



Killearn. Courier

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£1



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Letter to the Editor

We welcome your letters and emails. Please include your full address (not for publication). We reserve the right to edit letters and emails.

Dear Sir

I would just like to thank you for the tickets I won with the Winter *Courier* Crossword. We went to the King's Theatre and saw *A play that went wrong*. It was excellent as well as funny. We thoroughly enjoyed the evening.

Thank you.

Sue Beck

Calling Friends of the Flower Show!

Only days to go to this year's Horti show on 25 August. You should already have received your schedule and hopefully are busy preparing your entries.

Haven't received a schedule yet? Not sure how to mount an exhibit? Visit www.killearn.org.uk/kchs/ for useful tips and lots of information.



Our Anonymous Submissions Policy

The *Courier* receives quite a number of letters and articles addressed to the Editor, and we make every effort to print them. *Courier* policy has always been that any piece for publication can be printed anonymously, but that the author's name and address must be supplied to the Editor. This can be done in confidence.

Earlier in the spring, I received a poem from an anonymous source asking for it to be included in this issue, and it has been impossible to ascertain authorship. If the author of the poem wishes to have the piece considered for the Winter edition, could they please contact me?

ED

Generous residents do it again

With a final total in excess of £10,800 for May's house-to-house collection in aid of Cancer Research UK, Strathendrick residents

have once more made a significant contribution to the vital work of the organisation. Strathendrick Local Committee members are delighted with the result, and would like to thank everyone who donated.

They also extend their thanks to the many volunteer collectors for their time and effort, without whom this tremendous fundraiser would not be possible.

The committee's annual Ladies' Luncheon will take place on Sunday, 30 September at Culcreuch Castle, Fintry. More details to follow.



Editorial

Hello, welcome to our summer issue. And what a summer it has been – temperatures nudging 30 degrees, blazing sunshine, lawns turning brown and gardens not so lush as usual; it's enough to drive you indoors into the shade, but what to do once you get there?

Well, you could settle down with a cool drink and pick up your copy of the *Courier*. It is bursting with lots of interesting and informative articles, all of which are guaranteed to keep you occupied.

Our centre pages cover the topic 'Living Well – Aging Well', which is particularly pertinent to quite a number of our residents. That said, advancing years affects us all one way or another, be it as an elderly person, a younger family member with elderly parents, or a carer. Three of our group devoted a lot of time and effort putting together the information, making sure it covered as much of the topic as possible and that it was presented in a logical, easily read style. It might not be exhaustive, though, so if you spot a gap, please contact us.

Another interesting piece of information regards your Killearn Community Futures Company. I don't think people realise the amount of work that goes on under the auspices of KCFC, all of which enriches the quality of life in our community. That includes the *Courier*, of course! Being a member gives you the opportunity to be a part of improving the quality of life in Killearn, and all for £1 a year! If you aren't a member already, use the form stuffed in your *Courier* to join today.

Once again, the usual suspects have supported us by submitting their popular articles for your enjoyment. Our advertisers are still with us and welcome your support.

Nothing stays the same for long, though. We are delighted to be joined by a new Cub, Sara Gibb, who introduces herself on page 7. We also wish Kay Mackenzie all the best as she leaves the *Courier* Cub fold for university this year, and her last thoughts about the whole process are on page 26.

All things considered, this is a cracking edition which I hope you enjoy.

Ian

Cover Picture

This stunning image, taken by Norman McNab, is of a buzzard at the edge of Kirkhouse Wood just about to take to the air.

Noticeboard

25 Aug Killearn Horticultural Society Annual Show. Village Hall and Kirk Hall, 2pm–4.30pm. Teas from 2.45pm. Entries can be staged on Friday, 7.30pm–9pm, or Saturday, 7.30am–10am. For schedule and enquiries contact Glenda Asquith (550142).

27 Aug Monday Music autumn term starts for children between six weeks and five years. Kirk Hall. To confirm times, contact Moyra Hawthorn (moyrahawthorn@gmail.com).

29 Aug Killearn Guides registration 7pm–8.30pm. Kirk Hall. Rainbows (aged 5–7), Brownies (aged 7–10) and Guides (aged 10–14). If your daughter is new to Guiding, please also register at www.girlguiding.org.uk.

3 Sept Strathendrick Singers rehearsals resume. Balfron Church, 7.30pm. New members welcome. Contact Colin Cameron (440622) or Judith Neil (550832). www.strathendricksingers.org.uk

18 Sept Embroiderers' Guild Strathendrick Branch. Kirk Hall, 10.30am–3.30pm. Speaker at 2pm, Louise Collins, 'Dyeing techniques'. Visitors and new members welcome.

19 Sept Killearn Community Council meeting. Killearn Primary School, 8pm.

20 Sept The Arts Society Stirling and Forth Valley lecture by Andrew Price, 'From Downton to Gatsby, Jewellery and Fashion 1890–1929'. Albert Halls, Stirling, 11am.

26–28 Sept FADs performance *Journey's End* by RC Sheriff. The Studio, Glenside Farm, Fintry Rd, G63 0RP; 7.30pm, tickets £10. Concessionary performance Saturday, 4pm, tickets £7.50. Tickets from Killearn Pharmacy, Balfron Library, Fintry Sports Club, online at tickets@fintrydrama.org.uk or phone 551076.

27 Sept Drymen & District Local History Society Illustrated talk by Alasdair Eckersall, 'Looking for Ben Lomond's human history'. Drymen Village Hall, 7.45pm. £2 admission; annual subscription, £7. www.drymen-history.org.uk

30 Sept Killearn Kirk Harvest Thanksgiving service, 10.30am.

2 Oct Killearn Kirk Guild Balfron High School Jazz Group and home baking. Kirk Hall, 7.30pm.

5 Oct Strathendrick Film Society showing *Darkest Hour*. Balfron High School Theatre, 7.30pm, £4 entry.

6 Oct Killearn Kirk Guild Harvest Coffee Morning. Kirk Hall, 10am–12 noon.

16 Oct Embroiderers' Guild Strathendrick Branch in-house workshop with a retro theme. Kirk Hall, 10.30am–3.30pm. Visitors and new members welcome.

Killearn Kirk Guild Project Evening – Boys' Brigade. Kirk Hall, 7.30pm.

17 Oct Killearn Community Council meeting. Killearn Primary School, 8pm.

18 Oct The Arts Society Stirling and Forth Valley lecture by Lois Oliver, 'Edouard Manet and Music'. Albert Halls, Stirling, 11am.

Killearn Community Futures Company AGM. Village Hall, 7.30 for 8pm.

19 Oct Strathendrick Film Society showing *Local Hero*. Balfron High School Theatre, 7.30pm, £4 entry.

23 Oct Drymen & District Local History Society Illustrated talk by Joanne McAlpine, 'Lost Railways of Glasgow'. Drymen Village Hall, 7.45pm. £2 admission; annual subscription, £7. www.drymen-history.org.uk

1 Nov Golden Years Club Bingo evening. Kirk Hall, 7.30pm. All welcome.

3 Nov KCFC Bonfire and Fireworks Display. The Glebe, 7.15pm.

6 Nov Killearn Kirk Guild Heartstart – Stuart Ballantyne. Kirk Hall, 7.30pm.

9 Nov Strathendrick Film Society showing *Mississippi Burning*. Balfron High School Theatre, 7.30pm, £4 entry.

11 Nov Killearn Kirk Remembrance Service. War Memorial, 10.45am, followed by a service in the church.

15 Nov The Arts Society Stirling and Forth Valley lecture by Patricia Andrew, 'WWI Artists and Beyond'. Albert Halls, Stirling, 11am.

20 Nov Embroiderers' Guild Strathendrick Branch workshop. Kirk Hall, 10.30am–3.30pm. Speaker at 2pm, Judith Wynne, 'Palestinian embroidery'. Visitors and new members welcome.

Killearn Kirk Guild Glasgow City Mission. Kirk Hall, 7.30pm.

21 Nov Killearn Community Council meeting, if enough new members. Killearn Primary School, 8pm.

Please contact Heather McArthur (heather.mcarthur@virgin.net; 550137) with event dates for inclusion in the winter issue of the Noticeboard (mid November to mid March).

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Retirement Honour for Michael Pell



Michael Pell and his wife Brenda (fourth from left) with members of the Village Hall Committee and Three Sisters Bake

The Village Hall Operations Committee was extremely sorry to accept Michael Pell's decision to retire from the committee.

Michael first joined the management committee of the old hall in 1979 as a representative of the badminton section, and served as a committee member and then chairman. He was an important part of the development committee for the renovation of the new Village Hall, and stayed on as a member of the Operations Committee after the Hall reopened in July 2013.

Michael's experience, engineering expertise, patience and humour have been greatly appreciated and of considerable value in the development of the Hall management team and growth of the Hall activities.

In recognition of this remarkable length of service of nearly 40 years, the committee, with Michael's help, planted a flowering cherry – Prunus 'Kanzan' – at the entrance to the Village Hall. This was followed by afternoon tea and cake provided by Three Sisters Bake.

The Village Hall Operations Committee was also sad to be informed that the Rotary Club of Strathendrick had decided to close. The Rotary has held its meetings in the Garden Room in the Village Hall for the past year following closure of The Killearn Hotel. It was therefore with great pleasure that we received the generous offer of a bench with an inscribed plaque from the Rotary, and it is proposed to locate this under the café balcony with views over the Glebe to Loch Lomond.

BS

Killearn Trust News

The Killearn Trust and Killearn Tennis Club are pleased to announce that the Killearn tennis courts were formally transferred from the Wilson family trust to the Killearn Trust on 29 March 2018. The terms of the existing lease will continue under the new ownership. The Trustees of the Killearn Trust look forward to working with the Club to ensure the continuance of the tennis courts as a valued asset of Killearn village.

The Trust has appointed a new Trustee with effect from 11 June 2018. Jim Ptolomey is a long-term resident of the village with a background in architecture, property development and planning. The Trustees are looking forward to having the benefit of his knowledge, particularly in connection with the Trust properties.

More information about the trust can be found on the website www.killearn.org.uk/killearntrust.html.

Gingles – Kelly



Denise Gingles from Killearn and Andrew Kelly from Southport were married on 11 October 2017 in Lagos, Portugal, where they now work and live. It was a lovely happy day with lots of family and friends travelling over from the UK.

Celebrating Excellence in Early Years

Mulberry Bush Montessori (Killearn) was chosen as a finalist in the category 'Nursery of the Year' and won 'Nursery of the Year Scotland' awarded by the National Day Nurseries Association (NDNA). The Nursery Awards, now in their 15th year, are the only early years awards voted for by parents as well as judged on excellence. The rigorous shortlisting process involved visits and interviews by early years experts, followed by submission to a judging panel. Mairi Clark, owner and principal of Mulberry Bush, said, 'We are humbled to receive such a prestigious award in our sector where excellence is so well established... Our heartfelt gratitude to our children and families who use our service, and for their beautiful words and votes that secured our nomination to this level and to my incredible Mulberry Bush Montessori staff team for their unity, wisdom, love, enthusiasm, loyalty, hard work and complete commitment that make very positive differences to the lives of all of our children. I am filled with such joy and pride being winners of this award.'

Pike – Prescott



Rebecca Pike and Daniel Prescott were married on 24 March 2018 in Edge Church, Bristol, followed by a reception and ceilidh at Goss Croft Community Hall, Upper Seagry. Dan, who grew up in Killearn, works as a power distribution engineer with SSE in the southwest of England. Beckie is a health visitor working with young families in some of Bristol's inner-city areas. They have set up home together in St. George, Bristol.

Happy Birthday, Rita



Rita Brailsford was born on 15 May 1918 in Barnsley, Yorkshire. In her younger years, she was a championship swimmer for her town.

She met her husband, William Duncan, when they were both stationed at Biggin Hill while serving in the RAF during World War II. They were married in Barnsley and started their married life in Alexandria, Dunbartonshire, where William came from. William passed away in 1982. They had one son, Donald.

Eventually, Rita moved to Abbeyfield House in Killearn when she was 90 to be near her family.

Her failing health saw her moving to Blanefield House when she was 98, and it was there she celebrated her 100th birthday.

JD

John Leonard – 90 Years Young



On 23 June, John Leonard celebrated his 90th birthday. Looking at the photograph this might be hard to believe, but knowing John in person makes it even more difficult to comprehend. On the day my family moved in beside John and Ann, he put down his tools and climbed down from the top of his roof to introduce himself. ‘A fellow Liverpoolian,’ I thought, but John assured me he was from the Wirral!

John and Ann have been the best neighbours anyone could wish for. Over the years, we have been on the receiving end of their friendship and kindness, but we have also witnessed just how much both of them do very quietly for the local community. Both are significant figures in the Killearn Tennis club, Ann taking on the role of treasurer, baker, strawberry tea organiser and fundraiser and John involved in the club’s general upkeep – making gates, repairing fences, painting, fixing and mending whatever is needed. He does take time out, however, to thrash the odd 20-year-old at the game when he gets the chance.

John’s community spirit could so easily go unnoticed. If you happen to be walking through the woods or far up in the hills, you might wonder at a path that has been rebuilt, a wall that has been fixed or a tree that has been moved off the track. John will have been up with his chainsaw to make the way safe so that everyone can get as much pleasure out of the countryside as he does. He never expects any thanks or recognition for this, he just does it.

At the grand age of 90, you might expect John to be sitting at home with a pipe and slippers, but this is not so. He can vault a gate, he can still fly a plane, and in the recent hot weather he camped out in the garden. He can still be seen sailing down the Campsie Hills on his skis in December. Some time ago, my nephew came to Scotland for a visit. He and his friend, both Royal Marines, were planning an impromptu skiing trip, but were short of the correct clothing. John took them upstairs to an old trunk of out which came a complete dinner suit which he had personally refashioned into salopettes! John was obviously a regular James Bond in his day.

John’s love of life and fun has obviously kept him the young man that he still is. He is an inspiration.

Happy 90th birthday, John.

MARY HAMILTON

Heady Brews at the Killearn Beer Festival



It’s hard to believe, but this summer the Killearn Beer Festival hit an amazing seven-year milestone. It doesn’t seem so long ago that a few of us were airing the possibility of having a festival, but we weren’t sure if there would be enough interest.

Despite mixed weather, we managed to attract over 500 people this year – including many visitors from outwith the village – while still retaining the family and community feel which has been a key objective from the outset. As always, the event was held on the first Saturday of June at The Old Mill, and was accompanied by a great range of food provided by the Mill and Hewitt & Aker. The theme this year was ‘beers from Scotland’s islands’, such as Orkney, Shetland, Skye and even Eigg, which has its own brewery (Laig Bay). This was complemented with beers from some local Glasgow breweries such as Merchant City, Late Night Hype and Hybrid, giving us a superb range of 24 beers in total. Feedback from our guests indicates appreciation for the effort put into sourcing such a wide and interesting selection.

As with all of the events so far, the majority of profits earned will be targeted toward various local clubs, schools and charities, which have already been the recipients of over £5,000 of such donations.

Finally a big thank you to all the volunteers, The Old Mill, Hewitt & Aker, and the musicians who helped to make this another enjoyable day – now firmly established in the calendar as a great community event.

Thanks again for your support, and we look forward to seeing you on the first Saturday in June next year.

MARK WHITE

Monday Club Alert

In any village and its surroundings, clubs are a means of bringing people together socially, and benefiting the whole community. That’s equally true of the Monday Club.

The Monday Club is a club for ladies, and brings together a diverse, social and interesting group who meet in Killearn Village Hall from September to March. There are three sections to the club: a Bridge section, a Badminton section and the Social members.

The Social meetings, which all members of the club can join, are held on the afternoon of the last Monday in the month. This convivial get-together includes a talk and always a delicious afternoon tea. The Badminton and Bridge sections meet on a Monday afternoon weekly – 1.15pm for Badminton and 2pm for Bridge.

There are spaces in the Badminton and Social sections at present. Although there is a small waiting list for the Bridge section, membership of the Social section can be enjoyed meanwhile.

If you are interested in joining us please contact Secretary Fiona Renfrew (ffrenfrew@gmail.com).

Abbeyfield residents continue to enjoy the various activities arranged by the Friends of Abbeyfield. The news reviews are held twice a month and lively discussions take place covering a broad range of subjects. The twice-monthly nursery school visits are always enjoyed by all. The Friends also occasionally join the residents for high tea and a social chat. The Rotary Discussion Group takes place once a month – topics have included a recent visit to the Chelsea Flower Show and the 6633 Arctic Ultra, an extreme ultra-marathon in which a Rotarian's son participated.

In January, the residents enjoyed the annual Burns Lunch with entertainment provided by Joyce Begg and Helen Barclay. In February, Lindsay Pell gave an interesting and informative talk titled 'An Orkney Wedding'.

Various events took place in April. Contact the Elderly held a tea with the residents in the Abbeyfield, and later in the month several residents visited Moss Cottage to see the daffodils which were growing in abundance and for afternoon tea. This was a very successful afternoon enjoyed by all.

In May, there was an outing to the Lake Hotel, Lake of Menteith, for lunch. All the residents attended, and all

enjoyed the ambience and the food. We were blessed with a lovely sunny day and the view across the water was very much appreciated by everyone.

At the time of writing, the June outing will be lunch at Benview, Ward Toll, and the July outing will be to Loch Lomond.

Congratulations are due to the resident housekeeper, Barbara Roberts (pictured right), who recently completed her SVQ3 in social services and health care. Abbeyfield, Killearn has recently been undergoing redecoration and refurbishment which will undoubtedly enhance the resident's comfort and well-being.

LA-J



Meet Sarah...



Hello! My name is Sarah, and I am delighted to be the new *Courier* Cub.

I am 14 years old and have just started S4 at Balforn High School. In my spare time I enjoy playing tennis and football, and I also swim for Balforn Barracudas.

I have two younger brothers, and a Golden Retriever called Sandi.

I'm looking forward to being part of the *Courier* team.

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Airport Adventure

One September evening in 1972, I had driven to Glasgow Airport to collect my mother who was returning from a holiday in Norway and was to stay with us in Killearn. I arrived in good time, parked the car and walked the short distance to the terminal building and met her at Arrivals.

'Once we get into the car,' she said, 'I'll be able to tell you about all the adventures I have had.' Little did she know that she was about to have another adventure, right there at the airport. She walked ahead of me towards the car park and I followed.

'Oh, there's the car! Not far now,' she cried. We reached the car and I took the keys out of my pocket. However, there was an unexpected problem. The key slid easily into the lock on the driver's door, but after several attempts would not turn. 'I know what we should do,' she said. 'We should find a policeman. They have masses of keys and they can break into anything.'

Although I thought this was one of her dafter ideas, I really couldn't think of an alternative. I went to the police caravan next to the terminal building. The policeman on duty was reading the evening paper in the snug warmth of the caravan and he was not best pleased to hear my story. However, he produced the keys and came with me to the car. He decided to concentrate on the rear door of the estate car. One by one he selected the keys and tried each one in the lock. The operation seemed to go on for an eternity, but eventually he uttered a triumphant, though rather rude, expletive as the key turned in the lock and the door opened. He crawled into the boot, puffing and panting, climbed over the rear seat and eventually reached the driver's seat and opened the driver's door from the inside. Wonderful! Problem solved, except...

As he was crawling in an ungainly fashion from the boot into the front of the car I saw, a few cars away in the gathering gloom, another grey Ford Cortina estate

car. Undoubtedly it was MY Cortina estate car!

The policeman triumphantly climbed out of the car, holding the door open for my mother who could not wait to settle herself in the front passenger seat. 'Right,' said the policeman, 'Got your ignition key have you?' I nodded miserably.

I had to think fast. I didn't want to tell him that, with his help, we had just broken into someone else's car and I knew that the keys I had would not start the ignition. 'I'll go in a minute,' I said, 'I feel quite flustered after all this anxiety to tell you the truth.' (It certainly was the truth.) I thanked him profusely and he, to my relief, set off back to his caravan.

As soon as he was out of sight I opened the door. 'Where are you going? What's happening?' asked my mother.

I wasn't going to waste time with explanations. 'Out! Out!' I hissed and grabbing her cases urged her out of the offending car and into MY Cortina estate.

I set off, desperate to get away. For several minutes neither of us could speak. Once we were out of the airport we both started to laugh. We laughed so violently that at least three times we had to pull off the main road into a lay-by in order to attempt to compose ourselves.

CHRISTINE BOWIE

Time for SUMMER Golf! *Make it BUCHANAN Time!*



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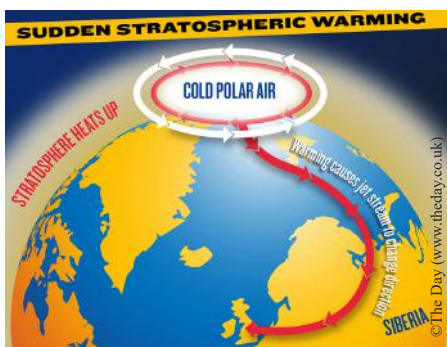
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The Weather Channel

Although this report is for the summer edition of the *Courier*, your weather reporter cannot let the opportunity pass without commenting on the very heavy snowstorms that fell across the whole of the UK, and which were labelled by the press as 'The Beast From The East'. A dense blanket of snow was accompanied by extremely low temperatures and strong easterly winds resulting in the Met Office issuing both yellow and red alerts, especially for rural areas of the UK.

We were victims of a northern polar jet stream which turned unexpectedly and drew very cold air from the east. The turn or bend in the jet stream was itself the result of a rise in temperature in the Arctic known by meteorologists as a sudden



Half-Yearly Summary for Killearn (2018)						
	Jan	Feb	Mar	April	May	June
Highest Temp	11.5	12.4	11.3	19.9	25.7	31.2
Lowest Temp	-6.6	-5.8	-5.3	-1.9	0.6	6.4
Mean Temp	3.2	2.7	3.1	7.5	12.2	14.5
Days Below Freezing	10	14	13	3	0	0
Highest Wind Gust	30	24	28	23	30	47
Monthly Rain	184.4	70.7	90.8	88.2	27.4	45.4
Most Rain in 24 hrs	33.4	17.9	13.4	19	6.2	9
Days without Rain	6	11	10	12	6	15
Cumulative Rainfall	184.4	255.1	345.9	434.1	461.5	506.9

Temperature in °C, rainfall in mm, and wind speed in miles per hour

stratospheric warming, a warming high up in the atmosphere that changed lower-level circulation. This allowed a very cold airstream (around -50°C at source) to rush towards the UK which, although it warmed before reaching us, saw high winds, blizzards and very cold temperatures nationwide.

This was accentuated by the arrival of Storm Emma which brought further snow. The last time this happened was in 2013. However, the last time we experienced such low temperatures for such a prolonged period was in 1991.

As perhaps some compensation for a long cold and somewhat extreme

winter, spring and early summer have been dry, warm and very sunny. We had only 27mm of rain in May, with temperatures well over 20°C. My weather centre recorded winds from an easterly direction on 28 days of the month hence the low rainfall.

The fine May weather was followed by a dry, very warm, and sunny 10 days in June. On Thursday, 28 June, my weather centre recorded a high of 31.2°C at 4pm. This was not far short of Scotland's record high June temperature of 32.2°C, which was recorded in Ochertyre in Perth and Kinross in 1893!

TOM RENFREW

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STRATHENDRICK CLASSIC CAR CLUB



The Club has had a busy start to the season in April with members enjoying a short meander in their cars after the winter break followed by a meal at Ross Priory before the AGM. At the meeting, Robin Johnston gave a comprehensive review of the previous year and Laurence Grainger, Robin Johnston and Nigel Kelly agreed to continue in office as chairman, secretary and treasurer respectively for another year.

Drive-It Day takes place at the end of April and is celebrated annually throughout the UK. Classic cars are dusted down, having been cosseted over the winter, to surface again for their first run of the season. Many car clubs take part and the SCCC was no exception. Doug Ashworth and Bob Sharp organised the route, taking in Rosneath and the surrounding district.

The spring two-day run to Kelso, testing the navigation skills of the participants, was organised by Mike Gastall and Robin Johnston and took place at the end of May. Jim and Audrey Bisset emerged triumphant on Day One and Ben and Alice Somerville were victorious on Day Two, followed closely by new members Dudley and Helen Gee. Members stayed in Ednam House Hotel, a beautiful Georgian building in the centre of Kelso with gardens stretching down to the River Tweed where one could enjoy a gin and tonic on the terrace at the end of the day's activities.

Early June saw the Summer Run, an event of around 75 miles starting at Dobbies in Stirling, with a coffee stop at the Grange Manor Hotel in Grangemouth and finishing with lunch at the Fintry Sports Centre. The drivers who spotted the most clues along the route were Donald Laing and Mike Pell.



Following on from the Summer Run came the Drymen and Gartmore galas. The Concours d'Elegance was judged by the Drymen Gala Queen, who declared a beautifully presented 1973 Jaguar E-type Series III V12 convertible the winner. Our cars then made their way to Gartmore, where they were joined by others so that 11 cars were on display. These included two Citroën 2CVs and a pair of Austin Sevens (pictured above), both over 90 years old.

A comprehensive Recommended Suppliers Guide was compiled and published by Bob Sharp and Doug Ashworth. Members contributed recommended sources for parts and services from their own personal experience for the benefit of the all members.

At the time of writing, there was still a lot to look forward to with a CarBQ (auto tests and BBQ) in July, a visit to the Dundee Museum of Transport in August, and two autumn runs.

New members are always welcome and you do not require a classic car to join – just a general interest in cars and motoring. For more details about membership or our future programme please contact Club Secretary Robin Johnston (SCCC.info001@gmail.com).

End of an Era

In June this year, the Rotary Club of Strathendrick met for the final time and is now no longer in existence.

Established in 1977, the Club raised somewhere in the region of £300,000 – £400,000 which benefited international, national and local charities as well as various ventures in the communities of Killearn, Drymen, Buchlyvie, Balfron, Fintry and Strathblane. These included donations to teenagers going abroad to perform work for a variety of charities, and support to Primary Schools and Balfron High School. Various organisations such as the Scouts, Girl Guides, Cubs, Brownies and Boys' Brigade to name but a few also benefited from donations from Rotary. Indeed, every community in Strathendrick has been touched in some way or another by the philanthropy of the Rotary Club of Strathendrick.



Asked why the Club folded, President Ian Dickie said, 'Although the Club was fairly strong in member numbers, the majority were in their late 70s or early 80s and with no younger people joining our activities, it became all too much for the members to continue.' He continued, 'It was a sad day, and I have little doubt that the Rotary Club will be missed by a number of organisations and residents in the Strathendrick area.'

RotaRun, set up by Strathendrick Rotary to provide free transport by volunteers for people in the Strathendrick area attending radiotherapy sessions at the Beatson or Forth Valley hospitals, will continue. See our Living Well feature on page 22 for details.

TID



Pamela Maxwell, organiser of RotaRun volunteers

Balfron Buses to be Upgraded

Bruce Crawford MSP (right in picture) has received assurances from First Bus that vehicles based in Balfron are to be upgraded in coming months. Around eight buses – which will have a new two-tone appearance – are to be ‘substantially refreshed’ having around £6,000 spent on each of them.

Mr Crawford met with James Harvey of First Bus in June to discuss the changes, following concerns that had been raised by members of the local community about vandalism and damage caused to a number of vehicles on the fleet. Mr Harvey assured Mr Crawford that all vehicles operating Balfron routes had received a 100% MOT pass rate and were maintained to the same standard as buses operating in urban areas.

Bruce Crawford said, ‘I am pleased that First Bus has responded directly to the complaints raised with me, and I am confident from the discussion I had that this is a matter they take seriously... As much as I’d like to see a brand-new fleet of buses for the Balfron area, I have to be realistic about what’s achievable. This investment in the current fleet will go some way in addressing the concerns that have been raised with me.’



Fireworks Aren’t Just For Bonfire Night

Killearn Fireworks gives donations to many worthy local causes, and this year Balfron High School received £900 to help ensure that finance was not a barrier to any new S1 students attending an outdoor residential week. Each of the three Houses at the High School attends a different outdoor centre, such as the Ardentinn and Newtonmore centres, and their week away is an important part of their transition from primary to high school.

Headteacher Elaine Bannatyne wrote to the Fireworks Committee thanking them for the donation and explaining how important it could be for some students. This time away allows the students to develop resilience and determination, and improve their communication skills – all important for their success in school. The jump from P7 to S1 can be daunting. Through a range of outdoor activities focusing on team building, support and trust – with a good dose of fun thrown in – the fledgling high school students are able to establish friendships and get to know all the other S1s in their House, as well as building a relationship with key members of the school’s staff.

In addition, Killearn Primary School received £500 to assist with an initiative to enthuse the pupils in developing numeracy and literacy skills, while £900 was donated to various youth groups, several of whom distributed the Fireworks promotional brochure.

The Fireworks Committee is a working group of Killearn Community Futures Company, which is delighted to be involved in such a good cause. New members are always welcome on the committee, including anyone who is willing to help in the run-up to the display, whether that’s building the bonfire, shaking a bucket on the night or helping to clear up afterwards.

If you would like to get involved, please contact Graeme Fraser (gahfraser@sky.com).

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Killearn Path Group Carry Out Much-Needed Repairs

The link path between Branziert Road North and the Pipe Track has been ravaged by storms and fallen trees for a number of years and was in need of extensive repair.

Around 25 tons of material from Tillicoultry Quarries was delivered to the top of Branziert Road North ahead of the path group undertaking the repair work. The neighbours had been advised of the work to be carried out, and with help from local landscaper Scott MacColl and his staff, together with their equipment, the work began.

Nine volunteers took turns operating mechanised wheelbarrows and spreading the material. Pictured right is the result of our labours which renewed more than 200 metres of path.

We are indebted to Stirling Council who arranged for all the material, to Scott MacColl and his employees for their help, to the neighbours of the path for their patience and support and, most importantly, to the volunteers.

The Path Group tries to address a number of activities each season and welcomes all volunteers. Recent activities have included:

- ° renewal of the path between Beech Drive and Lampson Road and paths in the Kingdom woods
- ° moving and reinstating the path in Killearn park to accommodate the new sports pavilion
- ° litter picking West Highland Way and Station Road
- ° trimming plants and trees West Highland Way

If you are interested in helping or becoming involved with the committee, please contact Mike Gray (branziertroad@gmail.com).

KEN ALEXANDER
CHAIRMAN, KCFC PATH GROUP



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Social media: blessing or curse?

Social media plays a huge part in people's lives in the modern world. Some people love it, a lot of people hate it, and there are a fair few in the middle who have a love/hate relationship with these websites. Social media allows us to speedily and regularly access information about a huge variety of topics. This could be seen as a blessing or a curse, as the things most commonly seen on social media tend to be very similar, often strongly biased, occasionally sensationalised and, in some cases, entirely untrue.

Let's take an example. If you have a Facebook account and have an interest in politics, you may 'like' the page of a political party. Then every time you log into your Facebook account, your timeline updates and this political page will update too, and be shown to you without any form of counter argument or scrutiny.

Social media is often viewed as the 'young person's media'. In 2016, a poll found 99 per cent of young people use social media at least once a week. The young are a group particularly vulnerable to misinformation on social media. As a 13-year-old you could 'like' a certain page and only ever be exposed to those views on social media, quite possibly for the rest of your life. This aspect caused an enormous issue when a 2016 poll found that almost a third of young people use social media as their main source of news. Obviously there is the opportunity

to 'like' another page which has different or conflicting political views, but if you are in the mindset of one particular ideology, why would you be interested in seeing something that directly challenges your viewpoint on a day-to-day basis?

The argument over social media often becomes too bogged down with discussion about bias and the dreaded 'fake news'. This leaves one of the most important aspects of debate ignored: connection.

Social media has an unrivalled power to bring people together. It allows people to keep in contact with friends and family several times zones away, allows estranged friends to get back in contact after not speaking for many years, and allows information for all manner of things to be seen by people both quickly and effectively.

Simply take the examples of our local village communities. In Killearn, Balfron and Strathblane, Facebook pages are used to organise events, relay information and to draw attention to local issues. Without this quick and convenient form of communication, how much more difficult would such great enterprises of community spirit be to organise and run?

Whatever you believe about social media, you can't deny the new(-ish) kids on the block are here for the long haul.

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App of the Issue

Instagram is a quick, fun and easy-to-use photo sharing app that can be easily accessed by a few taps on your phone or computer. It allows you to stay in contact with family and friends wherever you are.



It is the app of the moment – celebrities, teenagers, adults – even my Grandpa is using it. I use Instagram regularly, not just to see what the Kardashians are up to, but also to stay in contact with my cousins who live in Australia.

Only those who I allow to 'follow' me can see my pictures. Similarly, I can only view pics of those who have agreed I can 'follow' them (whether they be friends, family or celebrities).

I have found Instagram a great tool to have on my phone because not only can I share photos with both family and friends just by uploading it once to my page, I can also choose to message people privately.

All in all, Instagram is a great app that can brighten up a day with just one photo.

SARAH GIBB

It's Not All Bad News

It is a truth universally acknowledged that, unless one is unlucky enough to die young, old age comes to us all. It's not hard to list the hazards attendant on ageing, but there are distinct advantages, too. For a start, it can be quite restful. The spirit of competition which drives the young dies away a bit when you get past a certain age. No need to worry about whether or not you've chosen the right job when you're past retirement age. No point in wondering whether one should embark on a career change, retrain as an astronaut, or become a stand-up comedian. The time for that sort of angst is gone. There is a kind of peacefulness in sitting back and letting the young run the world.

Then there's physical appearance. While always aiming to be clean and decent, does it really matter if one is not always fashionably dressed? One hesitates to put comfort before glamour all the time, but who cares if tailored waistbands give way to elastic? Who notices if you don't sport a summer tan, indicating not only good looks, but also the fact that you've been somewhere foreign? Is anyone bothered? I don't think so.

There are also the pleasures of grandparenthood. Not everyone is accorded these, of course, and there may well be attendant burdens, but on the whole being a granny is a good idea. You have lots of fun and only limited responsibility. It's not up to the older generation to decide how much time the little dears can spend playing games on tablets or walking about with cables sticking out of their ears. Your job is to indulge them, to be the kind of granny that I got, one who played Snap and Ludo with us, and

made us syrup sandwiches. There is no greater treat than a white bread sandwich with butter and golden syrup. A heart attack on a plate, but not if you're seven years old on your summer holidays.

While sitting back and letting the next generation worry about politics, there is no need to give up on life. Just get going on the bucket list. If you want to climb Kilimanjaro, go and do it, though I suspect most of us will be content with getting up the hill to the surgery and toting our prescriptions back down again. If you want to learn to play tennis or dance, there might well be a class in the village that can accommodate you. There used to be line dancing, which I missed when it was fashionable, but there's nothing to stop me putting on a Charleston CD and bopping round the kitchen.

Is there a special book you've always meant to read and not got round to? Or an old favourite you fancy reading again? Don't hang about. My father missed his chance to re-read *David Copperfield*, his absolutely favourite classic. I am torn between having a go at *War and Peace* or seeing if *Malory Towers* stands the test of time.

You could, of course, do something completely new and exciting. How about a tattoo? You wouldn't have to do the whole David Beckham thing – the very thought of the pain involved would stop me dead, and one does wonder how odd he must look without his clothes on. But I did once see a bride with a little blue butterfly on her shoulder, which was strangely attractive. The great thing about getting a tattoo in later life is that there would be no need to worry about how ludicrous it is going to look in 40 years' time.

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The regular business of the Community Council continued as usual during 2017/18. Severe winter weather caused great damage to local roads and problems for residents, who nevertheless turned out in strength to clear roads and pavements. Cars thoughtlessly parked on yellow lines on Main Street obstructed heavy vehicles and caused buses to be rerouted. This experience made it urgent to revive the village's resilience plan, and a joint working group was set up with KCFC.

On a lighter note, the filming for television of the children's book, *Grandpa's Great Escape* brought Tom Courtney, Jennifer Saunders and David Walliams to the village in autumn 2017, to the delight of local residents.

- The development of 35 houses at Blaressan includes 12 houses for social rent by Rural Stirling Housing Association which are expected to be completed in November 2018. Street names have been taken from the village war memorial: Aitken Street and Wilson Crescent from World War I and Barclay Way from World War II. The builder has contributed a sum of money to be spent on children's play in the village, and KCFC is in the process of forming a Friends of the Playpark group to take this forward.
- Conversion of the Killearn Hotel into 14 flats was approved by Stirling Council in October 2017, and a proposed development of 12 homes for social rent and one house for sale at the foot of Lampson Road was approved by the Council Planning Panel in May 2018. The Panel felt that providing affordable homes to rent outweighed the constraints of both the Local Development Plan and the Council's own planning policies.
- A survey of the condition of Killearn's roads and pavements was made by KCC and discussed with Stirling Council in 2017. As a result, Harpers Road has been resurfaced, and Cedar, Elm and Elder pavement repairs are currently underway, with road resurfacing to follow in October. The pavement on Station Road has been renewed, and much-needed signage provided at the Wellgreen and Ballochruin Road. The most serious disruption was caused by the long-delayed repair to the bridge on the A81 at Ballat by Scottish Water. The A81 finally re-opened on 1 June. SC is now planning repairs to the Blane Bridge and to Catterburn Bridge at Croftamie.
- Broadband upgrade has continued to be slow, but an increasing number of properties in Killearn are now connected to faster broadband. The business voucher scheme is to re-start, offering businesses up to £3k to connect to an available fibre source. KCC receives regular reports from Doug Ashworth, Chair of the Killearn Broadband Group (KBG), and we are grateful for his commitment to the village. Doug also drafted the response from KCC and KBG to the

Scottish Affairs Committee (Westminster) public inquiry into digital connectivity. Doug and Euan Shaw established a radio connection from Killearn Exchange to Auchengillan Outdoor Centre, via Abbeyfield, enabling faster broadband there, but this achievement is threatened by a proposed forestry development which would interrupt the signal. Forestry proposals in rural areas need to take account of broadband requirements in local communities. Mobile phone networks Vodafone and O2 upgraded their masts in the area, leading to better signals. This could also provide the option of mobile broadband services for outlying properties in Killearn.

- Parking by visitors to Finnich Glen, widely publicised on social media as a film location, continued to cause problems. KCC requested that SC erect signs at the entrances to the Glen, warning visitors of the hazards of the site, which has been completed. Discussions about parking are ongoing.

KCC established a Facebook presence in spring 2018. We supported Scottish Parliament consultations on a 20 mph speed limit in residential areas, Low Emission Zones in cities (to commence in 2019) and responded to Stirling Council's proposals on Community Council governance.

Discussions took place on a children's book festival which Stirling Council are organising in Killearn Village Hall on Sunday, 2 September. This will be a free event, with children's authors, music and play activities, and a book exchange. Further details on all these topics can be found on the KCC website (www.killearncc.org.uk).

KCC was fortunate to recruit Fiona Rennie as our new Secretary, and Eva Mailer as the new Youth Member. Elizabeth Jones was elected Treasurer, replacing David Scott, who resigned at the AGM in June. David's efficient financial reports and wry humour will be missed.

The present Community Council will continue in office until October 2018, and a new Community Council will be formed in November to serve for the next four years.

This will be my last annual report as Chair, and I would like to thank all KCC members and our Minute Secretary, Christine Bauwens, for their hard work during the year.

Thanks also to the Killearn Broadband Group for their specialist advice, and to the Police and our elected Councillors Berrill, Davies and Lambie for their work on our behalf.

MARGARET HARRISON
CHAIR, KILLEARN COMMUNITY COUNCIL

Are You a Friend of Killearn Playpark?

We have a wonderful and well-used playpark, but it's looking a bit tired and worn. Stirling Council is committed to ongoing maintenance and will carry out repairs and a limited amount of gardening, but in these straitened times, if a piece of equipment becomes unsafe, the Council don't have the budget to replace it – they just take it away.

Fortunately, we have an alternative. The community benefit fund from the Blairissan development is earmarked for children's play equipment. The Council has control of this pot of money, so it is crucial that our younger residents have a say in how it is spent. This point was made repeatedly at a recent meeting of Council officials with representatives from both Killearn Community Futures and our Community Council. Reconvening the Playpark working group, which did such a great job last time under the KCFC umbrella, would seem to be the most appropriate way to take this forward. We might even be able to extend the scope of improvements by raising matched funding.

If you would like to see revitalised children's play areas in the village, please register your interest by emailing mike@kcfc.co.uk so that we can gauge the level of enthusiasm and commitment in the community to take this project on.

MIKE GRAY, CONVENOR

KILLEARN COMMUNITY FUTURES COMPANY

Summer Wines to Enjoy

With wine there are three main things to think about when looking to buy the best for your money: buying from less established wine regions, choosing lesser known grapes and taking advantage of big harvests where prices are often better. Here are a few options of wines at affordable prices right now.

For a ripe fruity red look for the beautiful and inexpensive wines from any of these regions:

Puglia, Italy – these are robust reds, full and rich and often overlooked simply because the grape varieties are not well known. Negroamaro and Primitivo di Manduria are two that are well worth trying.

Yecla, Spain – producing great wines from a mix of local and international grape varieties, the red blends are often the same quality as Rioja but without the price tag.

Roussillon, France – these wines are made with a mix of grapes not dissimilar to those used in the more famous Rhone wine region. They are rich and full reds that are very well balanced.

If you are looking for dry and elegant whites then you could do much worse than buying from either of these regions:

Alsace, France – Alsace is never going to be the cheapest wine on the shelf, but this region produces the cleanest, most elegant white wines from Pinot Blanc, Riesling and Gewürztraminer. It is the single best-kept secret in the wine world and always delivers more wine quality than it costs.

Veneto, Italy – grabbing a bottle of Pinot Grigio has become almost habitual around the UK in the last few years, but if ever it is worth remembering wine is an agricultural product this variety is a good example. Step outside the name and great wines can be found without the 'Pinot Grigio' premium. From Veneto, Soave is a good example of this, with the same clean and elegant style.

ELAINE TAYLOR

KCFC Membership for only £1

Accompanying this edition of the *Courier* is a membership form for Killearn Community Futures Company (KCFC). The subscription is only £1, and as a member you'll not only support our working groups, but also add your voice to the community chorus shaping the future of our village. You can read reports of some of our current activities in the *Courier* (itself a child of KCFC).

In these devolved times, numbers count. The more community engagement we can demonstrate, the more weight our views and ideas can carry with elected officials and funding bodies. The greater our membership, the greater our legitimacy in influencing future developments to the benefit of residents.

So please sign up – fill out and return the form, pay your pound and help make Killearn an even better place to live.

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Fibre Broadband Update

Finally some more positive news about broadband. We have a new fibre cabinet beside the old cemetery that is serving many properties in G63 9NE, G63 9PX, G63 9PY and G63 9RL postcodes. Further, it seems two more cabinets are in the late planning field survey stage, with delivery dates of September 2018 and March 2019. The earlier of these dates appears optimistic, however, as there are no other signs of an actual build being started and a typical build period might be six months.

A good number of premises are being shown as being in scope with an FTTP connection that potentially could bring fibre right to the premises and provide very fast and future-proof connectivity. Others, already connected to fibre, but on lines that are too long to be of benefit, are also acknowledged as needing to be further upgraded.

The Finnich Toll mobile mast has already been upgraded to provide a 4G signal that may be a viable alternative if you have reception (perhaps with an outdoor aerial) and want good speed but can tolerate a data limit. Mobile coverage maps have been added to the KCC website to assist with understanding the possibility of using this option, and with which supplier.

The R100 upgrade, that should support the last 15 per cent or so of premises in the village, is still

on schedule but visibility of where, when and how the delivery of a fast service will be made will not appear until spring 2019 at the earliest.

The programme has an objective of being complete by 2021.

Phase 2 of the Killearn Fixed Wireless Access (FWA) system has got into gear again should be live by the time you read this.

Recently, Stirling Council announced a Rural Broadband Award scheme to provide funding to kick-start help for communities wanting to create their own internet project. We have registered interest in this and are now waiting to hear the details. The Council hopes that this might deliver an interim, or complementary, solution to the R100 programme.

Remember you can check the status of your own line through the WhereandWhen pages of the BT Openreach or Digital Scotland websites. Do not forget the Digital Scotland 'Better Broadband Scheme' provides a subsidy to establish a better connection using either satellite or wireless for those currently getting download speeds of less than 2Mbps. See the KCC website for specific links (www.killearncc.org.uk/kbg.html). It appears that the Business Voucher scheme may be revived in the next few months.

DOUG ASHWORTH
CHAIR, KILLEARN BROADBAND GROUP

Fix Your Internet, Guv?

Recently people have again been getting cold calls saying they are from BT Openreach, other providers or Microsoft to apologise for disruptions in your internet service due to their ongoing improvements. Alternatively, it's initially an automated message saying that your internet service will be cut off, and instructing you to press a key to get further info or correct the issue.

SCAM ALERT! Don't be polite. JUST HANG UP!

They may advise you that it is possible to make some improvements by using your own computer to check things. They may directly say they want to give you compensation for the 'issues'. Perhaps they involve you in lots of instructions – and time – maybe even installing a program to help them to do things for you. Eventually they offer to pay you compensation, using your bank or credit cards. Sometimes they will offer to set up a PayPal account.

SCAM ALERT! DON'T DO IT!
They want your money. They are setting up a payment to themselves, or trying to get your bank or card details.

The main thing to understand is that organisations such as BT, will not cold call you.

If you are having problem with your internet service, call your internet provider and get a complaint or a call reference number directly from them. This means that if you get a follow-up call, you can ask them to provide the reference number to confirm that it is genuine. Require that the caller gives you the reference number – you should never offer it to them.

DOUG ASHWORTH

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Frink Medal



The *Courier* would like to congratulate local resident Pat Monaghan on being awarded the Frink Medal by the Zoological Society of London. This is the Society's main award to professional scientists for 'substantial and original contributions to the scientific study of animals'. Pat is based at the University of Glasgow.

Bridge by Zorro

Planning how to play a contract as declarer is a recurring theme in Bridge. So here is an example of the challenge.

After a 1 No Trump opening bid from South, North immediately raised to 3 No Trumps to prevent any interference by the opposition. West led ♠4, taken of course by the Ace in dummy.

How should declarer proceed to ensure the contract?

Dealer: East North/South Vulnerable

North	
♠	A
♥	Q J 8 2
♦	J 10 9
♣	K Q 10 6 3
<u>North</u> (dummy)	
West	
South	
♠	K J 6
♥	A 7
♦	A 6 4 3
♣	J 9 5 2
East	

The solution is on page 45.

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The Hoolie Dhu

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The organisers welcome all the
"Casual Kilted Gents & Bonnie Lassies"
to The Hoolie Dhu, 2018

Welcome Fizz with thanks to Hewitt & Aker
Full bar provided by Hoolie Dhu Committee and a 2
course buffet supper provided by turnip the beet.

Music by The Copyrights.

There will also be a raffle on evening supported by local businesses.

Terms & Conditions: Tickets are priced at £27 and are not refundable.
Admittance is strictly on presentation of a valid ticket only.
Your ticket is also your voucher for your supper. Over 18's only.

Tickets available from 27th August

email: killearnhooliedhu@yahoo.com to reserve tickets

Jonathan's Mountain Challenge

With his cheery demeanour, window cleaner Jonathan Bruce is a familiar sight around the village. Long-time friend and colleague of Barry McKay, who tragically died just a year ago, Jonathan has taken over the run which has almost 400 customers in Killearn.

Now Jonathan is taking on a momentous challenge to raise money for Anthony Nolan, the charity that saves people with blood cancer. In September, Jonathan will be cycling the 'Two Faces of Stelvio' – both sides of the towering mountain pass above Bormio in the Italian Alps. Starting at 1,200m, Jonathan will climb over 1,500m to the summit before returning to base – only to ride up the other side of the valley.



The *Courier* asked Jonathan why he's taking on this fearsome challenge? Some 20 years ago, he had a serious illness so now he enjoys being fit, enjoys cycling and enjoys a challenge. And why this particular charity? Jonathan had a life-saving bone marrow transplant in 1995. The special person who was his donor is his sister Lyndsay Campbell, who lives in Killearn. She was only 16 when she went through a lot to help him – so understandably Anthony Nolan is close to his heart.

Now Jonathan's philosophy is 'we're here for a good time and not for a long time'.

If you would like to support Jonathan's fundraising efforts with a donation to Anthony Nolan, please visit his Just Giving page (www.justgiving.com/fundraising/jonathan-bruce2018).



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MEMBER

LIVING WELL, AGEING WELL IN KILLEARN

Across the world, people are living longer. In the UK, a girl born in 2016 could expect on average to live to the age of 83; for a boy, the average lifespan was 79 years. Worldwide, the number of individuals aged 60 and over has doubled since 1980. By 2050, the number aged 80 or more is expected to have quadrupled to 395 million. An ageing population is a reality for all communities and the implications of this reality are bound to increase.

Killearn is no exception – already almost one quarter of our population is over 65. Figures supplied by the local Health Centre indicate that within a practice population of around 4,000 individuals, 13.7 per cent is aged 65 to 74 years, 7.5 per cent is aged 75 to 84, and 2.7 per cent is over 85. It will be surprising if these percentages do not grow.

With age, there is inevitably an increasing risk of such health conditions as arthritis, cancer, dementia, diabetes, heart disease, Parkinson's disease and respiratory illnesses. Visual and hearing problems are also more likely. Many of these conditions have knock-on effects in terms of decreased mobility and dexterity, and often as a consequence a heightened risk of social isolation and loneliness.

However, research shows conclusively that physical, mental and social well-being can also offer protection against many of these conditions. Well-being and ageing well are inextricably linked. So we'll start this feature on 'living well and ageing well in Killearn' with a selection of suitable activities, all already on offer, that can promote physical, mental and/or social well-being in the later years. Then, we review the support that is currently available when health and well-being start to decline.

Keeping Active

In Killearn, we already start with many advantages. As well as being an attractive and friendly village, just by living here we fall into a section of the population with a longer than average life expectancy. Our village lies in a landscape of outstanding natural beauty. The air we breathe is not polluted. Our housing is of a high standard and, even allowing for variations in income, we can enjoy a good standard of living.

Regular physical exercise (at any level), fresh air, social interaction and some stimulation for our brains will all positively contribute to our health and well-being.

With these things in mind, we have compiled a list of activities that are available in Killearn to keep us occupied, interested and in touch with our friends and neighbours. (The list is probably not exhaustive, so we apologise if we have omitted any organisation or group. Do let us know about any omissions and we'll make amends in a future issue.)

Highlighting Support

There may come a point for some in later life when fully independent living is no longer realistic and support from others is required. Government policy, research evidence and common sense dictate that such support is optimally provided in the individual's own home, and home care is widespread. For example, recent statistics indicate that two-thirds of people with dementia live at home. Care at home and independent living are recurrent themes, as we cover some major sources of support available here in Killearn. A further theme is strengthened attempts at joined-up thinking and policymaking, so that the sources of support work together in an efficient and complementary fashion.



ACTIVITIES FOR OLDER PEOPLE IN KILLEARN

SOCIAL

The Thursday Club – for the over 60s, Church Hall on Thursdays, 2pm–4pm, September to May

Games – cards, scrabble and dominoes are available – and entertainment, such as a monthly quiz. Tea with home baking. A Christmas lunch is held in December. A rota of drivers ferries those attending from their homes and back. If you would like to come along, or if you could offer help as a hostess or driver, please contact Peggy Gardner (550558).

Golden Years Club – three events across the year for Killearn Senior Citizens

The Golden Years Club has grown out of the former Old Folks Committee founded in 1949 with the aim of giving a treat to the senior citizens of Killearn. In autumn, a bingo evening with a raffle and tea, biscuits and cake is held in the Church Hall. In spring, a meal, provided by caterers, is hosted in the Church Hall. Summer sees a coach trip with lunch. Entry fee for the bingo evening, but the other events are free, although donations are welcomed.

Killearn Kirk Guild – first and third Tuesday of the month, 7.30pm, Kirk Hall

Topics covered in meetings range from Heart Start (how to use the defibrillator), Glasgow City Mission, the Boys' Brigade, Zambia and, at the open meeting on 2 October, a small jazz group and supper. You are welcome to come to any of the meetings to find out more.

Inner Wheel – group for fellowship and friendship

Originally the Ladies section of Rotary, the Inner Wheel now continues as a group for fellowship and friendship. The group has been instrumental in raising considerable sums for charity, although fundraising is not its main aim. Contact Pauline Holden (550764).

The Monday Club – social group for ladies, Village Hall, September to March

Social meetings with a talk and afternoon tea on the last Monday of the month. Badminton and Bridge sections weekly. See article on page 6.

SOCIAL & SUPPORT

RotaRun – free transport by volunteers for people in the Strathendrick area attending radiotherapy sessions at the Beatson or Forth Valley hospitals

The Rotary Club of Strathendrick set up this scheme to meet the needs of sufferers who do not have access to suitable transport; for example, they could make use of the Ambulance Transport Service, but this could see them being collected very early in the morning and dropped off at home much later in the day. The need for drivers is triggered by the appropriate Health Centre who will contact RotaRun which will then take it on with volunteer drivers. Patients are transported free of charge door-to-door from their homes to hospital and back, with assistance if required. There is a pool of volunteer drivers, but more are needed to keep the service going. So if you can spare a couple of hours now and again, please contact Pamela Maxwell (551122). The service will continue despite the closure of the Rotary Club.

Contact the Elderly – Sunday afternoon, monthly

This locally-based group of a voluntary organisation offers friendship to socially isolated, frail, older people by providing an outing in a car and afternoon tea. If this would interest you, please contact Margaret Sparkes (850492; mgtsparkes@btinternet.com).

Friendship Group (of Town Break) – social afternoon, monthly, Garden Room, Killearn Village Hall

This is for those in the early or moderate stages of dementia, together with their carers, and is an outreach branch of the Stirling-based Town Break. Afternoon tea is provided along with some entertainment and the opportunity to meet and chat to others in relaxed surroundings. Participants are medically referred.

Killearn Kirk – pastoral care team

Killearn Kirk has a small pastoral care team in addition to the pastoral care provided by the minister. This is not inferior to the minister, but to complement and to manage time commitments. Confidentiality is always maintained. Pastoral care is not counselling or specialist help as there are professionals who provide this. The Church offers pastoral care to all the community – welcoming people to the area, visiting the sick and bereaved, supporting people in distress and for a variety of other reasons. Contact Carole Young, Session Clerk (550994; sessionclerkkillearnkirk@gmail.com).

FITNESS & KEEPING ACTIVE

Walking

Killearn offers many opportunities for lovely walks – on your own, with a dog, or with family and friends. However, organised walks are also on offer, providing great opportunities to make new friends. Associated with Active Stirling, the Stirling Walking Network offers walks led by qualified volunteers. The varied programme includes walks every weekday except Fridays, and many start in or near Killearn. Almost all routes follow good paths and most are relatively short. Some have been designed to be ‘dementia friendly’, where those living with dementia can attend with their carers, family or friends. For further information, visit www.activestirling.org.uk/walking or phone 01786 273555.

Golf

There are several golf clubs within easy reach of Killearn such as Buchanan Castle, Strathendrick, Balfron, Hilton Park and Milngavie.

Tennis

Killearn Tennis Club offers a friendly environment for tennis players of all standards. Its three all-weather courts are available throughout the year. The club prides itself on its broad age range – one player is over 90! It's never too late to play tennis. Open club sessions where members can turn up without a partner are held on Wednesday evenings and Saturday afternoons, when visitors are also very welcome. Social events are held throughout the summer, and the club receives an annual allocation of tickets for Wimbledon. For more information about the club, visit www.killearntennisclub.org.uk.

Curling

Strathendrick Curling Club is one of the oldest curling clubs in the country. The winter season runs from September to March. Members meet at the Peak in Stirling on Tuesday afternoons. In addition to the mixed membership, there is also a Ladies section of the club which meets on Thursday mornings. The club is also involved in the Forth & Endrick Province, an affiliation of 13 clubs in the wider locality, which provides opportunities to play in more matches. For more details, contact Gill Smith (550726) or visit www.strathendrickcurling.org.uk.

Badminton Club

The Badminton Club meets in the Village Hall on Tuesday evenings. A number of members enjoy playing well into their senior years. If you would like to know more, contact Andrew Donaldson (550536).

Bowls

The Bowling Club in Balfron welcomes new members.

Dancercise

The ‘Strictly Seniors’ class, designed for the over 60s, is held in the Village Hall on Fridays, 10am–11am. Based on sequences of dance steps and movement, it has benefits for mind and body, helping to increase confidence and to improve mobility. It is socially beneficial and an aid to combating isolation and depression. Gently exercising every muscle of the body as well as strengthening cognitive functions, giving a sense of well-being – it is truly an exercise for life. For more details, contact Yasmin (07979 856837).

Otago

This is a session aimed at those over 50 (as well as younger people) to help maintain mobility. Church Hall on Tuesdays, 9.30am–10am and 10.10am–10.40am. For further information, contact Christina Feaks (feaksc@ActiveStirling.org.uk) or Jude Deacon (Deaconsj@ActiveStirling.org.uk).

Yoga

A class for all ages is held on a Monday in the Church Hall.

Young at Heart

A dance exercise class for active older adults is held in the Church Hall on Mondays, 9.30am–10.15am. Drop-in class – pay as you go, £5. For more details, contact Janice (07565 182259).

ACTIVITIES FOR OLDER PEOPLE IN KILLEARN

SUPPORT AVAILABLE LOCALLY

INTEREST GROUPS

Killearn Bridge Club – Tuesdays, 7pm, September to April, Kirkhouse Inn, Strathblane

The club plays duplicate bridge in a friendly environment, and welcomes players of all standards. New members are always made to feel at home, and the club will try to arrange partnerships for those joining without a partner. The 2018–19 season starts on 4 September at 7pm. For more information, phone club president Willie Robertson, visit www.bridgewebs.com/killearn/ or telephone: 01360 550378.

Embroiderers' Guild – third Tuesday of the month, 10.30am, from September to April, Killearn Church Hall

Guild meetings attract members from all over the district and are very sociable. Some members bring their own sewing, others get involved in group projects. In the afternoon, there may be a visiting speaker, or occasional workshops. If you enjoy stitching or sewing – whatever your level of expertise – meetings are an excellent opportunity to learn new techniques taught by experts. The branch has an extensive library of craft books and a sales table offering some of the best bargains in the world of craft. For further information contact Lyn Dunachie (0141 570 2754; lyn.dunachie@uwclub.net)

Probus of Strathendrick – first and third Thursday of the month, 10.30am, September to May, Killearn Church Hall

The aim of the Probus Club is to provide regular gatherings of retired persons who appreciate and value opportunities to meet others in similar circumstances with a similar level of interest. The meetings are preceded by coffee, biscuits and camaraderie. After a short meeting for formal club business, there is an invited speaker on subjects both varied and interesting. Lunch is available after the talk in The Old Mill, usually with the speaker. In addition, several social outings are arranged, plus, for the golfers, two or three competitions a year. Currently the membership is all male, but ladies would be a welcome addition. There are vacancies for new members, and anyone interested in joining should contact the secretary, David Hale (550880).

Strathendrick Singers – Mondays, 7.30pm, September to March, Balfron Church

Strathendrick Singers draws its members from the wider local area. The choir celebrated its 40th anniversary last year and four of its founding members are still in the choir – a testament to the benefits of singing! The choir gives concerts at Christmas and in the spring, and performs at other events throughout the year. A Come & Sing event is planned for 15 September at Balfron High School. The new term starts on 3 September. New members are always welcome. Contact Judith Neil (550832) or visit www.strathendricksingers.org.uk.

Book Clubs

Several book clubs exist in the village, meeting for discussion in members' houses.

SOURCES OF SUPPORT

Killearn Health Centre

The Health Centre is often the first port of call when support is needed. Staffing at the centre includes four partner doctors, trainee GPs and a Practice Nurse plus all the staff needed to run a busy surgery. District nursing, midwifery services, physiotherapy and occupational therapy are also provided. In addition to offering health care, the Health Centre also publicises provision in the wider community, with leaflets about services such as the Stirling Walking Network and the Stirling Carers Centre. Our Health Centre identifies mobility issues as the major challenge for elderly people in Killearn. In such cases, they can refer patients to the Reach Team to identify what adjustments, such as stair rails, can be made so that people can stay in their own homes for as long as possible. Dementia is another key issue, and the Health Centre works closely with a memory clinic in Stirling. With end-of-life care, there are strong links with Macmillan nurses and Strathcarron Hospice. More generally, the Health Centre publicises Alfie (Advice Line for You – 01324 567247), which offers 24-hour health advice to the over-65s.

Killearn Pharmacy

The pharmacy is a part of the NHS Forth Valley Community Pharmacy Services. A leaflet, available in the Health Centre and Pharmacy, gives information on the range of services provided by our pharmacy. One of these is a Minor Ailment Service. The leaflet lists the ailments that can be treated by the pharmacy and advises, for these, consulting the pharmacist before making an appointment with the GP. The pharmacy should be the first port of call for any queries about medication, including having missed taking one or more doses. Help may also be provided for patients who are elderly, frail and unable to attend the pharmacy themselves or, in an out-of-hours medical emergency, assistance can be given to make contact with NHS 24.

Family, Friends & Neighbours

When support is provided in the home, family, friends and neighbours are often heavily involved, jointly fulfilling the role of carer. It is estimated that over three-quarters of a million people in Scotland currently act as

SOURCES OF SUPPORT

carers (including over 40,000 children), and 60 per cent of the population will become carers at some point in their lives. Because carers are unpaid, the saving to national resources is estimated at over £10 billion. Currently, there are many carers in Killearn and their magnificent contribution should be fully recognised. However, they may not all know about the Carers (Scotland) Act 2016, which requires local authorities to provide support for many types of carer based on their needs. This includes young carers, for the intention is to do as much as possible to preserve their 'life as a child'.

Stirling Carers Centre

Local carers may be interested to know about the Stirling Carers Centre (01786 447003; www.stirlingcarers.co.uk). The Centre offers a wide range of services, including training courses for carers, respite events and support for short breaks, as well as guidance regarding rights and with form filling and benefit checks. They have a staff member dedicated to the rural areas, and the Rural Group has a lively social programme. Here in Killearn, Jenifer Barrett has had extensive personal experience with Stirling Carers Centre across the 20 or so years that she acted as a carer. She could not be more positive about the support they provided. It was not simply the diverse range of practical tasks with which the Centre offered help – Jenifer pinpointed the assistance they gave with organising power of attorney. It was also the Centre's emotional support: quite simply they helped enormously in reducing stress and loneliness, and making Jenifer and every other carer take comfort in the knowledge that they are not alone.

Health & Social Care Services and the Neighbourhood Care Team

Health and Social Care Services for adults in the Stirling Council area now fall under the responsibility of the Clackmannanshire and Stirling Health and Social Care Partnership. The vision is to enable people in the Partnership area to live full and positive lives within supportive communities. The Killearn area falls under the piloting of a Neighbourhood Care Team. The model is based on the 'Buurtzorg' principles of neighbourhood care, which originates from a tested Dutch model and is adapted to local circumstances. The key idea is to put the person at the centre, with the promotion of supported self-management, independence and active involvement of friends, family and the community. The Care Team is bringing together

health and social care staff, who already work together to operate as one team based in the local area. Service Manager for the Health and Social Care Partnership, Caroline Cherry, writes, 'As the population ages, there are increasing challenges and opportunities to support adults to remain well at home. This model promotes the importance of informal supports and networks being as crucial as formal care services in keeping people well. We already work with a range of Third Sector organisations who support unpaid carers, looking at reducing isolation and loneliness and supporting people with dementia. We hope to encourage some dementia-friendly work in the area this summer. We will also be looking for greater opportunities to use technology enabled care to support adults at home.' Caroline also states, 'Discussing health and care issues locally will become increasingly very important across the Partnership area. The Balfron Care Group meets every two months and is made up of local people, Community Council representatives, Third Sector organisations, and health and care staff. We would welcome new members to the group to increase participation and engagement. We hope to tell you more about the Neighbourhood Care Team as it develops. If you have feedback on care issues or ideas to improve health and social care, please get in touch.' (cherryrc@stirling.gov.uk).

Food Train

Food Train is a local charity that provides a low-cost grocery shopping and delivery service for people aged 65 or over, who are living at home and struggling to do their own shopping. Friendly volunteers take shopping orders on a Monday, either by phone or in person, and the shopping is made up, collected and delivered on a Tuesday, Wednesday or Thursday. The twice-weekly contact with volunteers provides vital social interaction and helps to prevent social isolation and loneliness. The service is not means tested and covers all Stirling local authority areas. Food Train also delivers a service called Meal Makers, which connects volunteers who love cooking ('cooks'), with older neighbours who would appreciate some delicious home-cooked food ('diners'). Once a cook and diner have been matched, the cook will prepare an extra meal in their own home and deliver it to their diner at a mutually agreed time. Hundreds of matches have been made through Meal Makers, and thousands of meals have been shared, with plenty of great friendships made in the process. To find out more about Food Train and Meal Makers, visit www.thefoodtrain.co.uk or phone 01786 450536.

University: Making the Final Decision

There are two types of people who appear after UCAS university offers are in: those who know where they want to go and those who don't. For some, the difficulties of applying to university are over as soon as they get their replies. For others, a new set of difficulties has arisen, with months of pondering, overthinking and second-guessing lying ahead as they deliberate which of their options will be the best choice for them.

I can easily admit to falling into the second category – and deciding on my university the evening before the final deadline puts me comfortably at the extreme end of even this spectrum. I was struggling to decide between three very different universities. One was small, full of tradition and history offering the joint course I had my eyes set on; the second offered the same course but was a much bigger, city university; and the third was a far more prestigious university, but it only offered a single honours course (I would have to drop one

subject) and was also much farther away. This put me in the position of juggling many different factors, which hopefully allows me to advise those meeting a similar impasse this time next year.

When trying to decide on a university one of the most common thoughts is 'which university is the best life choice for me?' both in terms of life at university and afterwards. Ultimately, you'll probably never know if you made the 'best' choice, but the likelihood is that, whatever choice is made, it will not be a bad one. However, in order to get as close to the most promising choice for you, it is helpful to break the question down:

- Answer questions like 'Do I want to be close to home?'; 'Do I prefer city life?'; 'What career prospects will such a subject give me?'
- Make a list of pros and cons
- Talk to teachers and careers advisors
- Go to open and offer-holder's days

To some, this advice will be enough to pick a university. But to others, such issues will not end the agonising.

In my experience, this is likely due to there being a more fundamental issue. One of the reasons I took so long to come to a decision was due to avoiding that fundamental question, and trying to make a choice based on the more frivolous and less important differences. Eventually, I realised that I was stuck between the prestige of one university and the pull of the other that, deep down, I actually wanted to go to. The question I found to be the most useful in uncovering this for me was 'What will still matter to me in five years?' This was incredibly useful for helping me to see which thoughts were actually superficial – so allowing me to get rid of some of the issues holding me back.

Ultimately, I saw that the only thing preventing me from making the right decision was how I thought others would perceive me for making such a choice, and how good it would look if I went to the more prestigious institution. I think this is something which affects many other prospective students, too. However, the truth is that five years from now, the views of classmates, teachers, friends and even parents are no longer going to be a concern. Having studied the right course will be, though.

In the end, most of us already know where we want to go, but sometimes accepting what we might lose is difficult. Questions which help to uncover what matters in the long term are important.

Finally, however, whatever the decision is, if the best is made out of whatever choice you make, it won't have been a mistake.

So, don't worry about making the 'wrong' choice. When it comes to universities there are usually only two choices: 'right' and 'slightly more right'. Just don't look back and second guess – you'll never know the destination of a path not taken.

KAY MACKENZIE



Town Break Dementia Support Services



Could you spare a couple of hours a week as a volunteer befriender?

We are looking for volunteer befrienders to build relationships with people living with the early stages of dementia in the Stirlingshire area. We match befrienders with people who have similar interests so they can be encouraged to pursue loved hobbies or supported so they can build the

confidence they need to take up new hobbies. This might be visiting a garden centre, having a walk or even just having a coffee and chat in the person's home for two hours per week (full training, ongoing support and expenses paid).

If you are interested, please contact Gisele at Town Break on (01786) 476797 or by email gisele@townbreakstirling.org.

Town Break is a Registered Scottish Charitable Incorporated Organisation SC020526

Wildflowers in Killearn – Year Two at the Sports Pavilion

After the riot of colour last year, we weren't quite sure what to expect of the follow-on performance, particularly in view of the unusual weather patterns we have had this year. Nature hasn't disappointed, and the early flush of red campion has now given way to a pleasing palette of ox-eye daisies interspersed with poppies, vetch, clover, and yellow and red rattle. It will be fascinating to watch further developments as the season progresses.



So, next up? An area behind the Village Hall is being turned over to wild flowers. The Glebe is already half way to becoming a wildflower meadow, grazed occasionally by sheep. Therefore by way of experiment, half of this small segment has been dug over and seeded, and the other half has been left untouched, to be inoculated with pot- and tray-sown seedlings. The comparison of results should be interesting. We are quite keen for the seedling method to work, as it's a lot less sweat than digging.

A second 'trial' is being carried out on the roundabout at the foot of Station Road. Immediately after the last strim by the Council, we scattered seed directly onto the scrubby rubble that makes up the surface. Although it was gently raining at the time, which would have helped the seed settle in, the subsequent drought probably did not do the attempt any favours. Time will tell.

If you are interested in our wildflower efforts, contact us through our Facebook page (search Killearn wildflowers) or email mike@kcfc.co.uk.

COLOURFUL KILLEARN



Water, Water Everywhere... (or not)



I suppose, given the last few miserable summers, we were due for a scorcher. Fantastic for the newly planted summer mixture of begonia, bacopa and lysimachia, but somewhat hard on volunteers' backs. Water is heavy stuff to lug any distance, so please forgive the occasional brief lapse in car-parking etiquette as we try to keep the tubs watered, and the plants alive and thriving.



This year, extra tubs have been temporarily located at the Main Street entrance to Killearn Garage and along the strip of 'green' opposite the Co-op, thanks to a generous gift of surplus begonia plants from Stirling Council. With some 200 plants to spread around, odd pockets of colour have appeared all over the village to supplement our normal planting regime. Really, it is an embarrassment of riches!

So, as you kick back in your sun lounge nursing an ice-cold G&T, spare a thought for the indefatigable water carriers of Colourful Killearn. Although, since you are reading this in mid August, the long hot days will probably be but a distant memory...

MG

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EXCITING NEWS..... FREE CHILDCARE!

As of August 2018, ALL 3-5 year old children can have their funded hours free at point of delivery at Heron House Killearn.

This equates to 1.5 free days term time or 1 free day all year round. Parents can chose their days/sessions to suit their family needs with no fees due.- It's Free!



Contact Fiona on **01360 550162** to enrol your **3-5 year old** for **August 2018** or for more information.



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**Register
now for
2018**

Police Report

Policing in Forth and Endrick is a very seasonal affair. Autumn sees darker nights and police patrols targeted at preventing thefts, while in summer policing is focused on the roads, preventing accidents and ensuring tourists drive on the left.

It seems only a few weeks ago that the community was cut off by three-foot snow drifts. In common with many people, I lost my car for three days to one of these drifts in an ill-advised attempt to get home from work.

Yet, despite the seasonal changes it's remarkable how the same perennial problems return to haunt us. Instead of cars being abandoned in snowdrifts, we are now dealing with cars being abandoned in heatwaves at Finnich Glen's 'Devil's Pulpit'. I'm happy to acknowledge that I've yet to encounter any Forth and Endrick residents abandoning vehicles in this area. This is entirely a problem caused by visitors to the area and tourists.

The popularity of this site originates in social media, which explains why it is not a simple issue to resolve. People travelling from far and wide to visit Finnich Glen don't follow local police social media posts urging them not to park on the B834 or the Stockiemuir Road. Having driven several hours to get here, visitors are unwilling and unlikely to be put off by a lack of parking spaces.

Police officers attending parking complaints are often asked why we don't have the offending vehicles towed away or issue fixed penalty notices. At the time of writing,

no parking restrictions currently exist around Finnich Glen. Removing dangerously parked cars presents the logistical difficulty of securing the services of a garage with a pick-up truck, which routinely takes two hours to turn up. By the time the truck arrives, the visitor has returned to their car and driven off. The police are then left with a £200 call-out charge – not the best use of public funds. Despite this, over the past few months several motorists have been issued with fixed penalty tickets given the exceptionally dangerous positions in which they have left their cars on the Stockiemuir Road.

On the warmer weekends of summer, Finnich Glen (along with Balmaha) has been an enormously time-consuming problem for local police officers. Yet it is not only the parking that is problematic. On the first weekend of May, it was estimated that 350 people visited the area in one afternoon. Many brought dogs for a walk in the country. One such dog, a Doberman, was responsible for worrying livestock on Killearn Home Farm, resulting in the death of a sheep.

Occasionally, visitors become stuck in the gorge resulting in an increase in call-outs for Lomond Mountain Rescue Team to rescue visitors to the Devil's Pulpit. While we haven't yet found the solution to this problem,

your local police officers and Stirling Council are doing their best to deal with it. If you do find yourself stuck in traffic around this area on a sunny weekend please be patient, we're never far away and we aim to deal with the problem as quickly as possible.

SERGEANT DAVID McNALLY
BALFRON POLICE OFFICE





The Scottish Parliament
Pàrlamaid na h-Alba

Dean Lockhart MSP

Member of the Scottish Parliament
For Mid-Scotland and Fife

**Please feel free to contact me
if you think I may be able
to help you :**

Parliamentary Office
Room M2.12,
The Scottish Parliament,
Edinburgh, EH99 1SP
Tel: 0131 348 5995

Email: Dean.Lockhart.msp@parliament.scot
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Cubs Call on Local Businesses to End the Use of Plastic Straws

A group of keen environmentalists from Killearn Cubs (aged 8–11) have written to every business in the village asking them to consider using no straws, or to use paper or metal straws instead.

The Co-op agreed to hear a delegation of Cubs, who spoke to Katie Hall, the duty manager. The Cubs explained that plastic straws often end up finding their way into water courses and eventually to the sea, where they slowly break down into micro-plastics and cause health problems for birds, fish and other marine life. The Co-op will now consider no longer stocking plastic straws to buy. The Cubs showed local residents posters they had made outside the Co-op.

Cub Nancy MacNeill said, 'We all watched Blue Planet and saw the damage single-use plastics are doing to wildlife in our seas. We would ask people living in Killearn not to use straws or to use paper straws instead. Please help us make Killearn plastic straw free!'

Morven Suttie, Cubs leader, explained, 'The Cubs have been working on getting their



“Our World” badge which asks them to think of an action to improve the environment. We saw that pupils at Sunnyside Primary in Glasgow and at Ullapool Primary had tried to stop the use of plastic straws in their local areas. The Cubs have been really enthusiastic about this project and drew posters to put up around the village.'

Killearn Cubs and Scouts are on the lookout for new helpers to keep the movement going in the village. If you are interested in volunteering as a helper, or if you have legal, financial or fundraising skills which may be put to good use on the committee, you would be most welcome to contact Frances McCartney (078112 70559).

Christmas Post Returns

We hope you will be pleased to hear that the Killearn Christmas Post is coming back this year. As you may remember, the Guides kindly provided this excellent service for the village for many years and it was so sadly missed in 2017 that a group of villagers have decided to take on the task.

All proceeds will go to Robin House Children's Hospice. If you would be able to help with delivery, please contact Glenda (550142).

Further details in the Winter *Courier*.



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Graham's Gardening Tips

After an incredibly long winter, spring emerged late with a long period of dry and hot weather. This weather has made the garden incredibly busy, not just with customers but also with visiting pests (mainly aphids). Therefore, the topic of this article is that of problems affecting plants, whether pests, diseases or nutrient deficiencies.

Aphids (greenfly, blackfly, woolly aphids, etc.) are sap-sucking insects that feed on plant sugars. These little rascals are drawn to new soft growth. There are many methods of removing them: using your fingers, dislodging with water, spraying with soapy water or a pesticide. Some other natural methods are to employ the services of some assassins. Ladybirds and lacewings are great at this job, and with very little expense one can provide nesting places for these beneficial insects to help maintain a low population of aphids.

Powdery mildews are a group of fungal diseases that run rampant through plants in humid conditions around the leaves and dry soil. The telltale sign of this mildew is powdery markings on the upper side of the leaves. The lack of water at the roots of the plants affect their natural resistance to the disease. It is best to water the soil around the plants to prevent wetting the leaves. Removing infected leaves and careful watering is usually enough to stop this disease if spotted early enough. A fungicidal spray can be used in heavily-affected plants.

Nutrient deficiencies affect the growth of plants and can usually be noticed in the appearance of the plant, especially the leaves. Yellowing between the veins of the leaves indicates an iron or magnesium deficiency. Magnesium deficiency (Figure 1) can be remedied by applying magnesium salts (also known as Epsom salts).

Iron deficiency looks similar to that of a lack of magnesium and is often seen in calcifuges (Ericaceous plants that require acid soils to survive, such as rhododendrons, heathers, camellias and blueberries). Growing these plants where the soil is alkaline or where there is builder's rubble in the soil (e.g. lime mortar) can cause these plants to be deficient in many nutrients, but the lack of iron is the cause of the other deficiencies. Iron is acidic and it is only in this acidic environment around the roots of the plant that it can take up these nutrients. The best policy is to grow these plants if your soil is acid, rather try to change the chemistry of the soil. An alternative is to grow plants in pots using an ericaceous compost. However, in some cases the use of sequestered iron can be used successfully to acidify the soil/compost around the plant.

Nitrogen deficiency (Figure 2) can lead to plants being stunted or spindly. Pale green lower leaves of the plant are indicative of this and sometimes pink tinges around the edge of the leaves can be seen. The reason the older (lower) leaves are affected is that nitrogen can be taken from the older leaves by the plant to use in the newer growth. Use an application of sulphate of ammonia or chicken manure to the soil around the plant to remedy



Figure 1



Figure 2

this deficiency. A liquid feed high in nitrogen can also give readily available nitrogen to the plant for a quick recovery.

Potassium deficiency is a problem for fruiting plants whether they are edible or ornamental. The leaves turn blue, yellow or purple and can roll inwards. Applying a top dressing with a high potassium fertiliser or sulphate of potash to the soil surrounding the plants roots is the best remedy.

By using fertilisers (organic or chemical) carefully, plants can quickly recover and can help prevent diseases from causing damage to plants. It is therefore recommended to apply a slow release fertiliser when planting as the plant will establish itself quicker and be more resilient to the effects of pests and diseases. Feeding the soil instead of the plant is a much better method of cultivation, as it usually treats the problem rather than the symptom.

Nurture your soil, and the plants in it will be healthy, give you flowers, fruit and lush healthy growth.

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Figure 1: Magnesium deficiency (Credit: www.omafra.gov.on.ca/IPM/english/grapes/plant-nutrition/magnesium.html)

Figure 2: Nitrogen deficiency (Cropped image from R.J. Reynolds Tobacco Company Slide Set, R.J. Reynolds Tobacco Company, Bugwood.org)

Killearn Mill

If you go down to the Mill today you're sure of a big surprise, for... there is a lot going on down there. An increasing number of local businesses are finding a base at Killearn Mill. Companies located there are either start-ups, relocated or have outgrown the kitchen table. The original company, Campbell Control Services (now known as CCNorth) are the owner occupiers, and the creation and expansion of the business park is the brain child of managing director Alistair Campbell.

The Mill is located at the bottom of Drumbeg Loan with direct access off the A81 and onsite parking. Alistair explained that due to postal confusion with the Mill House, the business address will now be known as Killearn Business Park. And what a fitting name it is, given the ever-increasing number of businesses located there.

Four new Class 4 business units of around 82 square metres have just been built, offering modern accommodation for offices, light industry, and research and development use. Companies located in the business park include CCNorth; hairdresser Debbie McLeod's Studio twenty ten; fitness suite Studio 63; Scimitar Engineering; Holme Properties Ltd; SCS Refrigeration & Air Conditioning Ltd; SCS Facilities Management Ltd; photo booth company Halo Booth; homecare service provider Home Is Best; local publication Parklife; and caterer Turnip the Beet.

Business and industry have been taking place at this location for over 250 years. The McGowans, one of Killearn's oldest families, had a mill there dating back to 1754. It was originally a meal mill and then became a

wood mill driven first by water and later by steam. Many local residents will remember it as a sawmill. Afterwards it became Cairn Conservatories in 1993. Campbell Control Services moved in 2008 and then purchased the property in 2012.

Both of Killearn's community action plans surveyed local residents and in both there was strong feedback highlighting the need for business and industrial space in or around the village. Local entrepreneurship has seen that this need for accommodation has been met.

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Killearn Mill Business Park



CC North, a company specialising in the installation and servicing of all aspects of Building Energy Management Systems (BEMS) are the owners of Killearn Mill Business Park where their Glasgow office is situated. Business accommodation may be rented from the company.

We are currently building additional units on the site, and one of these is still available to rent.

If you are interested in starting or relocating a business here, we would be delighted to hear from you and would record your interest in any one of our future units, which can be of varying sizes.

Killearn Mill Business Park is an ideal location to satisfy your business requirements, with excellent parking on site and units of various sizes suitable for office use or light manufacturing. The site has a fast cable broadband service with an up/down speed of 100mb which can be patched to any of the units.

If you require further information, contact us at the address below or by our form on our website www.ccnorth.services/cms/contact.

Killearn Mill Business Park
Killearn, Glasgow, G63 9LQ
t 01360 550077
m 07825 311032
f 01360 550088

2018 Killearn 10k

True to form, the Killearn 10k was firmly on the trail runners 'must do' list for 2018. All 300 spaces were sold out in early spring – something our village can be truly proud of. There's something about Killearn that brings runners back year after year. It might be the beautiful route, technical top and medal, the seamless organisation and ever-present friendly marshals, or maybe it's the post-event beer. We Committee members know that it's all of these things!

This year we didn't just sell out the Killearn 10k, we also sold out the Killearn Mile with all 150 spaces taken by the 10am start on Saturday, 2 June. Many of the adults who registered to take part gave up their opportunity of a medal so more of the youngsters went home with one. Thank you – you know who you are – what a great display of community spirit. The Mile is great fun, and laughs could be heard around the village, so, please remember this for next year and get yourself to registration early to secure your place.

As ever, following registration at Killearn Primary School, 10k runners were piped to the start line on Main Street where, at 11am, we saw them begin their 10k fun. It was an absolutely glorious day (perhaps 'gruelling' is more apt if you were participating) with runners making use of Tim and Stevie's water station on the pipe track and Bob's run-through shower on the Ibert.

At the finish, this year's prizes were awarded by Scottish Athletics Chairman Ian Beattie, who was one of the lucky competitors. Garry Mathew was first male over the line in 36 minutes 19 seconds; first female Louise Tyler followed at 41:59; and Maggy Hoelvold, our first non-binary entrant, crossed the line in 44:56. Peter Harper (40:18) and Jude Holt (48:20) beat the heat to be first G63 male and female to cross the line, and Simon Sweeney (40:30) was the first in Killearn FC's black and white strips to reach the finish. Congratulations to everyone who took part.

The Committee's thanks are extended to everyone who helped make the 2018 Killearn 10k and Mile another memorable day. The Old Mill was our main, and very generous, sponsor for the second year, and we continue to receive support from Glengoyne Distillery, The Co-op, Barrs, Killearn Pharmacy, Tunnocks,



Art4You, Killearn Trust, Hewitt & Aker, Active Stirling, The Burnbrae, Oakwood, and the Cubs, Scouts and Brownies.

Our marshals were out in force again, and the Committee have received numerous emails from runners expressing explicit thanks to the marshals for their support during the day. After the 10k and before the Beer Festival, the Committee hosted a 'marshal thank-you event' at the Village Hall. This was sponsored and staffed by Three Sisters Bake, who worked with the Hall Committee to ensure the venue was prioritised for the 10k.

It is, however, with a heavy heart that the Committee wave goodbye to Louise Nuttall as she runs on to exciting times ahead for her and her family. Saying that Louise is stepping down from her current role as Treasurer of the 10k doesn't do any justice to her input. Louise was instrumental to setting up the 10k back in 2010 when, at the time, it was the Hoolie Run. Her knowledge and enthusiasm will be missed. We wish her well for the future.

That only leaves us with one job, which is to remind you all that registration for the 2019 Killearn 10k opens at 8pm on Thursday, 6 December.

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Killearn Football Club

Killearn FC are currently in fourth position in the league with five games to go. The season so far has been a mix of brilliant performances against our nearest rivals combined with dropping silly points against other teams. The highs have to be our 2–0 Balfron derby win and the 5–1 thrashing of Blanefield. Finishing at the top of the pile at the end of the season will be difficult, however, as we now need other results to go our way in true Scotland style.

The good news is that we are still in contention for a semi-final spot in the Telfer Cup, and are looking forward to a favourable draw in the Cameron Cup. So still plenty to play for.

The current squad is a mix of experienced players and some new young talent, and although we have been down to bare bones with only 11 players on a couple of occasions, we have always managed to fulfil all our fixtures. A few more young boys coming through for the 2019 season would be very welcome.

June also saw our traditional fundraising Killearn 10k outing, with a great turnout from current players along with some well-known ‘veterans’. Glad to say



everyone made it over the line on what was a scorching day. Killearn FC would like to thank all who took part, supported and contributed to the fundraising. The sponsorship funds raised will ensure the upkeep of the community changing rooms for another year.

Finally remember you can keep up to date with us, including all fixtures, on Facebook or alternatively over a pint in The Old Mill Inn.

CB

Killearn Tennis Club

There’s been a lot more sun cream and a lot fewer fleecy jumpers than usual at Killearn Tennis Club this summer as members have tried to get used to playing in tennis weather! We’ve always known how lucky we are to have such a nice environment to play in, but the old place looks especially lovely in the sunshine.

Killearn was happy to join thousands of other clubs around the UK in May to offer those new to tennis the chance to play for free as part of the Lawn Tennis Association’s Great British Tennis Weekend. It was an enjoyable afternoon for the grown-ups, and the kids had fun learning some of the basics of the game with our professional coach, Hannah Pickford. Hannah also offered summer coaching for youngsters during the school holidays.

Another of the main events in our calendar, the Strawberries and Cream Family Fun Day took place on Saturday, 8 July. Our aim, as ever, is that villagers –inspired by events at Wimbledon – have the chance to come along and try the game for themselves.

With resurfacing of all three of our courts on the agenda, fundraising remains a priority for the club, and members did a wonderful job of providing tea, coffee and cakes at the Killearn Horticultural Society plant sale in May. Grateful thanks to all who helped out and/or contributed baking.

We are delighted to welcome new members to the club. Visit killearntenniscub.org.uk or search for us on Facebook to find out more.

We would also love former members of the club to consider returning to the fold. But if that’s not possible, and you still have keys to the clubhouse, could you please return them? Just pop them in the honesty slot for court fees on the front wall of the clubhouse, below the left-hand window.

DAVID MCKAY



Above from top: fun at the Great British Tennis weekend event; afternoon tea at the Horti plant sale

Curling – Second Sweep-up

The 2017/18 season ended with the AGM and prize-giving at Balfron Bowling Club, and a supper provided by Laura Burt of Turnip the Beet. Both venue and catering are to be recommended.

The second part of the season was completed without any interruptions, not even from the 'Beast from the East'. In the mixed club matches, the Spring League was won by John Phillips' team of John Bowie, Keith Hyam, Richard Kingslake and Isabel Robertson. Three of the other four teams finished in second place, two points behind.

The closing bonspiel for the Harris Falconer Trophy was won by Tony Flisch's team of Fiona Glass, Gillian Kingslake and Jean Verrall.

As the Province Points competition was a victim of lost ice, the club points competition was transferred to the Beattie Points, which happened to clash with a Province game. Mike Jackson was the winner out of the four members who managed to play, and Mary MacDonald was the leading Senior Lady overall.

In the Ladies Section, the Rowan Salver Spring League was won convincingly by rookie skip Isabel

Robertson and her team of Maureen Griffiths, Lorna Craigie and Gail Pain. Thanks are due to Maureen for making up the fourth team at the last minute.

The ladies finished their season with a closing bonspiel, which was won by Gill Smith's team of Gail Pain and Lorna Craigie. This was a good finale for Gill before she handed over the presidency to Gail Pain at the subsequent AGM. The meeting was followed by the prize-giving and lunch at the Gargunnoch Inn. John Phillips was Club Curler of the Year, while Norma Thornton was the Ladies Section Curler of the Year.

The club's performance in outside competitions was mixed in the second part of the season, the highlights being a third in the Forest Hills League; tied first on eight ends in the Gordon Mitchell Rosebowl, although only fourth on shots up; and helping Forth & Endrick Province to second place in the Forth Valley Area Bonspiel.

Congratulations are due to Fiona Glass, playing with Di Christie of West Stirlingshire Ladies, who were the winners of a marathon Stirling



Fiona Glass and Di Christie winners of the Stirling Ladies Pairs

Ladies Pairs competition.

We are now looking forward to a summer barbecue and possibly bowling and golf competitions.

For more information about our curling activities, please visit www.strathendrickcurling.org.uk. We are a friendly club and enjoy a variety of social events. Our curling standards cater for all ranges of abilities, so if you are interested and want some exercise in a friendly atmosphere, contact Di Jackson (550314) or Gill Smith (550726), or visit our website.

GS

Archive Group News

All Killearn Archive have been continuing with World War I research. Their display will be on show as part of the exhibition that will be accompanying the Fintry Amateur Dramatic Society production of *Journey's End*, 26–29 September. It is hoped to have the Wilson Family uniforms as part of the display. Balfron Heritage will also have their own World War I display on show.

AKA have booked the Stirlingshire Historic Graveyards photographic exhibition for display at the Killearn Community Futures Company AGM on Thursday, 18 October.

The Archive Group had a work party in the Old Cemetery in June and removed various bushes which were damaging the walls and cleared the brambles from most of the private burial plots. There is still some more work to do which we hope to complete before the end of summer.

The Stirlingshire Historic Graveyards Group, of which Killearn is part, are hoping to obtain substantial grant funding to do more extensive work in the Stirlingshire cemeteries.

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Sensational Season for Strathendrick

Strathendrick Rugby Club has just completed one of its most successful seasons ever, with real progress being made across all sections of the Club. The 1st XV won the BT West League Division 2 and with it, promotion for the second season in succession. One of the Club's longest serving players, Killearn's own Ewan 'Pieman' Mackay, won the accolade of Scottish Rugby Regional Player of the Year.

The Balfron/Endrick Midis completed their first season in the Barbarian Schools' Conference. Each age group went on tour – S2/3s and U18s to Italy. The Minis go from strength to strength with the numbers of players and qualified coaches as high as they have ever been, and their annual Charity Festival was one of the most successful ever.

For the first time, Strathendrick hosted Tartan Touch, organised by Steven McCooey. This is a completely inclusive, non-contact form of the game where everyone can join in. Up to 70 people each week joined in the summer sport – many for the first time.

So, a pretty good year, which means expectations are even higher for 2018–19. The 1st XV will be playing in BT West Division 1 – one of the most competitive leagues in the country. The Midis will be looking to consolidate their position in the Barbarian Conference and the Club aims to help the Balfron Girls' teams become better established and enjoy more games. The Minis, meanwhile, will be turning out two teams at some age groups. Their Open Day launching the new season will be on Sunday, 26 August, 10.30am–12.30pm, so come along to Fintry Sports Club to find out more. Strathendrick always welcomes new players, coaches and volunteers. If you would like to get involved, visit the website www.pitchero.com/clubs/strathendrickrfc.

NH



Above from top: Strathendrick 1st XV celebrate winning the League; mini rugby players having fun at the Charity Festival

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Killearn's Contribution to the Great War 1914–18 Part 5: 1918

We now know that an armistice would be called in November 1918, but the Killearn residents at the time were still facing a war of unknown length. The local newspapers of the time contain few direct references to the war, but it is clear that difficulties on the home front were becoming critical. Farming was considered the priority in the parish and new ground had been broken in the previous year as farmers tried to respond to the call to grow more food. However, there were complaints that the authorities were not providing the extra help promised. The shopkeepers had a trying year and there was a suggestion of difficulties in getting fair supplies to the shops. There was a shortage of skilled tradesmen due to the number of men now in uniform. Church services were being held in the parish hall because the church itself needed repair and this was not possible under war conditions.

In February, an amendment to the 1915 National Registration Act effectively meant that all males between 15 and 65 years of age and not already registered, had to register. The shortage of soldiers was such that in April, emergency legislation raised the upper age of conscription to 50, and 55 for doctors.

The well-established volunteer support mechanisms continued. A War Work Party, supplemented by home workers, met every third Wednesday in the hall to make

clothing for the Red Cross. They completed 489 garments in January, 221 in February, 784 in March and April, 223 in May and June, and 339 in July and August. By the end of the year, a total of 3,132 items had been made and despatched, including 40 garments for 'desolated allied countries'. In addition, 20 'worn garments washed and mended when necessary' and six bags of prepared moss were provided.

The money spent on materials by the War Work Party – £455 19s 6d – was all raised in the community. The bi-monthly parish collection raised £89 3s, equivalent to about £7,000 today, across the year. Waste paper continued to be collected to raise more funds and, though this was of quite low value, £3 4s was raised by May and in September a further £2 7s was realised.

The local War Savings Association investments continued to increase. By January, £629 2s had been invested, but there had been a decrease in active members of the association to 43. By March, the total was £740, with the school children having bought 177 certificates.

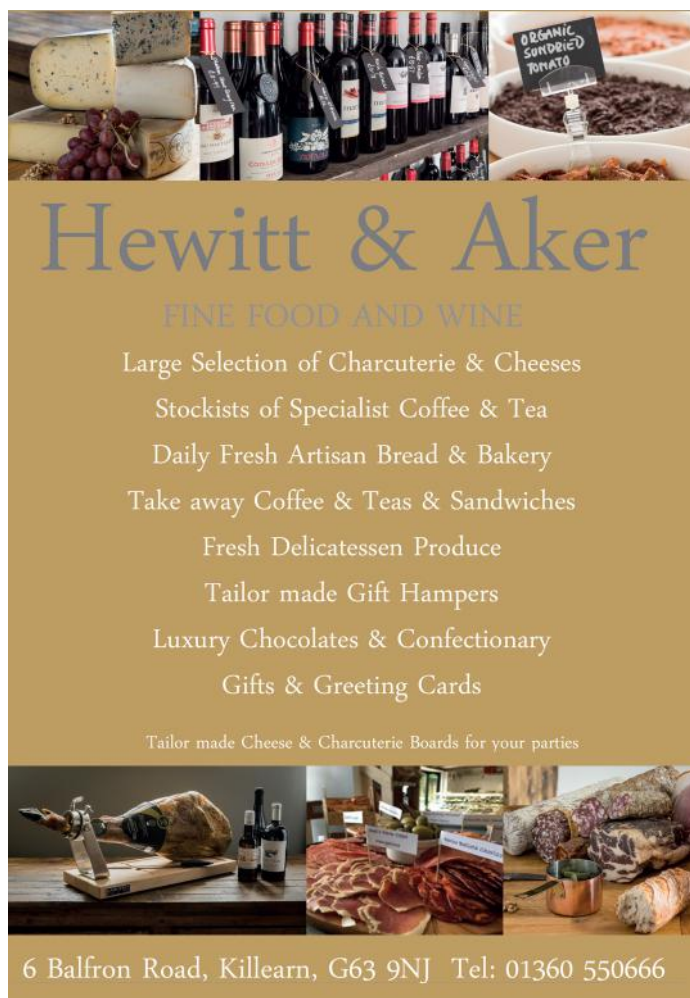
The committee announced a 'Scottish Week' in April when every parish or village would be asked to invest enough to buy some weapons. The smallest sum mentioned was £80 for a machine gun and the committee felt that this was the best they could hope for. Killearn parish actually raised £5,273, sufficient to buy three scout aeroplanes and an anti-aircraft gun! A further £305 5s was added to the Association's savings, taking them to £1,049.

In 1917 an 'Emergency Gardening Association' had been set up with the aim of extending garden cultivation to increase food production. The main crop appears to have been potatoes. In March, when other supplies were scarce, the storage pits were opened and the produce sold.

The Association agreed to continue their efforts, cultivating the same plots as last year, so increasing the local food supply and raising some funds for the war effort. The spring weather was wet, and it was early May before the ladies' plot at Blacklands was planted.

The men's plot, at Ivy Bank, was further delayed due to lack of labour and only completed with the help of two veterans and two ladies working every night. The results of these efforts were seen in October when the crop was harvested. The school closed for two weeks to help with the lifting of 2½ tons of potatoes – mainly by the ladies, as few men were available.

A new method for the war workers to raise money utilised feathers. Hat mounts of feathers were made and sold, and at the War Work Party in March, a 'subscription sale' (raffle) was held with a stuffed Lady Amherst pheasant, presented by Colonel Blackburn, as the main prize together with four other prizes to do with the feathers. The hat mounts raised £20 5s 3d and the raffle £9 15s. This sum was given to the hospital for blinded sailors and soldiers. The raffle prizes then went to Alexandria, where they were again raffled for the Red Cross.



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Killearn again contributed to the national Red Cross Week. The main event was a free gift sale held at Old Blairessan Hall on 1 June. Items donated by villagers, ranging from eggs to a boy's bicycle, were auctioned by Mr J.W. Paul and raised £89 6s 3d. A concert on 14 June raised £50 and a raffle of various items during the interval, which included a gold watch, produced £66 12s 3d. Donations of £109 10s as well as £1 12s 8d collected at a picnic at the Pots of Gartness by eight-year-old Betty Anderson brought the total to £317 16s 8d.

There were many causes to support. The first Sunday in August was observed as Hospital Sunday in the parish church, where a collection was taken in aid of the infirmaries in Glasgow, raising £14. In the evening, a flower service was held, and the floral gifts were also sent to the infirmaries.

Later in the month, the Church of Scotland Women's Guild held their annual sale of work at Achnagowan. Despite the war conditions there was a reasonable supply of goods available and the country produce table was very popular, raising £75 – a substantial increase on the previous year.

The campaign to provide vegetables for the Navy from the school garden continued with the first despatch of three bags of cabbages in August. In addition to the school produce, contributions were received from most of the large houses in the area. Bags and boxes were packed each Tuesday evening for despatch via the railway.

In early October a meeting was held in the old session house to consider whether Christmas parcels should be sent to members of the forces as had been done each previous year of the war. It was agreed to continue the scheme and a collection held to raise funds realised £172. Letters of thanks were later received from almost all of the recipients.

While those at home had struggled to support the war effort, others were paying the ultimate price at the front. In March, John Johnstone of Clockburn and Archibald McLaren of Stockiemuir were both killed. In August, Hugh Lennie, youngest son of Mrs Lennie of Drumore Cottage, was killed in France.

In two weeks in October, Alex Dobbie of Stockiemuir was killed, Peter Gordon of Blacklands died of wounds in hospital in France, and William Morrison (top right), eldest son of Mrs Morrison, the grocer, also of Blacklands, died of malaria while on active service in Egypt. The final casualty of the year, John Scott of Mill of Glenboig, died in November after the cessation of hostilities. The last Killearn casualty was Peter McCallum (right), who died at home in Drumtian in August 1919 from the effects of wounds.

There were better outcomes for two other Killearn men. On 21 March, Private W.R.

Marshall, second son of .

Mr and Mrs Marshall, Easterton, Dumgoyne, was reported missing in action and assumed dead. However, in June his parents received a letter to say he was a prisoner of war at Giessen, Germany.

Similarly in April, Mrs Mitchell of the Black Bull was informed that her son, Private Andrew Mitchell, had been killed in action.

To her relief, she later received a letter from him to say he was only wounded and was a prisoner of war in Germany.

Reading the two Stirling papers of 1918 it is strange how little is made of the end of hostilities. The only mention is the report of a joint service of thanksgiving conducted by Rev. Mitchell, the parish minister, and Rev. Sanderson, minister of the United Free Church, in the parish hall on 12 November.

The final meeting of the War Work Party took place in February 1919, when the statistics for their war effort were given. A total of 15,184 items of clothing and 'comforts' had been made using 13½ miles of new material. A total of £2,522 15s 8d had been collected in various ways to aid this work.

In addition, between October 1914 and February 1917, seven Belgian families had been housed and supported with donations of £679 11s 6d and many gifts in kind.

Throughout the war the villagers of Killearn provided substantial aid to the war effort on the home front.

The research carried out by the All Killearn Archive members to date has revealed that over 200 men served on the various war fronts and of these 38 died, though only 28 are recorded on the war memorial.

ALL KILLEARN ARCHIVE



Killearn Health Centre News

Staff News

Dr Andrew Lennox finished his training on 30 July and is working as a locum to cover some sessions up to September. Dr Aodhan Glyn will be rejoining us on 1 August to complete his final year of training. Dr Andrew Haslett will also be joining us at the start of August for his first year of training.

Shingles Vaccination

If you were born between 02/09/1937 and 01/09/1941 or 02/09/1942 and 01/09/1947 and have not received your one-off shingles vaccination, please contact the Health Centre to arrange a suitable appointment. Please note, if you were born between 02/09/1941 and 01/09/1942, you will be eligible for the vaccination later this year.

Pharmacy First

Pharmacy First is a new service offered by your local community pharmacist. For certain conditions this may mean a pharmacist can provide you with help and advice. Conditions covered by Pharmacy First include:

- ° urinary tract infections, in females aged 16 to 65
- ° impetigo, for those aged 2 years and above
- ° bacterial conjunctivitis, in those aged 1 and above
- ° vaginal thrush, for those aged 16 to 60 years old
- ° skin conditions like eczema, dermatitis and reactions to insect bites in those aged 2 years and above
- ° skin infections like cellulitis, infected insect bites and nail infections in those aged 18 and above



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Joyce Blockey 1928 – 2018



Joyce was born in Riddrie, but her family moved when she was six to Hale in Cheshire and it was here she spent most of her formative years. She was an only child until the age of nine when a younger sister was born and Joyce frequently found herself in the role of babysitter to her younger sibling. She was educated in Cheshire, with a final year being spent at a boarding school in Wales where, if academic studies did not greatly appeal, she excelled in sporting and dance activities.

Her highly caring personality, combined with her practicality and energetic nature, made nursing an ideal career choice for her. She undertook her training at the Princess Margaret Rose Orthopaedic Hospital in Edinburgh, working there on the wards and later continued her studies at Manchester Royal Infirmary to qualify as a physiotherapist.

It was while training in Manchester that she caught the eye of Noel, an orthopaedic registrar who was lecturing to her class. Romance, then marriage, followed. After Noel's appointment as a consultant, the couple moved first to Glasgow's West End and then to this area, settling for many years in Strathblane before coming to Ibert Cottage in Killearn around 30 years ago. During this time Joyce continued her career, working at Lennox Castle Hospital, for as long as was possible.

Their family, two sons and a daughter, completed the Blockey household and Joyce was never happier than when involved with the activities of her family. They went on adventurous holidays in an old camper van, travelling across Europe to, what were at that time, some fairly uncharted holiday destinations. Frequent skiing trips to Aviemore, often in uncomfortably wintry conditions, were made.

Joyce's energy and interest in the world was reflected in her family life. She delighted in the experience of other cultures and loved the time spent in Africa when she accompanied Noel, who was setting up an orthopaedic unit in the main hospital of Nairobi.

While in her early 30s, Joyce became afflicted by rheumatoid arthritis and, as well as suffering constant pain, the progressive condition increasingly impaired her mobility. Numerous operations provided only temporary relief. Her courageous and resolute battle not to let her disability interfere with her daily life was a mark of her dogged determination and, by making adjustments to her way of life, she continued this battle almost to the end. She always appeared bright-eyed and cheerful, always welcoming and delighted to greet visitors with a ready smile which lit up her face.

She loved reading and started a Book Club in her own home; she was interested in world news and was always abreast of events through her reading; she loved discussing – even arguing – about a range of issues, but her overriding interest was in others – a compassionate listener and a concerned commentator on people and situations less fortunate than her own. This was so, even when her life's boundaries had narrowed to a room, a chair or a bed.

She was full of gratitude for those who cared about her, but at the centre of her life was her own family: her three children and four grandchildren, of whom she was immensely proud, whose progress through life she followed with such joy, relishing their every achievement. This sustained her life, with all its challenges, and gave inspiration to all who knew her. She will be greatly missed.

BP



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Foot Health Clinic

Jacqueline Morton

Foot Health Practitioner



MAFHP MCFHP

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Killearn Pharmacy – Tuesday, 9.30am – 1.30pm

Strathblane Pharmacy – Wednesday, 9.30am – 1.30pm

Torrance – Thursday and Friday, 9.30am – 2.00pm

James Donaldson Hendry 1926 – 2018

James Donaldson Hendry, known to his family and many friends as Jim, was the last surviving child of James and Jeanie Hendry. He was educated at Lenzie Academy where he proved to be an able pupil, leaving school with high marks and moving on to Glasgow University from where, in 1946, he graduated with a BSc in agriculture.



From his early years he had a love of the outdoors but his ambition to go into farming was thwarted when he contracted TB and he was advised on medical grounds to take on less physically demanding work. He became, first, a fertiliser salesman, and then worked for the Ministry of Agriculture, advising and inspecting seed cereals on farms in the Borders.

His family moved to Helensburgh and it was there he met Olive Mary Carr. Friendship soon turned into romance and the pair married in 1953, setting up home in Edinburgh where their three sons were born. Jim encouraged his boys to be active – to fish, shoot and play golf – and passed on his love of the outdoor life. The family enjoyed many family holidays in the Scottish countryside, often in a touring caravan.

His other great enthusiasm was for film making. His cine camera was always in use and, as a member of the Edinburgh Cine Society, he won several awards for his films. One of these, *The Long Span*, was a film of the construction of the Forth Road Bridge and was used by the BBC in a 2014 documentary *The Bridge – Fifty Years Across the Forth*.

By the 1960s, Jim was fit enough to fulfil his dream of being a farmer and he bought the farm at Ballochruin, where he was highly respected for his ability to reclaim, improve and maintain the land. Always busy and immensely practical, he turned his hand to any job on the farm and was also known for his readiness to give his neighbours a helping hand.

Jim and Olive were both hard workers and both thrived on the farming life. The Ballochruin farm was sold in 1989, and Jim and Olive moved to Indians Farm at Balfroon Station where he continued farming.

In time, their sons grew up, married and had their own families, providing Jim with eight grandchildren and nine great-grandchildren to whom he was a devoted grandfather. The loss of Olive in 2010 was a great blow to him, but he soldiered on until, when more support was needed, he moved to Abbeyfield House in Stirling, where he enjoyed regular visits from family and friends.

He was a man of high principles and a range of interests which he pursued to the end of his full life with his characteristic energy and enthusiasm. He was well respected in the farming world, much appreciated by his many friends and greatly loved by his family by whom he will be sadly missed.

BP

Ernest Douglas Burch 1933 – 2018

Douglas Burch was born in Belfast and educated at Belfast Technical College where he excelled in all subjects and had a particular aptitude for maths. Although he qualified for entrance to Queen's University, he decided to move straight into the workplace, beginning as a clerk with Cornhill Insurance in 1952. He moved quickly up the ladder, was appointed inspector and became an Associate of the Chartered Institute of Insurers in 1964.

He met Anne at a local dance and discovered they both shared the same day and month of their birth. Romance soon followed and the pair married in 1961, setting up home in Belfast. Three children, Andrew, Wendy and Richard, completed their family.

Hard-working, able and ambitious, Douglas was promoted to the post of Assistant Manager of the Cornhill Branch in Glasgow in 1972 and the family moved to Scotland, choosing a house in Killearn, where they quickly made a circle of friends. After his family, Douglas's two great passions were golf – he was a member of Strathendrick Golf Club – and Irish folk music, in which he maintained a lifelong interest. He was an enthusiastic singer and joined the Strathendrick Singers. He was also a

regular attender of Killearn Kirk of which he became an Elder. In 1980, further promotion to Manager of the Southampton branch of Cornhill took the family south to Hampshire for some years. Here more friendships were made and golf and music continued as Douglas's main hobbies.

Soon after his retirement Douglas and Anne made the decision to return to Killearn which brought them closer to the first of their grandchildren and enabled them to renew and strengthen old friendships. The Burch household was always hospitable, and the opportunity for a drink and a craic was never ignored. Always sociable, Douglas loved meeting people and was a loyal friend and a kind and helpful neighbour.

His family came first in his life. Devoted to Anne, his children and his six grandchildren, they described him as their anchor and cornerstone; by them and by his many friends, he will be greatly missed.

BP



James Moir 1930 – 2018



Jimmy, the eldest child of James and Christina Moir, was brought up, with his two sisters, in a cottage at the Pots of Gartness and was educated at Killearn Primary and Balfour Secondary schools. He left school at the age of 14 and, being of a practical nature, was employed in a range of jobs until he joined the Royal Air Force for National Service. Here he trained as a mechanic and was a member of his squadron's football team.

His future career was mainly on the buses, first as a mechanic and later becoming an inspector.

It was in the bus garage that he met Jessie; their courtship starting when Jimmie took advantage of a failure of the lights to plant a kiss on the surprised and outraged Jessie.

What might have been a presumptuous moment led, in fact, to their courtship as Jessie was persuaded to go on a date with Jimmy and that was the start of a devoted relationship. They married in 1953, their first home being with Jimmy's mother in Buchanan Road until they found place of their own in Maryhill, but when the chance of a house in Killearn came up they settled here in Graham Road.

A son, Hugh, was born to them and in the course of time, grandchildren Craig and Shaunice. Jimmy, was a firm but caring father and a proud grandfather of his grandson and granddaughter, and a proud great-grandfather of his five great-grandchildren. The house in Graham Road was very much the hub of the family and the younger generations, including cousins, were at home there and always welcome.

Jimmy always liked to be doing something. He was an enthusiastic gardener and provided an ample and varied supply of vegetables for the family, and set himself precise standards for the appearance of his lawn with the stripes going a particular way. He was a keen and successful fisherman, even to the extent of exhausting the family's enthusiasm for eating his frequent catches. He enjoyed cooking and loved experimenting in the kitchen, often creating dishes from whatever was available.

He was a keen golfer for many years and, following a quadruple bypass, found a new lease of life and was able to play several times a week. He revelled in his role as Starter at Strathendrick Golf Club, where he had the responsibility of meeting and greeting players as they arrived. He enjoyed the bowling at Fintry and played regularly in the league. After the loss of his beloved Jessie two years ago, Jimmy was bereft, but he kept himself occupied with his activities and joined the Thursday Club which he greatly enjoyed.

He was a genial and kindly man, albeit with strong opinions; his family was the centre of his world. He had a smile on for everyone and brought happiness with him to every occasion. BP

Anthony Clive Davies 1953 – 2018

Clive was born in Penarth, Glamorganshire, a third son for the Davies family. The family moved to a very rural part of Monmouthshire and it was there that Clive developed his love of nature. He spent an idyllic childhood roaming the countryside. The family moved yet again, this time to Scotland, living in Biggar and Port Glasgow before finally settling in Killearn.

Clive decided on a career in dentistry and started at Glasgow University during which time he married Lesley. After two and a half years he decided dentistry was not for him. For the following two years he drove double-decker buses in Edinburgh and Glasgow. His next move was to Sheffield University to study for a double honours degree in integrated sciences.

After university he studied accountancy in London before discovering his niche in life: medical publishing. It was while working at Reed International he met a kindred spirit and together they founded their own medical publication company. Becoming highly successful, working with pharmaceutical companies worldwide, their business attracted the attention of competitors and eventually they sold out to an American company.

It was while looking for other options and visiting a friend in Brazil that he fell in love with that country and its natural beauty. On his second visit to the country, he met Patricia who was to become his second wife.

He decided to stay in Brazil, buy a farm and enjoy again his childhood love of nature. His greatest regret was that the move took him away from his three sons whom he adored. However, he returned annually to the UK, so he was never out of touch with the family.

Clive was a charming man, generous of spirit and with a delightful sense of humour. He was popular wherever he went and with everyone he met. He is greatly missed by his wife, sons and all the family. JD



Lilian Elizabeth Paterson 1938 – 2018



Lilian Paterson (née Logan) was born in Edinburgh on 18 December 1938 and spent her childhood in the village of Croftamie. After a spell at Croftamie Primary School, she attended Ballikinrain, then a school for young ladies, where she made several lifelong friends. From there she attended Auchencruive Agricultural College where she

specialised in the study of poultry.

She first met her husband, John, when he was working as a ski instructor on Loch Lomond and before he set off to work for the Hudson Bay Company in Canada. After a year he returned to Scotland, married Lilian and enticed her back to the frozen wastes of the Canadian North. There their first son Scott was born in 1962. Returning to Scotland in 1965, two more sons were born: Shane in 1965 and Ross in 1967. The Patersons lost Shane in 1976 as the result of a tragic accident, but Lilian showed enormous strength, courage and resilience in supporting her husband and two remaining sons through this dark time.

For a time John and Lilian worked for Sir Hugh Fraser, establishing and managing Fraser Stock Ranches. Lilian also managed a small business in Drymen, but it was farming that was her passion and it was to this that they devoted much of their working lives. They owned several farms in the Port of Menteith area and had many farming successes. In 1993, Lilian bred the top selling bull and heifer at the Perth Highland cattle sale. Other entrepreneurial endeavours included breeding Tamworth pigs, running a pet cemetery, running the Gleneagles Hotel Equestrian Shop at the Mark Phillips Equestrian Centre, and organising and driving the school buses in the west Stirlingshire area. Lilian loved her role as the school bus driver, and was adored and is fondly remembered by many of the children she ferried to and fro.

Lilian had many skills, ranging from dressmaking to breeding hens to gardening. A common legacy in the many houses in which the family lived over the years is a well-established garden with a beautiful variety of plants and flowers. When the Patersons finally moved to Boquhan in 2010, they quickly made new friends and engaged in the life of the community. Both enjoyed the art classes at Art4You Scotland and in her last days at Strathcarron Hospice she could be found showing nurses how to construct a water colour landscape.

She will be sorely missed by John, by their sons and their wives, and grandchildren Erica, Morag, Freya and Hamish.

JA



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John Malcolm McDonald 1951 – 2018



John Malcolm McDonald was born at Airthrey Castle Hospital, Bridge of Allan, to Rose Anne and Malcolm McDonald. Rose Anne came over from Ireland to serve in the ATS during World War II and latterly worked in Killearn Hospital. His father Malcolm was a village postman in Killearn for over

40 years.

John was a true Killearn boy living the whole of his life in the village prior to the necessity of going into full-time care at the end of his life. His first home was in Main Street, then later the family moved to Graham Road.

His education began in the old Killearn Primary School building, then transferring with the rest of the school to the current building. After primary education, he attended Balfour High School. As a youngster he joined the Life Boys, progressing to the Boys' Brigade, and he enjoyed going to camp with the BBs at this time.

His early life was happily spent playing football, enjoying the countryside, cycling, and in the warmer summer days, swimming in the meeting pool of the Endrick River and Blane Water.

On leaving school he entered an apprenticeship with Mavor and Coulson in Kirkintilloch, and later was employed at Flexible Ducting Ltd, Milngavie. He would often cycle to and from Milngavie, a hilly route, as those who travel it will know.

For leisure, John always enjoyed watching, as well as playing, football. Of course he was a keen supporter of Killearn FC, but was also often to be found in 'Paradise' – Celtic Park, the home of Glasgow Celtic. He also followed the Scottish national football team. John was in attendance at Liverpool FC's ground, Anfield, when Scotland beat Wales to qualify for the 1978 World Cup Finals.

Toward the later years of his life, John suffered severe health problems, both physical and mental. A serious ankle fracture and stroke greatly affected his mobility and during this time mental health issues also surfaced. It was the help of friends and caring neighbours at this time that allowed him to stay in his home. However, in time he had to be admitted into full-time care at Forth Bay Care Home, Kincardine, then latterly at Glenbervie Care Home, Larbert, where he passed away.

During his time in the care home, he always expressed his wish to return to his beloved Killearn where he had spent his life, and after his death his ashes were interred at his parents' grave in Killearn Cemetery. John is survived by his sister, Catherine, and brother, Alistair.

AMC

Bridge by Zorro

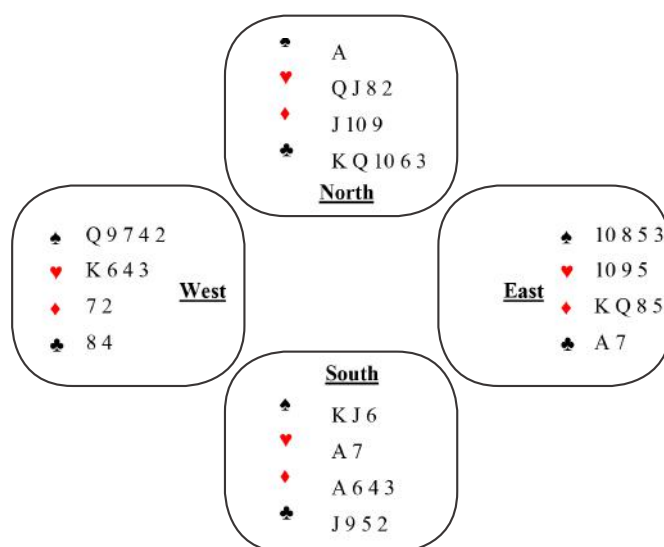
Solution to the problem on page 19

A typical planning strategy, especially in a No Trump contract, is to count your winners – both sure and probable tricks – and then to see how many more have to be 'developed', and how. In a suit contract, declarer typically will count potential losers.

The initial review suggests four sure tricks: two Spades, one Heart and one Diamond. Four tricks are available in Clubs, once the Ace has been driven out. The additional trick required can come from the Heart finesse, making an extra trick if the ♥K is held by East.

The Clubs could be attacked immediately, but if East holds the ♠A then a Spade return is to be expected through declarer's K–J holding. Then everything will depend on the Heart finesse being correct, as if West gets in, three Spade tricks will be lost added to the ♠A and ♥K.

The proper play is therefore to prevent East getting the lead too soon by taking the Heart finesse first, i.e. playing the Q from dummy. West can gain the lead with safety since a Spade lead back would be towards declarer's K–J holding, or any other lead sets up a Diamond or Heart trick for declarer. The full hands were:



Killearn Bridge Club continues to run its class over the summer and will probably start new lessons in the autumn. They are happy to welcome anyone interested in learning to play. Contact Roger Sparkes (440448) or via the website www.bridgewebs.com/killearn.

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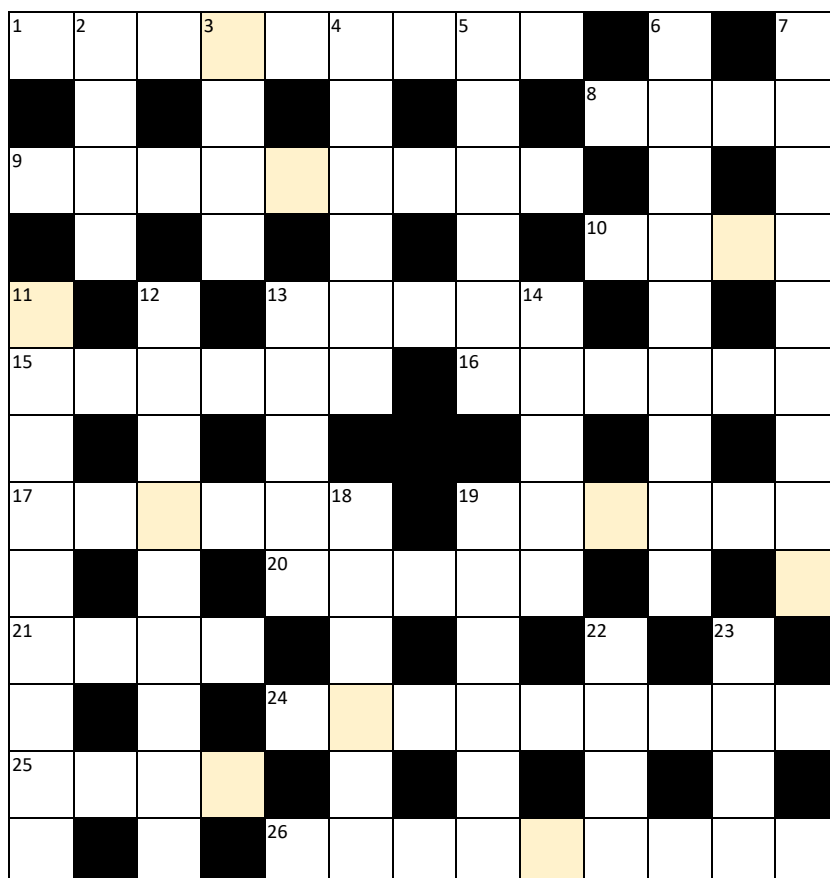
Our prize for the Crossword is a Family Ticket to the Theatre Royal or the King's Theatre, Glasgow, subject to availability and restrictions on certain days. Our prize for the Children's Codeword is a £10 voucher from the Co-op. Entrants must be 12 years old or under. The *Courier* would like to thank both the Ambassador Theatre Group and Co-operative Food for generously providing the prizes for our competitions.

ACROSS

- 1 Dark nonsense lost to Killearn (5,4)
- 8 Game you can get wet in (4)
- 9 Fine uncle about his power over others (9)
- 10 Slit in second auction item (4)
- 13 Part of 9ac is caused by this (5)
- 15 Vehicle not a cycle (6)
- 16 Fake call before an unknown letter (6)
- 17,19 Doctors in the middle here (6,6)
- 20 Seamstress down the drain (5)
- 21 Sac found in a fancy store (4)
- 24 Tennessee Williams desires a tram in San Francisco (9)
- 25 Jug decapitated 20ac (4)
- 26 Set report about someone against it (9)

DOWN

- 2 Solitary and sounds as if money required (4)
- 3 Horse can shoot! (4)
- 4 King in a little while leaves Europe (6)
- 5 Prison in a garage (6)
- 6 Alien plot to fertilise by bees (9)
- 7 Air loss can result in this (4,5)
- 11 Diamonds and wine outside easy sport (3,6)
- 12 Safety measure on a march (5,4)
- 13 Short book from Eliot on electrical units (5)
- 14 Diaphanous material gives female hesitation (6)
- 18 Ling that's not hot to start with can warm you (6)
- 19 Building material nice men take inside (6)
- 22 This miss regrets elevator company (4)
- 23 Cut into two I heard (4)



Winner of our last crossword: Sandra Smith, Killearn

The letters in the light gold squares make up an anagram of a Scottish town. Solve the crossword and find the anagram.

The name of the town is the solution; email it or write the answer on a piece of paper and send to the *Courier* (see below).

Solution to the last crossword: Across: 1 Johannesburg; 9 noted; 10 sunburn; 12 yodeller; 14 lassie; 15 school; 18 Grampian; 20 very; 22 tartare; 23 igloo; 24 consequences; Down: 2 octants; 3 Aida; 4 no show; 5 sentence; 6 usual; 7 General Synod; 8 unapologetic; 13 misplace; 16 overlie; 17 gateau; 19 Arran; 21 Xian; Anagram: Peewit.

CHILDREN'S PRIZE WORD SEARCH

k b o e g c h j m r h
c z u l z l g f h t o
c n o t i u q s o m g
i d g e t e r m i t e
n a i e n e c y y j g
y v w b a k r f r u f
e d r a g o n f l y h
u a a n s e y p l b y
q s e i q p b z f y g
r z l s h g r a u v s
q q f i p e t z n u d

You should find the names of **10 insects** in the word search grid. They can be forward or backwards – across, up or diagonal.

Five of the insects are: **butterfly, dragonfly, earwig, moth, termite**. See if you can find them and the other five.

When you have discovered the missing five, write them down and post or email your answer to the *Courier* (see below) for a chance to win a £10 voucher which you can spend at the Co-op. Entrants must be 12 or under, so please include your age.

The last winner of the £10 voucher was Isabella Peters, Killearn. We had very few entries: if you do the puzzle, please send in your answer. It's easy – email or post in the Co-op or Hall postbox!

We urge everyone who tries our competitions to send in an entry. Winners are selected at random from those received, so everyone has an equal chance. Email or write the answer on a piece of paper with your name, address and a contact phone number. You can place your solution(s) in the postbox outside the Village Hall, in the box in the Co-op or email to competition@kcfc.co.uk. Entries must be received before **31 August 2018**.

Colonist of the Glen

I have taken a few walks in Killearn Glen recently. It is such a pretty and peaceful spot, and full of birdsong in the spring. In fact, at all times of year woodland birds abound, taking advantage of the range of tree species which provide food, shelter and nesting opportunities.

But one sound that you might hear these days would not have graced this wood when I was a boy – or even less than two decades ago. It is the call of the nuthatch.

A songbird, but one resembling and behaving like a mini-woodpecker, the Nuthatch's blue-grey upper parts, pale buff underparts, thick black eye-stripe and long pointed bill all add up to make a most distinctive denizen of deciduous woodland. It actually has a number of songs and calls, but the most frequently delivered is a loud and liquid 'twett' repeated in rapid bursts as an unmistakeable calling card. The bird's charisma is further enhanced by its ability to climb down tree trunks head first.

I recall as a young boy being delighted to see my first nuthatch on a family holiday in Warwickshire, as it was a species absent north of the border and not something I could see at home. However, nuthatches bred in Scotland for the first time in 1989 and subsequently spread rapidly over the next 15 years from the Borders into central Scotland. Nowadays they are not infrequently encountered in Stirlingshire, making boisterous appearances on peanut feeders in Killearn.



In winter, when reduced cover and food make it advantageous to travel en masse, they join roving tit flocks on circuits of woods and gardens.

Their recent spread northwards, similar to a number of bird and insect species, is often put down to global warming. However it is rarely as straightforward as that for any of these recent colonists, and in the nuthatch's case may have as much to do with the availability of garden nut feeders as with our milder winters.

Whatever the reason, it is a welcome addition to our local avifauna.

MARTIN CULSHAW



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Callander	Gartmore	Strathblane	
Deanston	Killin	Strathyre	

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

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Anyone wishing to contribute to the *Courier* winter edition is reminded that it will be distributed on 17 November 2018.

Advertisements and artwork should be sent to us by Friday, 28 September. Contact:
Gwen Stewart (01360 550856).

Contributions and letters to the editor should be in the hands of the editorial team by Friday, 28 September. Please send them to:

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