassador - Pollinator Identification event.

Places limited - Scan the QR code to reserve yours today!

LOCH LOMOND & THE TROSSACHS COUNTRYSIDE TRUST | Love Your Network | sustrans | TRANSPORT SCOTLAND

Loch Lomond and The Trossachs Countryside Trust has been supported by funding from the Scottish Government through Sustrans Scotland's Love Your Network grant

info@trustinthepark.org | www.trustinthepark.org | t: 07843 842321

Scouts - Summer Term News

Our summer term has kicked off at 9th Callander! The (usually) sunny summer weather allows us to get outdoors and enjoy some of the more typical Scouts activities. Here is a brief look into what our groups have planned as they start to head back outside:

Our Scouts are actually ahead of the game, having already spent a wonderful weekend at Fordell Firs at the end of April. They were able to enjoy lots of outdoor activities that the campsite had to offer, and worked together to build fires and cook for themselves all weekend!



Scouts Campfire

The Cubs are glad to be back and running about outdoors, among various activities such as cycling and going on a hike, they are learning skills in fire lighting and backwoods cooking in preparation for their camp due to take place in June, at the incredible Barrwood scout campsite.



Jedi Crafts

The Beavers joined the Cubs together in an evening dedicated to Star Wars! This was in celebration of Star Wars day on May 4th! They were issued with their (balloon) lightsabers after they learned the Jedi code, and proceeded to learn how to use them. They completed activities that saw them use their Jedi moves on one another, complete an obstacle course, and take part in Jedi crafts.



Jedi Games

Our group volunteers have some amazing programmes planned for the young people in our groups, and as always, we would love some more help delivering them!

If you are at all interested in becoming a member of our volunteer team, please do not hesitate to contact our Lead Group Volunteer, Mark Wright, at markwright410@hotmail.com

Gillan Campbell

Outdoor Play & Trossachs and Teith Community Sport and Social Hub Community Outdoor Playgroup

I have always been a great supporter of outdoor play and education and with our beautiful rural landscapes there is no shortage of places to play!

Following the growing popularity of our Forest Club and Woodland Tots Forest Kindergarten which is held in Coilhallan Woods, and attended by regular local families, we teamed up with newly formed charity, Trossachs and Teith Community Sport and Social Hub, to deliver an exciting program of Community Outdoor Playgroup sessions. These sessions are free to attend, funded by the charity, and have been very well received by the community, with lots of local families attending.

The sessions focus on stimulating play opportunities such as messy play, process art on a big scale, loose parts play and social inclusion. Sessions are run by myself, Emma, owner of Flowers and Pebbles Childminding and Outdoor

Play, and supported by Jack who is the Community Development Officer for the Trossachs and Teith charity.



These sessions are one of many rural outreach sessions which Jack is involved with - he has recently run lots of multi-sport activities within local schools and continues to work on various other projects within the rural catchment area.

If you would like to come along to the Community Outdoor Playgroup, pop along to Callander Primary School Playing Field on Wednesdays at 11.15am. Sessions are free and there is no need to book. Details of weekly sessions will be posted on my Facebook and Instagram: Flowers and Pebbles Childminding and Outdoor Play.

We look forward to welcoming you along for some fresh air fun!

Emma King

www.trossachscommunityhub.com

Cyngets Arrive!

It was wonderful to see some healthy young cygnets arrive in May.

Whilst they're not quite young "people", they are very cute.



We'll be watching their progress closely.

Thanks to Dave Bray for sharing his superb first pics of the new family.

Butterfly Conservation

Butterfly Conservation is a UK-wide charity covering the conservation of butterflies, moths and their environment. Founded in 1968, it now has over 40,000 members, thousands of volunteers and David Attenborough as President! In addition to practical conservation and promotion of scientific studies, it encourages public enjoyment of butterflies and moths.

Butterflies and moths belong to an order of winged insects called Lepidoptera whose three main features are scales that cover the body, large triangular wings and a proboscis for siphoning nectars. Worldwide there are 180,000 species of which 59 butterfly species are resident or regular migrants in the UK with just 35 breeding in Scotland. However, let's not ignore moths which can be equally beautiful and the UK has over 2500!



Orange Tip

Over the last 50 years there has been a 50% decline in UK butterflies, especially the habitat specialists. For example the Common Blue butterfly needs flower-rich grassland with Bird's-foot Trefoil, but 38% of suitable sites have been lost in the last 50 years in Scotland. However, in Scotland the wider countryside species are actually increasing, possibly due to climate change. For example, Orange-Tip numbers have doubled in the last 10 years while the Wall Brown, Holly Blue and Small Skipper were said to be 'romping' up the east coast.

Larger (macro) moths have also declined by 30% since the 1970's across the UK although their northern movement is increasing by 5km per year, especially woodland and grassland species – known from the 24 million moth records from research scientists and volunteers.

The causes of decline in overall insect numbers are familiar: agricultural intensification (including pesticides), woodland management changes, climate change, light pollution and rural and urban habitat loss. The UK has lost 98% of flower-rich meadows, 200,000 miles of hedgerow and 40% of broadleaved woodlands, including 20 million Elm trees and more species now under threat.



Holly Blue

So why is it important to conserve butterflies and moths? Both have an important role in ecosystems and the food chain of many birds, small mammals and amphibians both day and night. They are specialists in pollination of wildflowers and crops that need a long proboscis or that flower at night. For example many orchid species rely on moths for pollination.

So what is Butterfly Conservation doing to stop or reverse this decline? It works with farmers and local authorities on a landscape-scale to restore habitats, protects the most important sites, encourages species reintroductions, provides gardening advice for homes and councils, creates new wild spaces in towns and cities, promotes the joy of butterflies and moths, educates children through 'Munching Caterpillars' and supports volunteers to monitor species.

To focus resources, Butterfly Conservation's strategy for 2021-26 will concentrate on 5 butterfly species, 13 macro-moth species and 9 micro-moth species, working across 19 landscapes. In central Scotland and Stirlingshire the landscapes are "Central Scotland Peatlands" and "Loch Katrine". In order to help these species they will be finding out more about what some species need, carrying out more surveys and monitoring, testing and undertaking management.

Lots more information is available at <https://butterfly-conservation.org/in-your-area/scottish-office>.

If you are interested in getting involved then you can check the website or contact Anthony directly on amcluskey@butterfly-conservation.org. Tell him where you live and he will help you to find suitable opportunities.

Lesley Hawkins

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**McLaren
Leisure**

*Connecting Community through
Wellness and Fun*

Since our last update, McLaren Leisure has been buzzing with activity, bringing together our community in pursuit of health and wellness. From action packed school holiday activities to many classes catering to various interests and our first community walk of 2024, April and May have been filled with memorable experiences for customers and visitors alike.

‘Swim Loch Venacher’ Challenge

In addition to our regular programming, McLaren Leisure recently embarked on inspiring our swimming, and some of our non-swimming, community with the 'Swim Loch Venacher' challenge. Community members enthusiastically embraced the challenge, signing up to swim the equivalent of either the length or width of Loch Venacher in your local pool – a whopping 330 lengths or 50 lengths, respectively.

We were excited to see the diversity of participants who took part; some who are not regular swimmers stepped out of their comfort zone and took on a new challenge and others took it as an opportunity to surpass their own limits, completing the challenge multiple times and striving to beat their previous records.

Congratulations to everyone who took part. It is a testament to the spirit of our community and the power of setting and achieving personal goals. Look out for more challenges coming your way this year!

Mental Health Matters

In partnership with Callander Mental Health Matters, this May, we dedicated efforts to raise awareness for Mental Health Week, promoting their message ‘Moments for movement’ and finding ways to move for our mental health.

We hosted a morning of come-and-try sports and classes aimed at promoting well-being and mindfulness. It was inspiring to witness our community come together to support each other and prioritise mental health.

Rachel McLean

Callander Bowling Club Season Opening

Callander Bowling Club would like to thank everyone who attended our green opening on 13th April. We managed to avoid the rain and a good time was had by all.

We would also like to thank William Blain, our Honorary Member and dedicated committee member who threw the first jack of the season to open the green, with Alan Tomlin and Paul Corrieri throwing the first bowls.

A special thanks to our sponsors: Harley Architects for donating towards our new shirts, Deanston Distillery for the kind donation of miniatures and Julian Schad of JR Schad tree care.

We wish everyone the best for the season.

Ewan Waugh



Season Opening



**McLaren
Leisure**

Summer Events & Activities at McLaren Leisure

Looking ahead to June, July, and August, McLaren Leisure is thrilled to announce an exciting lineup of events and activities designed to make the most of the summer months.

PICNIC BY THE POOL

Family Fun Day 23rd June - 10am-2pm

First up is our Picnic by the Pool Family Fun Day.

This fun-filled day will feature a variety of activities such as come-and-try sports, climbing, swimming, multiball, and soft play, moving on to our picnic setting for lunch and finishing with an exciting family sports day event, ensuring there is something for everyone to enjoy.

Families can book their space online or at reception and join us for a day of laughter and bonding.

Yoga & Walking

For those seeking relaxation and rejuvenation, we will be hosting another yoga workshop, providing an opportunity to unwind and find inner peace amidst the hustle and bustle of daily life.

Additionally, our next community walk offers a chance to explore the beauty of our surroundings whilst connecting with fellow members of the community.

Check the website for more details

KIDS CAMP

Our ever-popular Kids Camp for children aged P1-P7 is back for the summer!

This year, we're offering an exciting array of activities designed to keep your kids active, engaged, and having fun all summer long. Daily schedules are packed with diverse activities to keep everyone entertained and challenged. From swimming and climbing to races and various sports, there's something for everyone. Our camp provides a safe and supportive sports club where children can make new friends, learn new skills, and build confidence through physical activity.

Don't miss out on this fantastic opportunity to keep your children active and happy during the summer holidays. Bookings are available now! Secure your child's spot today by visiting our website and join us for a summer of fun, laughter, and unforgettable memories at McLaren Leisure's Kids Camp!



**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 | 01877 330000 | Callander, FK17 8JP



Rachel McLean

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**Scan the QR code
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What's On for June and July 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: not 8th and 15th April or 6th May
- Music & Memories 2.00-3.30pm Kirk Hall 10th June contact Ann Ross on [07720 887720](tel:07720887720) or Anne McLachlan [017743 125966](tel:017743125966)
- 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](tel:075134488453)

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
- Seasonal Yoga 11.00-12noon Fire Station book at www.momoyoga.com/seasonalbalance
- Citizens Advice Bureau 10.00am-12.30pm Callander Library
- Teapot Café 10.30am Callander Kirk Hall Library
- Body Fit Express 1.00-1.30pm McLaren Leisure
- Core Fit Express 5.30-6.00pm McLaren Leisure
- Bowling Club 2.00pm (as Monday) Bowling Club
- Body Fit 7.00-7.45pm McLaren Leisure
- Cycle Fit 8.00-8.45pm McLaren Leisure
- Taekwondo (contact: 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



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

Come along and join us on Mondays -
8th April, 13th May & 10th June 2024
Callander Kirk Hall - 2.00pm-3.30pm

For more information please contact:

Ann Ross 07720 887720

or

Anne McLachlan 07743 125966

June

Friday 7th

Ben Ledi View published

Tuesday 11th

- **Walk in the Park** - Meet Ancaster Square 10.20am - Tulipan and the Meadows

Wednesday 12th

- **Nature Identification Event** - meet in Callander Meadows car park 9.30-12.30 (see www.trustinthepark.org for details)

Saturday 15th

- **Nature Identification Event** - Aberfoyle 9.30-12.30 (see www.trustinthepark.org for details)
- **McLaren High School Summer Fayre** 10.00am-2.00pm @ Callander Kirk Hall.

Monday 17th

- **Callander Community Council meeting** - 7.00pm-9.00pm CYP, Bridgend

Tuesday 18th

- **Walk in the Park** meet Ancaster Square 10.20am - Railway and Golf Club

Tuesday 25th

- **Walk in the Park** meet Ancaster Square 10.20am - all group walk route tbc

Saturday 22nd

- **Messy Church** Kirk Hall 10.30am

Sunday 23rd

- **Sunday 23rd June - Family fun day**, McLaren Leisure 10:00-14:00
- **McLaren Summer Community Concert**. 7pm McLaren High School.

Wednesday 26th

- **Heritage Society** speaker Dr Murray Cook on the Kilmadock Pictish Stone 7.30pm Masonic Hall (doors open 7.00pm) Annual membership £15 visitors £5.

Saturday 29th

- **'Celebrating the Trossachs'** - Brig O' Turk Tearoom, Brig O' Turk - see website (<https://brigoturktearoom.com/events/> for details and event times...

"...an event to bring together people who love and want to learn more about the nature, history, and makers in the Trossachs."

July

Monday 1st

- **Start of Summer holiday activities**, McLaren Leisure

- **Start of Summer timetable**, McLaren Leisure

Tuesday 2nd

- **Walk in the Park** meet Ancaster Square 10.20am - Callander to Kilmahog

Tuesday 6th

- **SCO in Callander** - 7.30pm Kirk Hall. Tickets available at www.sco.org/summertour

Tuesday 9th

- **Walk in the Park** meet Medical Centre 10.20am - Keltie Bridge

Saturday 13th

- **Rotary Bric a Brac Stall and Fun & Games** - Ancaster Square - 10.00am - 3.00pm

Tuesday 16th

- **Walk in the Park** meet Ancaster Square 10.20am - Flanders Moss

Saturday 20th

- **Scottish Wildlife Trust fund-raising stalls** 10.00am-4.00pm in Ancaster Square, Callander.

Tuesday 23rd

- **Walk in the Park** meet Ancaster Square 10.20am - Bridgend and the Meadows

Saturday 27th

- **Rig FIT Games**, McLaren Leisure

Sunday 28th

- **Rig FIT Games**, McLaren Leisure

Tuesday 30th

- **Walk in the Park** meet Ancaster Square 10.20am - Kilmahog to Leny Falls

August

Friday 2nd

Ben Ledi View published



Scan the QR code to let us know about events that are taking place in August & September





Open Gardens - Dates for June & July

Whether you're a keen gardener or new to the hobby, there is sure to be plenty to inspire the green-fingered guru and horticultural hopeful alike, at the many beautiful gardens that you can visit as part of Scotland's Gardens Scheme 2024. Here are some dates for your diary:

SUNDAY 2nd JUNE. COLDOCH

BLAIRDRUMMOND FK9 4XD 2.00pm - 5.00pm

The garden is approached by a tree lined drive and leads to the courtyard garden near the house. The kitchen garden is sheltered by walls from the old rose garden. The less formal areas have a stream and pond and there are views over the Carse of Stirling.

SUNDAY 9th JUNE.

THORNTREE BY ARNPRIOR. FK8 3EY 2.00pm - 5.00pm

This garden has panoramic views from Ben Lomond round to Doune with the River Forth wandering through the Carse of Stirling. There are numerous flower beds surrounding the lawns with trees and shrubs creating sheltered areas. A productive vegetable plot sits to the far side of the garden where a large plant stall will be found. Teas are available too.

SUNDAY 23rd JUNE

TINY FARM, ST MODAN'S HIGH SCHOOL STIRLING. FK7 7WS 11.00am - 5.00pm.

This is a New Open Garden with a difference. The farm was created to support learners with autism at the school. The young learners nurture the plants and harvest them from a mixture of raised beds full of flowers and vegetables. There is also a grass area and small woodland. Some produce will be for sale as well as teas offered to visitors. Plants will be for sale too.

SUNDAY 14th JULY

OAKMORE, BLAIRHOYLE, PORT OF MENTEITH FK8 3LF 11.00am - 5.00 pm.

This three and a half acre garden was just a field 10 years ago. The owners have created a wonderful new garden with herbaceous borders, shrubbery, rose garden and much more. Plant enthusiasts will enjoy this work in progress and see the Summer flower displays. Teas and plant stall will be available. Admission £5.00

SUNDAY 21st JULY

**18, BUCHANY,
DOUNE FK16
6HG. 1.00pm -
5.00pm.**

This cottage garden makes extensive use of pots and tubs for spring bulbs, herbaceous plants, annuals as well as shrubs.

You will see vegetables in tubs as well as in raised beds. This makes them readily accessible for elderly gardeners. The owners are well known for showing their flowers and produce at local flower shows. There will be homemade teas available as well as a plant and a bric-a-brac stall.



Visitors must go to Moray Estate Office to pick up a shuttle to the garden as there is no parking at the garden.

SUNDAY 28th JULY

MOLLAN HOUSE, THORNHILL FK8 3 QJ 11.00am - 5pm.

A new garden to visit with stunning views over the Carse of Stirling. Teas and plants stall with activities for children. Opening for Thornhill Primary School. £5.00. Children free.

Full details of the scheme can be found at <https://scotlandsgardens.org/>

SCO 45th Scotland-wide Summer Tour Coming to Callander

Callander Kirk will host the SCO again on Sunday 6th July



The SCO's much-loved Principal Conductor Maxim Emelyanychev will bring the Scottish Chamber Orchestra to Callander for a concert of great classics including Elgar's youthful Serenade for Strings, Schumann's Cello Concerto with SCO Principal cellist Philip Higham as soloist, and concluding with one of Beethoven's most popular symphonies, his irrepressibly lively Seventh.

Full details of the programme and tickets are available at the SCO website: <https://www.sco.org.uk/summertour>

REVOLUTIONARY, FULL MOUTH IN A FEW HOURS.

BEFORE



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Clubs, Organisations & Activities

We hope the list of activities, organisations and clubs gives you food for thought and maybe even something to “get involved” with, but if the activity you love is not listed, why not consider starting a club of your own?

Don't forget to let us know here at Ben Ledi View so we can publish the details!

COMMUNITY

Callander Community Council

Contact: callandercc556@gmail.com
Website: incallander.co.uk/ccc_home

Callander Community Development Council

Contact: incallander.co.uk/ccdt_join
Website: incallander.co.uk/ccdt_home

Ben Ledi View

Contact: editor@BenLediView.org
Website: BenLediView.org

PERFORMING ARTS

Callander Brass

Contact: Ian Milligan
Tel: 01877 330 396
Website: facebook.com/callanderbrass

Callander Rusty Strings

Contact: Jean Thewlis
jeanthewlis@hotmail.com
Tel: 07968 745 165

Song Squad

Contact: EVELYN MARTIN
01877 330961 / 07810 224647
evelynmartin13@hotmail.co.uk
Website: facebook.com/songsquadcallander

Callander Amateur Operatic Society

Contact: brianmckay@live.co.uk
Website: c-a-o-s.org.uk

Callander Jazz & Blues Festival

Contact: info@callanderjazzandblues.com
Website: callanderjazzandblues.com

Callander & District Pipe Band

Contact: Robert Bryer
Tel: 01877 376 781
Website: facebook.com/CallanderandDistrictpipeband

CULTURE & HERITAGE

Callander Film Society

Website: facebook.com/callanderheritage

Callander and District Heritage Society

Website: facebook.com/callanderheritage

German-speaking group

Contact: Jen Shearer
jenshearer@gmail.com

ENVIRONMENT

Greener Callander

Contact: mlhawkinsl@tiscali.co.uk
Website: incallander.co.uk/ccdt_greener

Callander Community Woodlands

Contact: Callanderwoodlandgroup@gmail.com
Callander song squid

Callander Landscape Partnership

Contact: unknown
Website: facebook.com/CallandersLandscape

NATIONWIDE ORGS

Rotary in Callander

Contact: enquiries@callanderandwprotary.org
Website: Callander.rotary1010.org
Facebook: facebook.com/cwp.rotary

Ben Ledi Masonic Lodge

Contact: unknown
Website: pglpw.co.uk/lodge-ben-ledi-no-614

BUSINESS TOURISM & SOCIAL ENTERPRISE

Callander Enterprise

Contact: secretary@incallander.co.uk
Website: incallander.co.uk

Callander Visitor Information Centre

Contact: callandervic@gmail.com
Website: visitcallander.uk

Callander Youth Project

Contact: info@cyp.org.uk
Website: cyp.org.uk/youngpeople

McLaren Leisure Centre

Contact: reception@mclarenleisure.co.uk
Website: mclarenleisure.co.uk

ACTIVE CALLANDER

Callander Ramblers

Contact: paulgprescott@googlemail.com
Website: incallander.co.uk/groups/2023ramblers.pdf

Callander Bowling Club

Contact: Ewan Waugh
Tel: 07871372097
E-mail: callanderbowlingclub@gmail.com

Callander Golf Club

Contact: secretary@callandergolfclub.co.uk
Website: callandergolfclub.co.uk

McLaren RFC

Contact: mclarenrfcmini@gmail.com
Website: mclarenrfc.com/home

Callander Thistle AFC

Contact: callanderthistleafc@gmail.com
Website: facebook.com/callanderthistle

Callander Badminton Club

Contact: Tel 07917 100 251
Website: facebook.com/mclarenbadmintonclub

Julia Osfield Yoga

Contact: julia.osfield@gmail.com
Website: <https://juliaosfieldyoga.com/>

Dance Connection

Website: www.danceconnectiononline.co.uk

Callander Meanders Cycling Group

Contact: Colin Welsh 07963 736044
email: colintross2@aol.com

Central Athletic Club

Contact:
Website: <https://www.centralathletics.co.uk/>

Callander Cricket Club

Contact: callandercricket.secretary@yahoo.com
Website: <https://www.callandercricketclub.com/>

HEALTH

Walk in the Park

Contact: fiona@trustinthepark.org
Website: www.trustinthepark/walk-in-the-park/

Playlist for Life

Contact: info@playlistforlife.org.uk
Website: www.playlistforlife.org.uk/

EMERGENCY SERVICES

Trossachs Search and Rescue

Contact: secretary@trossachs-sar.com
Website: <https://trossachs-sar.com/>

Killin, Callander & District Search & Rescue

Contact: secretary@killinmountainrescue.scot
Website: <https://www.killinmountainrescue.scot/>

Scottish Fire & Rescue Service - Callander

Contact: 01877 339095
Website: <https://www.facebook.com/CallanderFire>

EDUCATION

Callander Primary School Parent's Council

Contact:
callanderparentcouncil@gmail.com

McLaren High School PTA

Contact: mclarenhs.pta@gmail.com

FOR CHILDREN & YOUNG PEOPLE

2nd Callander Brownie Unit

Contact: Louise Corrieri 07718 226210

Scouts

Contact: adambassett@me.com

Callander & District Young Farmers

Facebook: <https://www.facebook.com/callanderyfc>

CYP Youth Club

Contact: info@cyp.org.uk
Website: callanderyouthproject.co.uk

FOR SENIORS

Craigard Club - senior's lunch club

Contact: Anne Docherty
mail@annedocherty.co.uk

Callander & West Perthshire U3A

Contact: Marilyn Moore
u3asites.org.uk/callander-and-wp/contact
Website: u3asites.org.uk/callander-and-wp/home

COOK'S CORNER

by Audrey Corrieri

Cheesy Lentil Lasagne

Serves 4

Ingredients

400g cottage cheese
Oil
2 onions, finely chopped
2 red peppers, deseeded and finely diced
3 cloves of garlic, crushed
380g passata
400g can chopped tomatoes
2 tsp balsamic vinegar
4tsp dried oregano
2 carrots, grated
2x 400g cans puy or green lentils
8 dried lasagne sheets
20g fresh parmesan cheese, grated

Method

Preheat oven to 200°C, 180°C Fan, Gas no 6

Put cottage cheese into a food processor, whiz until smooth, season, set aside.

In a non-stick frying pan heat a little oil over a medium heat. Stir fry the onions, peppers and garlic for 6-8 mins until softened. Add the passata, tomatoes, vinegar and half the oregano. Season and simmer for 10 mins. Take the pan off the heat and stir in the carrots and lentils. Spoon half the lentil mixture into the base of a deep baking dish and top with 4 lasagne sheets. Spoon over the remaining lentil mixture, then top with 4 lasagne sheets. Pour over the cottage cheese, evenly scatter over the parmesan and top with the leftover oregano.

Bake for 35 mins or until golden and bubbling. Serve.



Are your group's details missing or incorrect?

Email: editor@benlediview.org
or scan the QR Code



It seems a long time since the *Carouse*/stopped turning and we have to thank you, our audience and loyal supporters, who have helped make our productions possible over the years. Once again, the cast showed their range and versatility with an emotional, but well balanced, production which included some difficult subject matter.

Here is a review by Elizabeth Donald, the local NODA rep (our umbrella organisation).

"...the show's music charmed as ever. The storyline concerned a carousel barker Billy Bigelow being intrigued by, and marrying, the matter of fact mill girl Julie Jordan. Her revelation of their pregnancy led to his need to provide for the child. This was the trigger for Billy going along with a whaler's half-baked plan of robbery and murder in which he lost his life. The cast delivered this storyline with clarity and commitment.

The opening scene at the fair cleverly included the factory girls at work and the audience savoured the well-known songs in the overture. Lorna Stevens in the leading role of

Julie brought out the independent mindedness that attracted Billy, and the determined loyalty to him, despite his faults. Her voice was clear and controlled. In the beautifully articulated duet 'If I Loved You' with Billy, the audience enjoyed wonderful singing from both.

innocence in Jigger's intended seduction were infectious. Brian McKay brought out the sleekit menace of the smooth-tongued Jigger. His cheerful lead in singing 'Blow High, Blow Low' and Stonecutters 'Cut It On Stone' blinded some folks to his evil



Heavenly Friend

Freddy Bowen-Bates as Billy showed his dramatic range of voice and presence for this difficult role, engaging and impressing in 'The Soliloquy' and 'The Highest Judge of All'. He delivered Billy's impetuous nature, letting us see his frustration at every well-meant action which turned out badly.

The light hearted side of young life and later marriage is well presented by Emma Fraser as Carrie Pipperidge. She handled her romantic idealism for Mr Snow confidently. Her enthusiasm in singing 'Mr Snow' and her comic

intentions, signified to us by the caressing of his knife. The more optimistic side of life is presented by Angela Dickinson in the role of Nettie Fowler. She caught the busy, common sense nature of Nettie in her singing of 'June is Bustin' Out All Over'; in the organisation of the picnic and also in compassion as she treated us to the well sung and emotional 'You'll Never Walk Alone.'

Other principals presented capably, such as John Isgrove as the strait-laced Enoch Snow and Charlotte Wood as the envious and vindictive carousel owner, Mrs Mullins. In minor roles, The Star Keeper, Grant Webb, and The Heavenly Friend, Richard Underwood, carried them off credibly, as did youngsters Bethan Jones as Louise Bigelow and Lewis Munro as Enoch Junior. The chorus numbers such as 'June is Bustin' Out All Over', 'A Real Nice Clambake' and 'You'll Never Walk Alone'; in the finale, roused the audience. The backdrops to scenes and changes of scene all happened smoothly. This is an emotional and fascinating show and the company are to be congratulated on bringing it to life. Well done to all."



Graduation

(Review by **Elizabeth Donald**)



We are already making preparations for our next production, *Made in Dagenham*. Set in the late 1960s and based on the real life events at the Ford Dagenham plant in Essex, this fantastic show pulls no punches, portraying the injustices of modern society and inspiring hope as the female employees stand up for their rights. Both music and dialogue explore challenging topics with an upbeat and dynamic score and earthy humour. Some CAOS members went along to see Airdrie and Coatbridge's production in early May and were instantly gripped – some want to start rehearsals now! To avoid missing next year's production, put the dates in your diary now, 19th - 22nd March 2025.

We still have to confirm who our new producer and musical director will be, but they will find a highly motivated cast come 2nd September when rehearsals commence.

If you are inspired with the thought of playing a part in this exhilarating show, then why not come along and discover what you can do. If you want to help in other ways we are always looking for volunteers. Keep an eye on our website for details, www.c-a-o-s.org.uk.

Photographs by **Ron Allner**

CAOS is sponsored by **Baird Optometrist**

Steve Murphy for CAOS

Book Review

This issue's book review title is *Karma: My Autobiography* by Boy George (Blink Publishing, 2023)

I'm not a big reader of autobiographies, however, I was drawn to *Karma* out of curiosity. As probably one of the most well-known faces, certainly in the UK (dare I say worldwide) it seemed astonishing that Boy George (born George Alan O'Dowd in 1961) had reached 62 years old before writing an autobiography. It turns out he had already written one in 1995, but nearly 30 years on, he argues that people, perspectives and values can all radically change.

Boy George describes his youth as chaotic and this certainly comes across, as the book moves messily through his early family and school life during the 1970s. O'Dowd was part of a large family with several siblings. They accepted his idiosyncrasies and blatant gay sexuality at a time when society really did not.

Becoming famous was never a question of 'if', but 'when'. Most folk of a certain age will recall Boy George's first appearance on Top of The Pops in 1982, as lead singer to band Culture Club. O'Dowd recalls the derogatory media frenzy after that appearance. From there on, the media onslaught never really relented. Whilst Culture Club came and went (splitting up by 1986, although they have since reformed twice), Boy George has remained a fixation of the British media and a constant in public life.

Karma recounts O'Dowd's difficult years of drug-addiction, arrests in the US and Britain, and a stint in prison. The book is definitely entertaining, although the chapters, crammed full of names, events and venues could be hard to follow. His stint on *I'm a Celebrity* is funny and insightful, whilst describing the recent death of his beloved mum is honest and touching.

Boy George states strongly from the outset of *Karma* that he is now a completely different person. I'm not so sure people can change so completely and why would he want to? Despite his daily chants and the headline referring to Boy George these days as being a Calmer Chameleon, this music icon remains sharp, funny, reflective and true.

The next BLV book club review will be *Thirsty Animals* by Rachelle Atalla (Hodder & Stoughton: 2023).

Maggie Magor



Beware these local Summer perils - take extra care with kids and pets

Giant Hogweed Warning

This pesky plant is back for summer. Take extra care to keep children and pet's away.

Visitors and residents in Stirling should keep aware of Giant Hogweed and the potential health impact of exposure, warns Stirling MP Alyn Smith - as the plant continues to spread across gardens, derelict land and waterways



in Stirling.

An invasive species, Giant Hogweed grows up to 3.5 metres tall, with each plant head potentially containing as many as 50,000 seeds. If sap from the plant is in contact with the skin and the skin is then exposed to sunlight, a painful, unpleasant rash may occur where the sap has been on the skin. The rash usually clears up within a week, if the sap is avoided. Occasionally the rash will blister and these blisters may become infected. Contact your GP if you are concerned about the rash.

Whilst Stirling Council is responsible for controlling the plant if found on Council land, elsewhere it is the responsibility of private landowners to take steps to eradicate this plant.

Stirling MP Alyn Smith said:

'Warmer weather will increase the likelihood of Stirling visitors or residents coming into contact with Giant Hogweed. I'd urge members of the public to remain vigilant, stay away from the plant and report any sightings of it on Council land. Anyone impacted should seek urgent medical advice.'

Source: Stirling Council

Ticks - how to avoid and how to treat

We're lucky in Callander to have so much beautiful walking-country on our doorstep and with the good weather upon us, it's tempting to stride off into the hills and woodland in nothing but a pair of shorts and a t-shirt. But be warned - there is a tiny terror lurking in that long grass and they are on the hunt for their next host.

Ticks can pose significant health risks to both humans and pets, so it's crucial to take preventive measures and know how to handle them. To avoid ticks, wear long sleeves and trousers when in wooded or grassy areas,

After spending time outdoors, thoroughly check yourself and your pets and kids for ticks. Pay close attention to warm, hidden areas like the scalp, armpits, groin, and behind the ears. For pets, check around the ears, neck, and



between the toes.

If you find a tick, remove it promptly with fine-tipped tweezers. Grasp the tick as close to the skin's surface as possible and pull upward with steady pressure, avoiding twisting. Clean the bite area with antiseptic. For pets, follow the same method, and consider a tick removal tool designed for animals.

Regular checks and prompt removal can prevent tick-borne diseases, ensuring the safety of you and your furry companions.

Nina Taylor

Now Available...

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Home Visits

We are excited to announce we are able to offer ROUTINE veterinary appointments from the comfort of your own home!

A limited number of appointments will be available to book in advance for routine appointments such as **vaccinations** and certain **long term medication checks/monthly injections**.

We are currently offering these in the **Callander** area on **Tuesday afternoons** and in other local areas if there is demand for this.

Pricing:

- Non PHC Member:
Appointment Cost + £15
- PHC Member: Appointment
Cost + £10

Important Things to Note:

- We will require prepayment of the visit fee in order to secure your appointment.
- This service is intended for routine appointments only as we will not carry additional medication stock in the van.
- Please schedule an appointment at the practice itself if likely to need anything non routine checked.

Pet Health Club
Responsible pet care and more

- £19.99/month
- £17.99/month
- £13.99/month

Call reception to book in!

01786 841304
struthers-scott.co.uk

NHS Pharmacy First

By using Pharmacy First you can help relieve some of the pressure on appointments at the Medical Centre. If your ailment is minor you can very likely get the advice and treatment you need faster and without needing a visit to the surgery or even a phone call with the doctor.

What is it?

Pharmacy First is an NHS service provided by your local community pharmacy. If you have a minor illness, a pharmacy is the first place you should go to for advice. Your local pharmacist can give you advice and provide medicine if needed; they can also refer you to other health services if they think this is necessary.

Who can use Pharmacy First?

You can use this service if you're registered with a GP in Scotland or if you live in Scotland. You can go to any pharmacy and you don't usually need an appointment. Even if you don't live in Scotland you can still ask for advice.

What sort of conditions can the pharmacy help with?

You can get help and advice for a wide range of conditions including cold sores; constipation; cystitis and urinary infections; diarrhoea; emergency contraception; headache; hay fever; pain; shingles; thrush; conjunctivitis; and some skin conditions. Some pharmacists have an



additional prescribing qualification that allows them to prescribe a wider range of medicines.

How do I use the service?

When you go the pharmacy and ask for advice, the pharmacist (or one of their team) will ask for some information, including your name, date of birth and postcode. They will ask you about your symptoms and give you advice on your condition. They will also set up a Patient Medication Record to make a note of any advice and treatment they give you. This record isn't shared with anyone else. You can ask to use the pharmacy's consultation area or room if you want to speak in private.

More information about this service and advice of a wide range of conditions and illnesses can be found at
www.nhsinform.scot

Angelica Hamer



More information on local services that are available for all aspects of health and wellbeing will be coming in a future issue.

If you have any health or medical questions that you would like answered by retired GP and dermatologist, Olga Watkins, please submit them via our contact form (scan the QR code, right) or email editor@benlediview.org and we will do our best to get them answered in a future issue.



Library

Opening Times for Callander Library

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

Books, DVDs, hearing aid batteries.

Are 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/>



Callander Outreach Service

Wednesday 10am – 4pm

Callander Library

Drop-in, no appointment necessary (home visits also available)

Tel: 07931 334828)

Pastoral & Worship

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,

Monday evening.

Pastor: Rev Nathan Swisher

Contact : Tel: 07851 529481 | **email:** admin@callanderchristianfellowship.org.uk or visit : www.callanderchristianfellowship.org.uk



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 7th July - Songs of Praise

Sunday 4th August - monthly service

Rev Jeffery McCormick BD

jmccormick@churchofscotland.org.uk 01567 820247

Church Office/Hall Bookings:

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
Hall for hire by the hour - contact 07795 244333



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; Phone: 01877 330702

Email: stjosephcallander@dunkelddiocese.org.uk



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

Bins & Waste

Check collection day by postcode at:

www.stirling.gov.uk

Saturday		Tuesday	
1st June	● ●	4th June	● ●
8th June	-	11th June	Glass ●
15th June	Glass ●	18th June	-
22nd June	● ●	25th June	● ●
29th June	● ●	2nd July	● ●
6th July	-	9th July	Glass ●
13th July	Glass ●	16th July	-
20th July	● ●	23rd July	● ●
27th July	● ●	30th July	● ●

WRC Opening times

PREBOOKED ONLY

- Monday - Friday 5.00pm to 7.40pm
- Saturday 10.00am-1.30pm
- Sunday closed
- Lagrannoch depot [01877 330492](tel:01877 330492)
Also for sandbags and grit
- Stirling Council Main number [08452 777000](tel:08452 777000) (Functions as emergency number from 5.00pm to 9.00am and over weekends. Also use for non-collection of wheelie bins.)



Booking Scheme now live...

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:01786 404040).

For more information visit the Council website www.stirling.gov.uk

Taxis

J MCPHAIL TAXIS

Tel Callander **01877331240**
email...jamesmcpheil@talk21.com

TAXI  **TAXI**

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Important Contact Details

Emergency Services: 999

Callander Police: 101

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

Councillors

Martin Earl - earlm@stirling.gov.uk
Gene Maxwell - Maxwellg@stirling.gov.uk
Elaine Watterson-wattersone@stirling.gov.uk

MSP

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

National Health

Callander Medical Practice [01877 331000](tel:01877 331000) (Prescriptions (10.00am till 3pm)
District Nurse [01877 330150](tel:01877 330150)

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

Chemists

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

Vets

Callander:[01877 381213](tel:01877 381213)

Schools

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

Recreation

Rail Enquiries: [0845 7484950](tel:0845 7484950)
Bus Station (Stirling): [01786 446474](tel:01786 446474)
Travel Line Scotland: [0870 6082608](tel:0870 6082608)
Leisure Centre: [01877 330000](tel:01877 330000)
Library: [01877 331544](tel:01877 331544)
Visitor Information Centre: [07727 288 585](tel:07727 288 585)

Floods & Environment

SEPA emergency: [0800 807060](tel:0800 807060)
SEPA website:
www.sepa.org.uk/flooding/index.htm
Floodline: [0845 9881188](tel:0845 9881188)
Select option 1 followed by: [06213 121](tel:06213 121) (the Teith at Callander)
Scottish Water emergency information re flooding from mains or sewers: [0800 0778778](tel:0800 0778778)

Location of defibrillators

- Dreadnought Garage
- Callander Golf Club
- McLaren Leisure Centre
- The Post Office
- Ancaster Square
- West Dullater House and Grace's Cottage Inverrossachs
- Mobile unit based in Callander with Scottish Ambulance Service

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Crossword 336

Solution will be printed in the next issue.
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1	2		3		4			5	6	
							7			
8							9			
10	11				12				13	
14							16			
17	18				19				20	
21					22					

Across

1 Psalm book (7)
 5 Shelter (3)
 8 Reflecting surface (6)
 9 Test (4)
 10 Manufacture in large quantities (4-7)
 14 Fragments (4,3,4)
 17 Couch (4)
 19 Non meat-eater (6)
 21 Pigpen (3)
 22 Disrobe (7)

Down

2 Snow runner (3)
 3 Songbirds (5)
 4 Spike of corn (3)
 6 Period of history (3)
 7 Alcoholic drink of fermented honey (4)
 11 Help (3)
 12 Hurried (3)
 13 Fish (3)
 15 Smack (4)
 16 Enthusiastic (5)
 18 Plump (3)
 19 Covered vehicle (3)
 20 Belongs to it (3)

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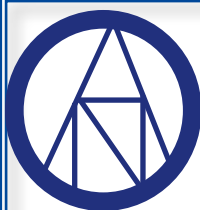
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