

We've had a lot of complimentary remarks about our first edition and it was great to learn that you think the newspaper is pretty

good so thanks for your support.

Speaking of support, thanks to our advertisers and the Community Council, we are again able to produce and distribute this newspaper free of charge. They have done their bit in supporting your newspaper so we should support them in return.

Isn't it funny how sometimes one word sticks in your mind and you end up thinking about all sort of issues associated with that word. Having read all the articles, that word is **support.** 

For example, we've been **supported** by the community at large who sent in lots of contributions, so many that we have, once again, had to leave some out – and that's in spite of increasing the size of your newspaper!

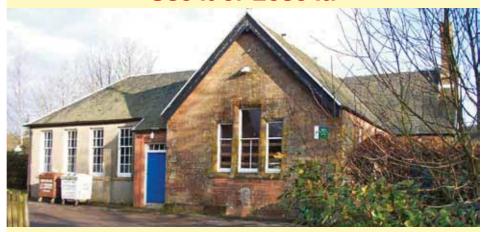
In this edition, there are contributions from the Community Council, Joyce Begg, Hugh McArthur and many others including some organisations seeking **support** of one kind or another. These organisations are worthy causes. All of them enhance the quality of our community. All of them contribute to the life of our community and by that, make our community what it is. We all know of organisations that used to exist in and around Killearn but which have now folded through lack of **support**. Once they've gone, they very rarely come back.

There are dozens of reasons why **support** is harder to give nowadays but sometimes we have to take a peep in to the future and wonder what could happen if we don't give that little bit of help. For example, can anyone envisage what could happen to the prime site that is the Old School if we don't **support** this cause?

Once again, many thanks for all your very kind remarks. The next edition will be out at the end of November so keep your contributions coming and do let us know what you think of the newspaper. Remember – it's your newspaper.

I hope you enjoy this edition as much as you did the first one.

**Use It or Lose It!** 



Remember the Old School? Ask the adults, and they're not sure. Ask the teenagers, and they practically tell you its postcode. Curiously, this exciting project seems almost to have slipped off the village radar.

The Old School was last used as a Nursery school by the Council three years ago. Since then, members of the Community Centre Project Group (CCPG) have been working to save the building for the community. It takes a long time to put together a viable business plan and then secure funding for a project of this size and complexity.

Even though we have brought the cost down to around £700,000, it's still a lot of money to find. We are applying for funding to a variety of trusts and funds. We hope to be included in Radio Scotland's "Let's Do the Show Right Here" programme (take note all budding musicians, actors and artistic folk). We hope villagers might consider supporting the Old School next time they want to sponsor a charitable event.

And clouds are gathering on the horizon. The offer made in 2002 by Stirling Council to make the Old School available for community use now has a "sell by" date attached.

Autumn deadlines have been set by Stirling Council for a series of progress reports, followed in the new year by a "final decision on the viability of the business plan", according to a letter received from the Council in May.

What does the Council means by progress? Is it applications in the pipeline? Is it promised funding? Is it money in the bank? Efforts are being made to clarify this uncertainty both by CCPG and Alistair Berrill, our local councillor.

We have been assured that the Council has not already made up its mind to dispose of the Old School – to sell it off. But make no mistake, unless Killearn shows its commitment to the project, this prime site in the heart of the village will slip through our fingers, and we may lose control over what happens to it.

The Council has made one thing clear from the beginning: they will not pay for the Old School to be brought back into use. If we want something better for the Guides, Scouts, the football team and everyone else who will use the Old School, we will have to do it ourselves. The ball is in our court.

What would you give to make sure the Old School is secured for community use? One way to prove the village backs the Old School is to make a financial commitment to it. At the beginning of August, everyone in the village had a leaflet put through their letterboxes called Save the Old School. In it CCPG asks for a pledge, for example, of £10 a month for one year towards the Old School.

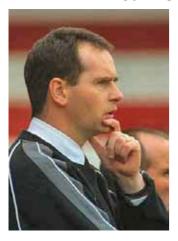
To make giving more fun, CCPG are holding a BBQ in the grounds of the Old School on 27 August, 5–8 pm. After you enjoy the afternoon at the Horticultural Show, round off the day with a great evening of fun, food and music.

The important thing to remember is that there is money available for projects like the Old School if funders are sure the community backs the project. If everyone works together, the Old School will be a asset for generations of villagers.

But remember: if we don't use it, we will surely lose it.

lan Dickie, Editor.

#### Killearn's Local Hero



Have you noticed youngsters in Killearn wearing red and white football strips? Why not the all-too-familiar green and white hoops or blue and white of the Old Firm? Killearn's own Local Hero, Allan Maitland - until very recently the manager of Hamilton Academicals Football Club - is the reason. Allan's boundless enthusiasm and remarkable record at successive clubs, combined with his more recent emergence as a media personality, explains his standing in the game and his popularity in the village.

Allan's interest in football was ignited

when his uncle took him to a professional game at Pittodrie where the red shirts, star players and bright lights fired the youngster's imagination: he remains a committed Dons fan to this day. Allan's involvement and skills developed firstly with Knightswood School and then Knightswood Amateurs, who went on to amateur Cup Final success at Hampden – an awe-inspiring experience for a young player. As a 'committed' centre half, Allan was realistic about his potential, but progressed with team-mates to Maryhill Juniors - a semi-professional set up - where a flowering partnership with coach, Denis McDaid, and manager, Ronnie MacDonald, bloomed. After four happy and successful years as a player at Maryhill, back problems forced Allan to consider his future at the tender age of 29, and he took up Ronnie's offer of a move into football management at the same club. And so the triumvirate of coach, manager and general manager was forged in what was to prove to be a long-lasting and remarkable partnership. Allan's role was that of man-manager, master tactician and overlord of playing matters. In his professional life he moved

from Clydesdale Bank to a company named Cullen Packaging, owned by a certain Ronnie MacDonald.

After seven years at Maryhill, Ronnie moved to Clyde and the 2nd Division of the Scottish Football League. Before long, he invited Allan and Denis to join him and the success of Maryhill was built upon. On their arrival Clyde were 3rd bottom of the league; at the end of their first season they were 3rd top, with promotion following at the end of the following season, climbing to 5th in Division 1 at the end of the 2001-02 season. All this with a team of part-timers in a largely professional league. A rather public disagreement over the use of resources between Ronnie and the club resulted in him leaving, and Allan and Denis felt compelled to follow suit.

A year out of football management ended for Allan when Ronnie bought Hamilton Accies and - you've guessed it - installed Allan as manager and Denis as coach. Quite as remarkable as the enduring nature of this management team was that they proceeded to repeat their triumphs of Maryhill and Clyde. On the arrival of the three musketeers, Accies were 3rd bottom of Division 2. The team was revamped, again introducing talented players from junior football, and promotion was secured, famously pipping Morton to the prize on the last day of the season. Life in the 1st Division in 2004-05 was tough, however, and Ronnie decided the club had to go full-time in order to compete. Allan also has a successful career - by now he was Financial Director of Cullen Packaging - and a young family living in Killearn so this did not suit. And so, at the end last season Allan left Hamilton – parting on good terms and leaving the club in rude health - to spend some more time with his girls and develop his blossoming TV career with Scotsport.

What lies ahead? Who knows. Who would bet against Mr. Maitland's managerial talents emerging again one day? One thing is for certain - the youngsters of Killearn would like to know where - so that they can get the right football strips for next season!

Nick Hawkins

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#### Graham Pollock 1935 - 2005



Killearn lost one of its most familiar figures with the sudden death of Graham Pollock on 24 May.

Graham grew up in Killearn and spent all his married life here, first in Kirkhouse Cottage and then in Knowehead. Following National Service and army experience that took him to Kenya, his career was in shipping as sales manager for several companies. In his retirement, he worked part-time for the charity *Capability*.

He served this community for many years in a number of capacities: as an Elder of the Kirk for 43 years, as Captain of the Boy's Brigade for 17 years, and he was also a former secretary to the Horticultural Society. He was Chairman of the Village Hall Management Committee for the last 12 years and handled all the bookings for the hall. He was generous with his spare time and was a volunteer driver for *Contact the Elderly*.

His hobby was sport; he loved rugby and supported Scotland and the Glasgow Hawks. However, his great joy was golf. He had been a member of Buchanan Castle Golf Club from his boyhood and was still a regular player.

He is survived by his wife, Kay, daughter Kate and son John, as well as his four grandchildren. A man of formal bearing and traditional courtesy – regarded by all as a true gentleman – he will be much missed in the village.

#### Anne Gordon 1941- 2005



The death of Anne Gordon on 28 May after a short battle with cancer came as a great shock to her many friends. Born in Glasgow, brought up in Bearsden, Anne was educated at the Glasgow School of Art from which she graduated with many prizes. In the early years of their marriage, she and Cameron came to Boquhan where their house and garden soon showed evidence of Anne's energy and artistry.

She began her career as a teacher of art in secondary education, retired to raise her family and returned as a peripatetic teacher of

art in local primary schools where she communicated to her pupils with such vitality her gift for seeing the world around them. She gave up teaching in 1990 to devote herself to painting full-time although she continued to teach and encourage adult painters in group classes.

She achieved great success, exhibiting in galleries throughout Scotland, in London and also in Holland and the U.S. Her paintings speak of her great love of islands, whether in the Mediterranean, the Caribbean or off the West Coast of Scotland where Colonsay

or Skye or Tiree landscapes and seascapes lie under changing skies. She was a supreme colourist; she would see colours and images that others would not recognise. Her flower studies and still life paintings glow with the energy that she absorbed from the natural world. Her love of the sea, her delight in her travel to places that fed her artistic inspiration, remain in her paintings as a memory and an expression of her joy in what she saw.

Her modesty and her calm manner overlaid a deep belief in what could be possible. She had a great capacity to attract friends to whom she was unfailingly supportive. She was blessed with a happy family life and was quietly proud of daughter, Joanna, and sons, Jock and Calum, all successfully taking her spirit of creativity into other fields. In recent years grandchildren brought another blessing into her life.



#### Clark - Fuller



On 17 June 2005 the marriage took place of Lucy Clark, daughter of Sir Arnold and Lady Clark, to Mr Andrew Fuller of London. The ceremony took place in Glasgow University Chapel, and was followed by a reception in the garden of Crowhill, Killearn. Andrew and Lucy met whilst working for Christies in London.

#### Pattenden- Morrison



Sîan Pattenden married Donald Morrison on Saturday, 9 July in Killearn Kirk. Johanna Scollay (née Menzies) was bridesmaid.

#### Menzies - Scollay



Jo Menzies married John Scollay on 23 April 2005. The wedding took place at Culcreuch Castle. Sîan Pattenden was the bridesmaid.

#### Kidd – Skertchly



Helen Kidd married Jeremy Skertchly on 30 July 2005 in Killearn Kirk. Jane Moules was bridesmaid and Charles Young was best man.

#### **News Items from KCC**

Station Road Bridge

Work on the reconstruction of Station Road bridge was completed on schedule in June. The bridge now meets EU standards, and there should be no further weight restrictions.

Woodland Burial Site

Work on the Woodland or 'Green' burial site was carried out in the Spring. Unfortunately this coincided with the closure of Station Road, causing problems due to the overuse of Gartness Road. Further work is to be done which will include the planting of hedging. No decision has yet been made regarding the date when this facility will become operational.

Hospital Site

No further information is available about the proposed development of Killearn hospital site.

Old Church Hall

The reconstruction of the old Church Hall into flats and retail properties is currently underway.

Garteneaglis

An application has been made for the construction of five large houses in the grounds of Garteneaglis.

Peter Brown

Our community police officer, Peter Brown who suffered a heart attack in the Spring is making a good recovery though not yet back at work.

Brenda Pell



#### ROADS

As a result of complaints about speeding in Main Street a speed-activated sign is to be installed for the month of August at the junction of Kirkhouse Road with Main Street. This type of sign is designed to react to the speed of vehicles and only displays a message if the vehicle is travelling at more than 30 mph. Initially the sign will remain at the site for a month, but thereafter speed will continue to be monitored as part of a scheme to assess the effectiveness of such signs.

The Community Council have been asked by residents at various times to press the Council for traffic calming devices and for a pedestrian crossing to be located near to the Spar and the bus stops. We pass on all such requests to Stirling for consideration but

without doubt the most effective traffic calming measure is slower driving.

Christine Bowie, KCC

#### VILLAGE DIARY

August 22	
August 27	1st Killearn Rainbows starts. Village hall, 5.45–6.45 pm Killearn Cottagers Horticultural Show, Village Hall and Kirk Hall, 2–4.30 pm
	B.B.Q. in aid of The Old School refurbishment. The Old School, Main Street, 5–8 pm
August 28	Strathendrick & District Cycle Club Garelochhead – Kilcreggan. Contact Morag Jervis (660437)
August 29	1st Killearn Guides start. Kirk Hall, 7.30–9 pm 2nd Killearn Guides start. Scout Hall, 7.30–9 pm
August 30 August 31	Get Reel Enrolment night. Balfron campus, 6–8 pm Cub Scouts starts. Scout Hall, 7–8.30 pm
September 1	Thursday Club starts. Kirk Hall, 2 pm every Thursday Beaver Scouts starts. Scout Hall, 6.30–7.30 pm
September 5	Strathendrick Singers 1st rehearsal. Killearn Kirk Session House, 7.45 pm
September 6	Get Reel classes start. Balfron Campus: Kids 4–5 & 5–6 6.15–7.15 pm
September 7	Adults 7.30–9.30 Fiddle, Whistle, Guitar  Cancer Relief MacMillan Fund Bridge Drive in aid of Cancer
	Relief MacMillan Fund, Village Hall, 7 pm for 7.30 pm. Contact: H. Loudon (770225)
September 8	1st Killearn Brownies start. Kirk Hall, 6.15–7.45 pm Killearn Primary School PTA AGM. Watch for details.
September 11	BB starts. Kirk Hall. Anchor boys: 6.45 pm; Company: 7.45 pm Strathendrick Cycle Club Hunters Quay via Loch Eck to
September 14	Argentinny. Contact Graham Dunigan (07909 9971863)  Inner Wheel of Strathendrick starts. Black Bull Killearn, 6.45 for 7
September 16	pm. Contact K. Lockhart (550585) Strathendrick Film Society showing The Aviator. Balfron
September 22	Campus, 7pm. Contact D. Davidson (440585)  Drymen & District Local History Society Illustrated talk:  'Drumquhassle & the Roman Blocker Forts', Drymen Village Hall,
September 25	7.45 pm Strathendrick Cycle Club Callander – Brig O' Turk. Contact D. Brown (660416; mobile 07712 982118)
September 30	A Musical Evening, in aid of Strathcarron Hospice with the Hospice Choir & Strathendrick Singers, Village Hall, 7.30 pm
October 3	Monday Club starts. Bridge & Badminton, Village Hall, 1.30pm
October 5	Get Reel Concert featuring Jamie Laval & Hans York.
October 7	Strathendrick Film Society showing A Good Woman. Balfron Campus, 7.30 pm
October 9	Strathendrick Cycle Club Ben Lawers (car park) – Fortingall.
	Contact John Gleave (660475; mobile 0771-3914553)
October 13	Contact John Gleave (660475; mobile 0771-3914553)  Children in Need Lunch and Bridge in aid of Children in Need India. Gartocharn Millennium Hall, 12 for 12.30 pm. For tickets,
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as a memo I

#### KILLEARN COMMUNITY COUNCIL ANNUAL REPORT 2004-2005

The Community Council, now consisting of eight adult members with the co-option of Heather Wright, has continued to meet monthly in the Primary School. Members of the public are welcome; agenda and minutes are displayed on the noticeboard and on our website: www. killearncc.org.uk There are still vacancies to be filled and if any residents are interested, it would be possible to vote in an additional two members in the autumn to bring our numbers up to full strength.

Much of our work is routine. Our main purpose being to act as a channel of communication between Stirling Council and the residents of Killearn and vice versa. In planning matters we are consulted by Stirling Council and have an opportunity to see plans and to offer our opinion. We take this duty seriously but emphasise that the advice we send back to Stirling Council is just that – advice. It is not a decision. All decisions are made by Stirling Council.

Question time allows members of the public to raise matters from the floor. Frequently raised issues include the state of the roads, problems caused by thoughtless parking, speeding vehicles and anti-social behaviour. These issues the Community Council relays to the appropriate department of Stirling Council and endeavours to get some remedial action taken. Of course, we don't have a magic wand and some of the problems can prove somewhat intractable but, assisted by Cllr. Alistair Berrill, we do ensure that Stirling Council knows of our concerns.

Our successes are not headline news but it is worth recording that our persistence has brought some rewards.

Last Autumn, lighting was finally installed by Stirling Council at the garages between Crosshead and Graham roads. After a long saga and many months when Killearn had to make do with cleansing by the mobile team, a new Village Officer was appointed. Some improvements have been made in the park: the

downhill path h as been restored, though heavy rain has already caused some erosion. New football goals have been installed for which KCC has promised to buy nets. Last summer Stirling Council floated a proposal to close their local offices and to centralise all services in Stirling. At our September meeting the strength of opposition to such a policy was evident and it was seen as something of a triumph for this area when Stirling Council announced that the Balfron Local Office would remain open.

Recently the bye-law prohibiting the consumption of alcohol in public places came into force after a protracted legal process. We hope that this measure will do much to counter the anti-social behaviour that has been directly attributable to the effects of alcohol.

The birth of the *Killearn Courier* as a full village newspaper was welcomed by the Community Council who, seeing this as an important means of communicating news within the village, have offered some financial support to this project.

The Community Council was on display at a Make a Difference Day hosted by Stirling Council in October. Presentations have been made at meetings by John Risk of SC Customer Services, David Bright, SC Emergency Planning Adviser, by Sandra Clements, Project Manager WRVS Community Transport on behalf of the Good Neighbours Scheme and by Doug Fingland, SC Youth Worker. Throughout the year members of KCC have attended seminars presented by Stirling Council on waste, third-party rights of appeal, planning, governance and also by the Sheriff Court, the Tenants' Association, the NHS, Scottish Water and the Police.

In the coming year, a new feature will be *Areas Community Planning*. In line with the new electoral arrangements, Community Councils of neighbouring areas are being grouped into clusters. Cluster

meetings will focus on common issues and it is suggested that cluster views may influence the policies of Stirling Council and other public bodies, such as the Police, NHS and the Fire Service. There is some scepticism regarding the value of yet another layer of bureaucracy created between Community Councils and the Local Authority. For the time being, judgement is reserved on this matter.

KCC resumes meetings in September and welcomes members of the public.

Brenda Pell, June 2005



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#### Earth To Earth by Hugh McArthur

The stirks in the Hospital field had to be moved to the field behind the black hay-shed. They had tholed the winter on the land which ran down the side of the two most westerly wards and along between the rear of the nurses' quarters and the river which flowed sluggishly to meet a livelier companion before turning towards the loch. Experience demanded that a minimum of three should tackle the herding, so Willie, Ronald and the boy, Johnny, were detailed for the task.



Since the turn of the year the cattle had been visited daily by the two men in turn to dispense bales of hay and a gowkin of oats per head. This ritual had been faithfully carried out during the frost and snow of late winter, but early April meant that it was now time to help Nature to put a new flush on the grass, so for the tenants of the field another abode for a few weeks was practical. On several occasions, an animal, hungry and impatient, had pushed through the fence and was found searching the undergrowth in the small, three-sided wood.

"18 ... 19 ... 20. Right. Open the gate."

"Quick! Watch that one! Och, it's in the wood."

"Run, Johnny, head it off." Young and supple, Johnny crashes through the long grass, the brambles tearing at his bare legs. Willie scrambles as quickly as possible after him.

"Good, turn her back this way. Steady now, Johnny, down to that broken wire."

"Hey, Willie! There's a body here."

"Eh?"

"A body."

"Where? Stop kidding."

"No, honest. There. Look!"

"My God!"

The young buds on the hawthorn tree are beginning to burst.

The gentle sweep of the lower branches forms a canopy over the huddle. The skull gaping through a veil of withered leaves, the rotted clothing, the ankle bones, greywhite, protruding from the mouldy leather now too wide for the bared feet it covered. How long? Undisturbed. Peaceful, like one who wraps the drapery of his couch around him and lies down to pleasant dreams.

"My God!"

The heifers, unexpectedly reprieved, amble across the field, muzzling the fresh green shoots at the edge of the ditch which winds down to the river. What is to be done now? Better not touch anything.

Better tell Angus.

"You wait here, I'll run to the 'phone box."

"No, you run to your house, Ronald. It's nearer. Hurry."

But why hurry? The need is long past. The world goes on. The cars, the bus, pass by a few yards away oblivious to anything unusual, not sensing the tragic air.

"Is he coming?"

"Yes, he wouldn't believe me at first."

"No wonder."

"He asked if we would wait and watch it." It will not move away. No it ... he ... who has claimed this resting place for so long will not leave.

"Hello! Mr Smith! Over here."

"It's a body all right. I wonder how long it has been here. Can you, no, you must, stay while I report this. Stand away a bit, I don't want too many to notice."

No need to worry, Constable. The world does not notice, does not care. That car on the road does not slacken its pace. The nurse ministers, undisturbed. So near. How could you not know? How could you not feel the stillness, the sadness, the helplessness, the finality of that huddled mass?

"They're coming. Everything happens to me. He could not have liked this place. They say suicides choose a place that they dislike. I wish I had put on my rubber boots. Thanks, I'll wait now. The Super wondered if it was far off the road. He's just back after being off ill. Thanks again. You'll want to get on."

Far off the road? The morbid selection of a final resting place causes no inconvenience to authority. Questions later. How? Where? When? Why?

18 ... 19 ... 20 out the gate first attempt this time. For long these animals were his only companions.

The afternoon passes slowly. The early sunset urges authority to hasten. The van moves away, the couch of Nature exchanged for the harshness of Man.

Nine months. The span of new life, the span of lonely death. If death coincided with the day of disappearance there should have been more tablets in the bottle. If it did not, then did he die in pain, alone, so near to succour? So near the world, yet so far away. Death, the great leveller, passed that way, and the quick passed by unheeding.

When? 1965

Where? Small wood near ward 16, Killearn Hospital.

Who? Willie, Ronald, Johnny from Laigh Parks Farm.

Angus – PC Angus Smith, resident at Killearn Police Station.

*The deceased* – a gentlemen from Glasgow.



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#### TEENAGERS CLEAR UP AFTER ADULT VANDALS

A group of S4s from Balfron High School tidied up The Kingdom in Killearn on Saturday, 7th May. They were working for Douglas Flynn, the Countryside Ranger, as part of the conservation section for the Duke of Edinburgh's Silver Award.

This piece of woodland, enclosed by houses and a road, is particularly valuable to young children, who find its wildness exciting and its nearness to houses reassuring. It inspires them to imaginative play and games of adventure; it is the children who started calling it 'The Kingdom'.



Douglas Flynn oversees Duke of Edinburgh Award candidates

Most of the work that had to be done was clearing up after *adult* vandals who had dumped piles of garden waste. All households in Killearn should have a 'green-waste' bin and there is a skip for green waste in Balfron, so it seems the dumping was a result of laziness. A number of young trees had also been damaged with some sort of lopper or long-handled pruner. There was no reason for this and the trees have not been improved. The

lopped branches were left lying by the chopped-off trees.

Most of the waste was removed from the site, and the young people also built habitat piles from some of the cut wood to encourage wildlife and improve biodiversity in The Kingdom.

The clear-up was organised by The Community Woodlands Group, part of Killearn Community Futures Company. They are currently in discussion with Stirling Council about managing The Kingdom. Comments or suggestions would be welcomed.

J. Young



#### A Net Loss

In the early spring, in response to a request from boys of the village, Stirling Council erected soccer 7s goals on the recreation park. The grateful youngsters asked if they could also have nets and the Community Council agreed to make the purchase. However, dire warnings were given, as to leave nets up on goals is to court disaster. Theft, vandalism and the risk of accident, are too great for any person or organisation. If nets are used, someone has to be responsible to ensure they are put up and taken down correctly and to see that they are safely stored.

The Community Council is willing to make a gift of nets, but how can this be done without incurring liability? Can anyone solve this problem? Solutions, please, to KCC.

B.Pell

Inner Wheel is a large association of clubs in the UK and abroad. Originally the membership

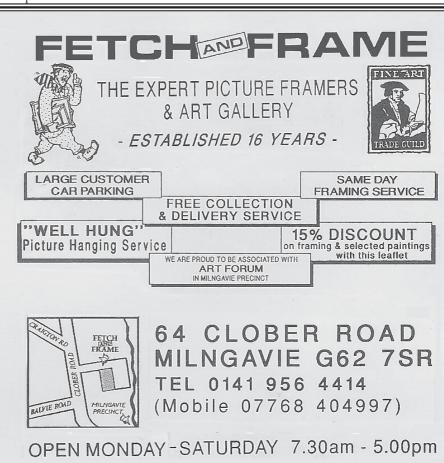


and abroad. Originally the membership was confined to wives of Rotarians, but now it is recruited on a broader basis. The aims of Inner wheel are friendship, personal service and international understanding in the course of service

to our community, and in fund-raising for both local charities and overseas.

Our club was formed in 1978 and draws its members from a wide local area. We are always pleased to see guests of members and we welcome enquiries from anyone interested.

Contact K. Lockhart (550585).



#### The Fat Controller

The mayhem, tears and tantrums that are involved in getting young kids out to school each morning can leave parents feeling deserving of a medal for actually delivering the little darlings to the school gates at all. Producing a packed lunch is done in a whirlwind of multi-tasking (Homework? Check. House keys? Check. Shoes on? No. Aarggh!) and it can be very tempting to throw in a selection of pre-packed food and treats. How bad can it be? Well, from lunchbox foods alone, children are eating double the recommended lunchtime intake of saturated fat and sugar and up to half their daily recommended salt intake.

According to the Food Standards Agency's (FSA) second survey of school lunchboxes. children who take a packed lunch to school are still eating far too much fat, saturated fat, salt and sugar in one meal, with 74% failing to meet basic government nutritional standards. The majority of fat present in the surveyed lunchbox foods was shown to come from crisps, fat spreads, cheese products, chocolate bars and biscuits. Foods contributing to high salt intake included white bread, crisps and processed meats, and the higher levels of added sugars came mainly from fruit squashes, chocolate-covered bars and biscuits and yogurts. The survey also revealed that under a fifth of lunchboxes (16%) did not even contain sandwiches,

pasta or rice, and that just under half the lunchboxes surveyed (48%) failed to contain a portion of fruit or chopped veg. Only one lunchbox contained a salad.

Obesity is in your street, knocking at your door and quite possibly living in your own home. Take a good look at your own children. Are they healthy? Many certainly are not and if you want proof, take a visit to the local swimming pool. There you will find many fat kids with apron guts hanging over their swimming trunks, and dimpled fat rippling around their thighs. Cellulite at four years old? Kids shouldn't look like that. And please spare us the *big bones* explanation. If a child is not overweight as the result of a diagnosed medical condition, then the child is overweight because parents perpetuate their own unhealthy food choices, provide larger than average portions, and do not encourage physical exercise. Parents are, in fact, the Fat Controller!

The Scottish Executive's Clinical Outcomes Group shows that one third of Scottish twelve-year-olds are overweight, with one in ten considered severely obese. What chance do these wee kids have when one in five toddlers are overweight before they reach

their fourth birthday? Parents need to take responsibility for their children's health. It is they who make the important food choices at this crucial stage and show the way for healthy eating in the future. Apart from raising self-esteem (fat children have always been teased at school), you are preventing the future onset of a plethora of health problems associated with obesity and poor diet.

The first thing to do is see your GP if you think your child is overweight, and on no account try to put a child on a calorie-restricted diet without professional guidance. Killearn Primary School

has a superb policy on school meals and provides healthy snacks at the Tuck Shop. If you are preparing packed lunches, get rid of the plastic cheeses, biscuits and novelty junk and try making simple tuna pasta or pitta bread with ham and salad. Throw in some fruit and carrot sticks, a healthy yogurt (watch the packaging - if it's marketed for kids then chances are it's packed with sugar) and some water or watered-down fruit juice. There you have a nutritious and healthy lunch that will avoid sugar slumps mid-afternoon and will provide fuel to keep your kid going all day! For more ideas on packed lunches, the FSA has developed one month's worth of suggested lunches so have a look at www.food.gov.uk. Playtime snacks could be fruit (or dried fruit), vegetable sticks,

or a honey sandwich made with wholemeal bread. Nobody is suggesting total abstinence, but do your child a big favour: bin the daily packets of crisps and keep the junk food as occasional treats.

Getting kids active is also being addressed by the Scottish Executive funded Active Schools Network in partnership with Sportscotland. With £24 million being applied, it is hoped that 80% of all kids will meet the *minimum* levels of activity required for health (1 hour a day), and there will be an opportunity for kids to participate in a range of activities both in and out of school. As parents we hardly have an excuse living where we do! We all live on the doorstep of a fabulous National Park with miles of forest trails and a huge loch. Take your kids out on foot or on the bike and get active with them, join the tennis club or make a point of finding out what activities and clubs are offered locally that might appeal to your kids. Future health problems such as heart disease, stroke and diabetes can, on the whole, be avoided if we educate the kids about healthy eating and lifestyle while they are still young. Start with the packed lunch! *Elizabeth McQuillan* 



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**Killearn Primary School PTA** has had an extremely successful year with a wide range of fund-raising events and fun activities for the kids. Thanks to the efforts of the committee and the continued support of the families of the children at the school and the community we have managed to raise over £6,000, including £650 from the BBQ and £300 from the duck race, both held in June.



The PTA in Deep Water

This year the money has gone towards the purchase of two digital video cameras, a selection of new microphones including radio mics and a new stage, which many of you will have seen in use at the recent production of *Nanny Mary*. In addition

we have contributed towards many school outings for various classes, the Christmas parties throughout the school, leaving gifts for the P7s and stickers, badges and certificates for the various reward schemes in operation within the school. A donation of £800 will be made this week to the Preschool Nursery to add to the £350 they raised with their own version of the sponsored 'Strip the Willow' held early in summer term. This will enable the Nursery to purchase some fantastic new outdoor play equipment.

Finally, we are always looking for new members to fill our ranks. Simply come along to the AGM on the 7th September 2005 at the School. It's great fun and all of your efforts go to a great cause – the children. Even if you are not thinking of joining the PTA, please come along to the AGM. It is an excellent way to find out what's going on and have your say (you also get a free glass of wine at the end of the meeting!). Thanks again for your continued support. We look forward to seeing you at the various events next year.





Primary 7 at Killearn Primary School hosted an award ceremony to recognise the good citizens in our community. By placing voting boxes in many local establishments like the Coffee Shop and Spar, everyone was invited to cast their vote for the best citizens in the village. The result was fascinating, and revealed what ordinary people can do to help others, not just in Killearn, but also in other parts of the world.

Those winning the title of Star Citizen were Geoff and Liz Herbin, Olive Graham, Jim Fallas, Donald Beaton, Peter and Jenny Wilks, Shona Barrett, Donald Duncan, Alan and Margaret Geekie, Kirsty Smith, Kris Buchanan, Siobhan Wilson, Sue Beck and Hugh McArthur.

As part of the project, P6 had compiled a *Big Book of Values* which included entries from Gordon Brown, Chancellor of the Exchequer, Andrew McLellan, HM Inspector of Prisons and local businessman, Sir Arnold Clark. Mrs Scott, KPS Head, said the children were able to develop their own citizenship skills through the project, and that the outstanding citizens in the village were good role models for everyone.





#### **Good Citizens Start Young**

Cubs and Beavers were approached by Killearn Community Council to take part in a 'litter pick' suggested by Stirling Council. The leaders arranged it for a Wednesday, which meant both groups of boys could use the experience as part of their badge work about the environment. Although it had stopped raining, the midges were in great spirits. Yuk! The representative from the Council was quite dismayed about the lack of litter! Maybe a Wednesday evening was the wrong time to do it? *Mary Fraser* 



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#### **KILLEARN GUIDES**



Girlguiding Killearn is thriving. Every unit from Rainbows to Guides has a waiting list. It is really good to see all the units in the village working well. However, the waiting list could be reduced if more adults were prepared to help run the units. Each unit has an active and full programme for the girls suitable for their age and based on the relevant Guiding programme. If you are interested in helping a particular unit please contact Division Commissioner, Sue Beck (550485) or the Guider in charge of the unit.

The girls in each section have a go at a number of activities suitable for their age and ability. Do you have a particular skill that could be passed on to a unit? Contact the unit guider.

Every unit in the village has been raising money for the Girlguiding Scotland appeal called the Big G. As a result of this appeal the Brownie House has been rebuilt and renamed the Garden House and is, of course, available to everyone and not just Brownies. The Rainbows and Brownies had the task of filling Smartie tubes (after emptying them!) and the Guides were given £1 to make it grow. Killearn units raised £330. Well done.

2nd Killearn Guides were successful in April this year, winning the Belfast Shield competition against seven Guide units from Endrick Division. The Belfast Shield was a Ten-Pin Bowling competition in Stirling. Following their win, the girls were

Exhibitions change bimonthly and include painting / ceramics / jewellery / textiles

glass / photography / interior accessories

on to the Flag and Shield Competition against units from Forth Valley County. The day involved challenges on a 'cruise ship theme'. The girls achieved 4th place. Obviously, bowling is a successful activity for 2nd Killearn Guides, as earlier in the year the whole unit bowled enough points to raise £273.75 in sponsorship money for Cancer Research UK.

The Brownies have sent 14 boxes to Romania for this Christmas. A group of seven Guides and Young Leaders with three adults were off to the Icelandic Jamboree at the end of July. The Rainbows experienced a panto in summertime and the Guides had a day out at Loudon Castle.



The girls go back after the summer as follows:

1st Killearn Rainbows: 22 Aug 2005 Village Hall, 5.45 – 6.45pm

1st Killearn Brownies: 7 Sept 2005 Kirk Hall, 6.15 – 7.45pm

1st Killearn Guides: 29 Aug 2005 Kirk Hall, 7.30 – 9pm

2<sup>nd</sup> Killearn Guides: 29 Aug 2005 Scout Hall, 7.30 – 9pm

Both Guide units have one warranted guider in each unit. Can **YOU** help lighten the load and volunteer to help

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#### Buchanan Club Squash Team

Three years of sterling effort from some local 'youngsters' has been rewarded by promotion to the dizzy heights of Division 5 (there are 7 divisions) of the West of Scotland Squash League.

Based at the Buchanan Arms Hotel Leisure Club in Drymen, the team holds regular training/beer nights and are always on the look-out for more talent. New members are made welcome and, having achieved monumental success, are looking to start up a second team this coming season

Anyone interested should phone Lee Mackie on 01877 382430.





#### **Anyone for Curling?**

This may be the time of year when we hear the question 'Anyone for Tennis?', but this is also the time to be planning ahead for the forthcoming curling season. Nearly every village in this area has its own curling club, but for Killearn it is Strathendrick Curling Club, which welcomes players living anywhere in the District.

Curling is a winter sport, played on ice at suitably prepared rinks. It is very much a team sport, nearly always played in teams of four. Curling has had a resurgence of popularity since the Scottish Ladies won the Olympic Gold medal in 2003, and there is a great opportunity for Killearn folk of any age to take up the sport at the start of next season in September.

When the winter temperatures drop, giving a cold spell frigid enough for Dunmore Pond to freeze over by several inches, members leap into action and the pond is transformed into an *outdoor* curling rink. Anyone who has played curling agrees that there is no sport to compare with the exhilaration and fun of curling as it originated – out on the frozen lochs. Strathendrick has been curling there since the club was formed in 1846.



Curling has a tradition of hospitality, both on and off the ice. Strathendrick play in several inter-club competitions and a series of friendly matches against other clubs. Off the ice, the new season always starts with a Texas Scramble at Buchanan Castle Golf Club and includes an annual dinner-dance. In the summer, there is a hill-walk over to Fintry for a BBQ.

To help introduce newcomers to the game, Strathendrick C.C. is organising an evening of coaching on consecutive Tuesdays – 28 September and 4 October at 7.45pm at the Curling Rink at Forest Hills Resort, Kinlochard, just north of Aberfoyle.

Anyone interested in more information on Strathendrick Curling Club, or wishing to try their hand at one of the coaching sessions, should contact President Jim Meikle (550579) or Fiona Glass (550646). And for lots of information, explore:

The Drymen Bridge Club is looking for members. The club is friendly and not at all overwhelming. We meet weekly from September to April on Thursdays at 1.15 pm in Drymen Village Hall. If you like to play bridge, or just have an introduction to club bridge before committing yourself, you would be most welcome. Please contact April Bureau (850435) for information.

#### Flower Power by Heather Maxwell, Endrick Blooms



Now that summer is well and truly underway the availability of garden flowers and foliage is on the increase. Although they will always last better in the garden, this is the perfect opportunity to bring a bit of the outdoors in. A creative way of achieving this is could be with a simple yet stunning display. Using only a few flower and foliage varieties – together with a couple of simple techniques – it is possible to create a refreshing and long-lasting arrangement.

Although garden blooms can be and are used in beautiful arrangements giving great colour and scent, shop-bought flowers are specifically

cultivated and conditioned to last longer in a house environment. Whichever you choose, always remember to handle flowers gently and allow them to have a long drink of water before you start using them. The following information will allow you to create your own display whether you follow it exactly or experiment with flowers you have readily available. It's time to find a container, sharpen the secateurs and start creating.

#### **Summer time Glow**

Equipment needed:

- · cymbidium orchid or garden bloom (ie gladioli or delphinium)
- · blossom or pussy willow
- · salal ruscus or garden foliage small leaf variety
- · green moss sourced from the garden or florist shop.
- · small lined container or vase a ceramic pot could be ideal!
- florist's 'oasis
- Cut the floral foam to fit the container allowing a little to be proud at the top, then soak well in water letting the oasis take the water up slowly until completely submerged. (Do not force the oasis underwater as airlocks will occur.) Once wet, place oasis in the container.
- 2. Push the orchid stem firmly into the centre of the foam far enough down to allow the orchid to stand on its own (be careful not to damage the heads). If using garden blooms such as gladioli or roses, the same linear effect can be achieved by placing the blooms vertically in at the same point but at gradually lowering heights.
- Cut the foliage into small sprays and build up the base of the arrangement around the orchid stem covering the foam and ensuring the sides of the container are hidden. Place small quantities of the moss between the foliage where any foam can be seen.
- 4. Finally place a few stems of blossom (one at a time) down alongside the orchid (stem) and into the foam. This gives the arrangement some extra height and drama while acting as a support for the orchid.

Once completed, the arrangement can be placed on a table or sideboard. As this example shows it is possible to create something quite stunning working with only a few key items. But if it all sounds just too much or you feel like treating yourself there is bound to be somewhere local that could 'arrange' something special for you Give it a go and good luck!

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#### The Abbeyfield Killearn Society

Many readers of the *Courier* will know of Abbeyfield, its residents, staff and the volunteer committee members. Probably more of you will not know of the house and the important part that it plays in the community.

The Abbeyfield movement was started in 1956 when its founder, Major Carr-Gomm, recognised that many old people were lonely, worried about the house and garden, or slightly disabled but desired to stay in their own homes. The first Abbeyfield house was purchased to cater for this need. There are now about 800 Abbeyfield houses in UK; 80 in Scotland. The buildings can vary from purpose-built residences (as in Killearn) to beautifully converted town dwellings (as in Stirling) but each provides the same service. The guiding principles include ensuring that each resident remains independent whilst being in a safe environment. Nursing support cannot be provided by the Society, but outside agencies are welcome to visit residents. The Society recognises that older people have an important role to play amongst families, friends and in the community and do their best to assist in this aim. The residents find company amongst themselves and enjoy meeting with each other at meal times and for social functions whilst at the same time can retire to the privacy of their own rooms when they want to.

Our house in Beech Drive has eight en-suite rooms which are usually fully occupied but we actually have a vacancy

Enjoy singing? Not sung for a while? Why not come along to Strathendrick Singers on Monday evenings starting on September 5th at 7.45pm in Killearn Kirk Session House? We sing a variety of music and enjoy a high standard of musical direction and accompaniment. Come and join us and enjoy singing! To find out more:

Phone Fiona (660883) or Ros (550460).



at the moment (July 2005). It is also worth considering an application for the waiting list (without obligation) if you feel that at some time, you or a family member, could benefit from our services. If you would like to come to visit the house and see the welcoming facilities for yourself – contact Kirsty Smith (550654).

The Killearn Society is part of the national Abbeyfield organisation. It benefits particularly by receiving advice on how a multitude of new laws passed for the benefit and protection of vulnerable people apply to individual Societies. The management is entrusted to volunteer committees who occupy themselves primarily with the wellbeing of the residents, but increasingly with the minutiae of running a business, health and safety issues, maintenance of the building, and so forth. More volunteers are always welcome – please contact us if you would like to join us.

The day-to-day activities are conducted by a live-in housekeeper who cooks and takes care of the residents and she (or he) is backed up by relief staff who ensure that 24/7 cover can be maintained throughout the year.

In a small village like ours, we are fortunate to have an Abbeyfield so that families can remain close together in the later years. Please make yourself aware of what we provide: a happy and united home with a minimum of worries and open to all at a very reasonable cost.

M. Pell



The Scouts are starting again! Killearn and Strathblane Scout Groups have arranged

to hold joint meetings in Killearn and Strathblane starting in the new school term in August.

There will be an initial meeting in **Killearn Scout Hall on** Thursday 25 August at 7.30 pm for all interested children who will be in P6, P7 or S1 next session. Parents are welcome to attend!

The evenings and timings of further meetings will be decided at the meeting.

For further information ring: Des Hudson (550806) or Iain Somerville (550842) RUSSO

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#### Traidcraft and Tearcraft are

two organisations whose mission is to help relieve poverty by enabling people who are producing food crops or making crafts to be paid a fixed guaranteed price for their goods. This often assists producers to find processors who will also charge fair rates for turning, for example, the sugar cane into cane sugar. In the UK, the emphasis has always been on paying the cheapest price possible for goods, and so historically payments to the producers are generally negotiated downwards. In times of abundance this price can plummet on the world market. Fair trading requires a change of attitude.

Fairly-traded produce is more expensive than branded or supermarket own-label prices. In choosing to purchase even one or two fairly-traded grocery items regularly, families will be supported and be able to pay for their children to attend the village school, receive secondary school education or be able to pay for basic medicines when they are ill. The sense of pride in being able to take care of their family, which often includes extended family relatives, is evident from interviews that Traidcraft record.

For some years now a group of us have been raising the profile of Fairtrade, initially within Killearn Kirk, but more recently at village and local events.

From October the newest range of gifts and Christmas cards from Traidcraft and Tearcraft are available. We feel that the photographs in the excellent catalogue do not always do justice to these cards and crafts, so we are happy to bring samples from the range to a private event that you may like to arrange at home for interested friends and family. There is no pressure to order and no commission involved. Bookings to attend village events with a stall are also welcome. *Contacts*: J. Barrett (550508), N. Anderson (551171) or T. Prescott (550050).

#### 'He could be somebody famous one day ...'



A chance visit five years ago resulted in young Daniel Prescott 'having a go' at rowing. The whole family enjoys the outdoors, but no-one appreciated the latent talent that was about to be unleashed from within this quiet and unassuming young teenager.

That initial visit to Glasgow Rowing Club on the Clyde turned into a fairly regular hobby as Dan took to his new

sport like the proverbial 'duck to water'. Progressing from tub pairs, through quad sculls (where each rower has a pair of oars) to single sculls, Dan's technique and strength began to develop and he began to outstrip most of his junior club-mates.

However the turning point in this young career was in 2002 when Dan was taken on by the Rowing Club's gifted coach and distinguished former athlete, George Warnock. Since then, training regimes have been developed and Dan has shown serious commitment. Up to seven sessions a week mix 60' drills on the rowing machine with weights in the gym and practice on the water, building endurance, strength, balance and timing. All critical to the sculler's success. The results are there for all to see.

Progressing steadily through club competitions, Dan set his sights on national competitions, and his achievements have been remarkable: 5 gold medals at the Scottish Championships in 2003 (Junior 14, 15 and 16 single sculls; Junior 15 double and quad sculls) when he was still only 14 years old. This was followed by a bronze at the British Championships and regular success in club regattas.

Committed training and continued success in head races throughout the winter led, in the 2004 season to a further 4 golds at the Scottish Championships, a silver at the British Championships (Junior 15 single sculls) and the first of two awards as Scottish Junior Oarsman of the Year. Daniel has established himself as one of the top four scullers in his age group in Britain and was taken into the Scottish Junior Elite Sports Squad, which assists with the costs of attending competitions across the UK and provides training support and advice.

Already this summer Daniel has won gold in the Great Britain National School's Championships and gold in the Junior 18s at the Scottish Championships at Strathclyde Park. Remarkably, he was also 5th in the Men's Open event and won the Men's Intermediate Sculls – and he is still only 16! A July trip to the British Rowing Championships in Nottingham resulted in a Junior 16 Double gold medal for Dan and his partner. Trials this season will be with an eye towards the Junior World Championships next year.

So what lies ahead? Well the World Junior Championships in Amsterdam in 2006 would be rather nice. Might we see him at the Bejing Olympics in 2008? No, a rower doesn't reach his peak until his early to mid twenties, so Dan will still be too young by then. But who knows, we might, just might, see the boy from Killearn at the Games in 2012. We will watch his progress with interest and we wish him well.



#### Examples of jobs done

#### Exterior

- Painting
- Gutter cleaning & repair
- Grass & Hedge cutting
- Fencing
- Sheds
- Decking
- Pressure washing

- Interior
- Kitchen fitting
- Assembling Flat Pack Furniture
- Basic Plumbing & Electrics
- Tiling
- Bathroom Suites
- · General woodwork
- Decorating

This list is not exhaustive and if you do not see your job listed just phone, Handy Andy will be happy to discuss your specific requirements

Call 01360 551100 or 07748754583



Traditional Fish n' Chips Buchlyvie Layby Evenings

## Strathcarron Hospice Concert

in aid of Strathcarron Hospice

Strathendrick Singers

**Strathcarron Singers** 

Friday, 30 September 2005 Killearn Village Hall - 7.30 pm

Tickets £10 (includes a glass of wine)

Available from
Molly Parsons (550945)
Linda Marshall (01324 826222)
or at the door.

#### WILDLIFE WATCH by F & J Pascoe

Most people are aware of the presence of birds of prey – raptors as they are known to 'birdy'people – around Killearn.

The parrot-like bird sitting on wires is a kestrel, seen much less frequently than it used to be, while the buzzard is probably the commonest raptor around. It is recovering from the persecution and poisoning of the 20th century. Sparrowhawks buzz our garden bird tables, but a peregrine in the garden is a rare treat.

Unfortunately, the one that visited us in January was a young one in deep trouble. Friends departing our house in the gathering dusk admired our latest garden ornament – sorry, what ornament? Sitting in the yard was this special bird. Hunched and miserable, it shuffled towards our door as if seeking shelter and help. We managed to get it in to a box, but it was obvious its wing was broken near the 'wrist'. The vet gave us the number of a 'bird-competent' friend who hurried round to see. Knowing how to handle it better than we did, he pronounced it very thin and dazed, possibly concussed. After much thought, Calum took it off to the vet who decided it was worth giving it a chance of life.

### **Village Noises**

Those who don't really know village life tend to think of the peace and quiet of the country as contrasted with the blast of noise associated with the city centre. And, of course, up to a point this is true. Killearn has its share of traffic, but so far there are no buskers on Well Green. There is no one selling the *Big Issue* in Graham Road, or the *Evening Times* from a kiosk up the Branziert. But there is plenty of noise about just the same.

Walk down busy Main Street any weekday and you will become aware of it. Can that be the lesser spotted car alarm? Or the greater crested fish van? Then there is the toot of warning outside Spar as vehicles threaten to collide and, further off, the trill of the school bell telling you it's time for coffee. All very bearable sounds.

But stand too long and you will feel the constant slipstream of cars, vans and trucks whizzing past you. I do not complain about the buses – no one does. There's only one an hour and they are invaluable. Nor am I talking about delivery vans, without which the shops can't operate. But who orders up those vast pantechnicons, tenements on wheels, that grind through our rural paradise? Have they lost their way, or do they think Killearn is a short-cut to some industrial estate half way up the Campsies?

There are seasonal sounds in the village, of course, and those associated with particular occasions. You might hear Ian's bagpipes at a wedding, or ceilidh music on a Saturday night from some celebration in the Village Hall. All too often you will hear the roar of disappointment from the pub when the football is on telly. Cross the road,

## **Colourful Killearn** will be holding their AGM in the Village Hall on 28 September 2005 at 8pm – all are welcome to attend.

The work party on 2 April was an easy affair as most of the tasks consisted of pruning, weeding and generally tidying up. We are surprised at comments made when we are seen tending the beds opposite the Co-op – it seems to be generally accepted that these are maintained by the Council but this is not the case: Colourful Killearn planted and maintain these beds.

As well as the generosity of villagers, we are also assisted financially by funding and grants from Stirling Green Force.

Come along to the AGM and find out what we do for the village and even how you may be able to help. Volunteers come and go—it is healthier to have a larger pool to help spread the workload.

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and you might hear Jack playing the church organ, or Strathendrick Singers practising on Monday evenings. And at any time, day or night, there is the omnipresent burglar alarm, just in case you thought things were getting too quiet.

But if you want proper country sounds, sounds that our ancestors would recognise, you can still find them, even in the age of electronic alarms and the all-pervasive combustion engine. Go down the glen in summer time, on a Sunday morning, before the first lawn-mower of the day. You will hear the ripple of the burn, the wind in the trees, the hum of insects, the song of birds, and the bleat of sheep. Sometimes the church bells sound in the distance, their ancient message resonating in the air, but only if you've left it late. Go early. Breathe in the scent of drifted wild flowers, and listen. The village then is peaceful, serene, but never silent. Joyce Begg



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#### **Drymen Show Schools Results**

Although the Drymen Show was a washout in May and has been rescheduled for August 20, the Schools' Tent competition went ahead. The Killearn Primary School results are listed below. Congratulations to all the winners.

**Exploring our Environment Category**: Killearn P1 *merit*; Erin Edwards, *merit*.

Group Activity: Killearn P2, merit.

Young Artists: Lynsey Cumming, merit.

**Young Craftperson**: Kirsten Tempest, Rachel Maitland, *merit*.

#### Young Poet:

**G1**: 1st Robyn Whyte; 3rd Jennifer Skelly; **G2**: 3rd Ellie Cairns. **G3**: 3rd Christie MacLeod. **G4**: 1st, Ruairidh Clark.

**Young Writers**: **G1**: 3rd Harry Hutchinson. **G3**: 1st Gwyneth Evans. **G4**: 2nd Claire Cooper.

#### Killearn Hospital Redevelopment

A community workshop was held in the Village Hall on 8 March 2005. Led by Howard Liddle of Gaia Group Architects, the workshop centred on local ideas for the redevelopment of the site. The minutes of this meeting can now be viewed on the Community Notice Board and at the Dumgoyne Post Office.

Ongoing meetings have been held between the developers, their representatives and the council and public bodies to quantify decontamination and site clearance costs. A recently-received report has quantified these costs at £4.5 million. A development proposal will be prepared taking into consideration preferences voiced at the public meeting along with relevant cost implications.

A further public meeting will be held to discuss these proposals in the autumn.

G. Sword

#### Killearn Village Hall

On 18 February 1949, the Kirk Session set up a Deed of Trust for the old church building with the aim of promoting the 'physical, social, moral, intellectual and spiritual wellbeing of the inhabitants of the Parish of Killearn'. In 2005 the Management Committee are still attempting to fulfil those obligations.

Later changes in the constitution brought about the transfer of ownership of the Hall to the local authority and with it the responsibility for the fabric of the building and keeping it 'wind and watertight'. The management and control of the Hall remained in the hands of the annually-elected management committee with representatives from the Kirk, the Council and local organisations. In 2004 we were granted recognition as a charitable body.

Our aims today are to provide in the village, for any group or individual, suitable premises with appropriate equipment for a multitude of different activities. An equal opportunities policy is practised and we welcome people of all ages, genders, ethnic backgrounds, the able bodied and disabled. All we ask is that users respect the property and other users so that it can be kept clean and in good repair.

In furtherance of these aims we are well supported by Stirling Council, who maintain the building and never fail to respond quickly to emergency repairs. The Council also make an annual revenue grant to the Hall which helps to pay some of the essential running costs and enables the committee to keep rental charges at a low level.

The committee try to make improvements within the Hall for the benefit of users. The installation of the heavy sound deadening curtains last year and the purchase of a modern public address system has effected a huge improvement



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in the acoustics of the building. We are looking forward to some new stage productions and it is then that we really hope to reap the benefits. If you have any ideas for other improvements (apart from better heating which we are working on!), please let us know.

Our utilisation last year was 11% on private functions (weddings, parties, discos, ceilidhs), 48% on youth activities (dancing, toddlers, guides, brownies), 13% on sports (badminton groups), 20% on meetings (Masons, Monday Club, Football Club, WRI, Kirk, etc.) and 8% others.

Following the sad loss of Graham Pollock, our Chairman for 12 years, the management committee need to have some new members, so if you would like to join this worthwhile activity please contact either of the officers listed below. We are also desperately in need of a new Hall keeper so please get in touch if you would be willing to undertake these (paid) duties.

If you would like to book the Hall or discuss any function, please call Jane Hunter (550322) or Michael Pell (550328).

M. Pell



### LETTERS

We welcome letters from readers. Please include a full name and address (not necesarily for publication). Contact addresses on page 19.

We reserve the right to edit letters.

Dear Editor,

When I heard that I had won the crossword competition in the Killearn Courier I was very surprised, as cryptic crosswords are not my forte. I was even more surprised to be offered a prize of four tickets for the King's Theatre (I hadn't read this bit carefully when entering the competition). I chose to go to see *Thoroughly Modern Millie*. My daughters joined me to see the show and we had a very enjoyable evening. Many thanks to *Killearn Courier*.

Good wishes for the next edition Di Jackson.

Dear Editor.

Whilst reading the last issue of the *Killearn Courier* I came across the term "summer ice" and was unsure of its meaning! Could you possibly give the definition please? Thank you!

Siobhan Wilson

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2 Westerton Workshop



Strathendrick Rughy Club's ground is in Fintry, one of the most attractive in the country on a bright day, but intimidating on a bleak, wet afternoon! Although only a junior club, 'Endrick is a busy, ambitious outfit with fantastic facilities and a noble tradition of 'punching above its weight'. It has three pitches and four changing rooms, and shares the excellent Fintry Sports Club bar, lounge, gym and sauna with the Bowling and Squash Clubs.

Boys and girls officially start playing at the age of 8: *Strathendrick* has almost 70 junior rugby players organised into yearly age groups from P4–P7, led by a pool of qualified coaches. Meeting on Sundays, the emphasis is on fun, fitness and participation whilst developing basic running and ball skills. New recruits are welcome in all parts of the Club. To find out more about the *Minis*, contact *I. Somerville* (550842).

The Club works closely with *Balfron High School* at secondary level – providing coaching, team organisation, matches and player development. This year the *Midis* will run teams at S2/under 15 and School 1st XV/under 18 level, but players of all ages will be happily accommodated.

The club runs three senior teams: the 1st XV will play in the *National League Division 5 West A* this season with many promising young players. The 2nd XV will play in the *Scottish 2nd XV League Division 5 West*, whereas the 3rd XV – mostly youngsters and oldsters that can't quite bring themselves to retire! – play 'friendlies'.

The club has a 'lively' social scene with both formal events and informal sessions – often at the Old Mill Inn. So whatever your age, experience, ability or gender, if you'd like to get involved you'd be more than welcome.

For more information, contact N. Hawkins (550576).

The Paths Group of Killearn Community Futures Company would like to hear from you if regularly walk in the area, either for fun, or to exercise yourself or the dog. We are currently preparing a map of paths in Killearn area with two aims in mind:

- 1. To aid Stirling Council in preparing its Core Paths Plan,
- 2. To prepare and publish a booklet of local walks.

Please email a short description of your favourite walks to <a href="mailto:peter@kcfc.co.uk">peter@kcfc.co.uk</a> or ring 550269 to arrange a talk with you. If you would like to join the group, you will be welcomed.

We would particularly like details of less well-known routes.

"This is OUR moment, OUR time, OUR chance, to stand up for what's right.... We can't fix every problem but the ones we can we must ...

This is our chance to make history by Making Poverty History..." Bono, Live 8 London concert, July 2005.

The concerts are over. The G8 summit has ended. The whole point of the concerts was to raise awareness of what is happening in African countries and, hopefully, once everyone knew the details they would want to help.

A month on, however, and still people in Africa are dying of curable diseases. We need to keep up the pressure on the G8 leaders and show that we care about the death and devastation as much as we did about the concerts. What can we do to help? We as a community can:

- sign petitions,
- write to our MPs,
- buy fair trade goods when shopping ...and much more.

Write to the *Killearn Courier* and tell us your ideas on what the people of Killearn can do to help make poverty history... S. *Wilson* 

**NHS 24** was an initiative set up by the health service to provide a comprehensive, coordinated 24-hour cover across the primary health care service. It has evolved during its implementation to allow for other changes in the service such as the ambulance service rationalisation, the European working time directives and the GP contract changes. Killearn Community Council was invited to send a representative to visit the new NHS 24 facility for our area.

There are 3 Call Centres in Scotland, with Forth Valley situated in the newly-built unit in the shadow of the Forth bridges. This centre is linked to three health authorities, NHS Scotland and the local primary services in its cover area (for most of us, this means Killearn Health Centre).

The call centres are made up of operators, qualified nurses and special support staff (i.e. pharmacy cover) and is staffed 24 hours a day. They receive information from the health boards, health centres and health information service, thus enabling them to carry out their three main tasks.

Information This includes how to gain more information on health needs – such as diabetes, heart disease, etc, and how to contact both statutory and voluntary organisations or services, such as local pharmacist or nearest health centre or bereavement counselling services.

Advice Help and advice on issues in the media, such as recall of baby milk or fears around a medication. All information on these issues is held on NHS 24 computer systems and they have note of any health issues such as infectious disease outbreak in any area.

Out-of-hours health support, with advice and links, is probably the main area of service. With the changes in GP working contracts there is rarely out-of-hours cover from your local GP. (In Killearn all calls outwith surgery times should go to NHS 24.)

Statistics for the service so far shows an increase in efficiency and response records. Centralising and computerising the service not only supplies an efficient service for the patient but helps the NHS disseminate information better and gather statistics and information – for example, isolated cases of an illness around the country can be seen as a cluster outbreak when brought together in a central database. NHS 24 is, however, dogged by bad press like any new service under the spotlight, and incidents make the news which previously would not. It was heartening, therefore, to see the letters of thanks for services rendered on the walls of the staff lounge.

Heather Wright, KCC

#### sponsor of the PRIZE CRYPTIC CROSSWORD

Set by PeeWit

#### WIN A FAMILY OUTING

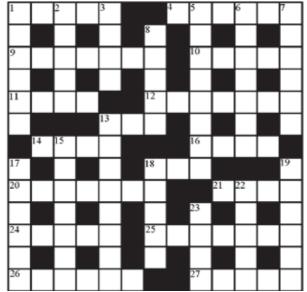
Solve the crossword, fill in your name and address, and place it in the box in Spar.

The first correct entry to the crossword drawn out of the box after the closing date will win a Family Ticket to the King's Theatre, Glasgow.

The winner may choose a show of their choice, subject to availability and restrictions on certain days.

Closing date - 30 September 2005





#### **ACROSS**

- 1 Brian first takes the fastener to deny entry (5)
- 4 Stupid Angle (6)
- 9 Film preview for sale or rent (9)
- 10 Church painting shows the way (5)
- 11 See 3 down (4)
- 12 Wander about with red mane (7)
- 13 10 is about a member (3)
- 14 Cockney has a strong odour, the court might order this (4)
- 16 Assistant puts last brainwave first (4)
- 18 Stop in Oban (3)
- 20 A 100 measure is certain to blame (7)
- 21 Came about top (4)
- 24 The camel ate inside to exalt (5)
- 25 Take a last nap for an evaporator (7)
- 26 A tea tray leads to an agreement (7)
- 27 Sounds this will stop the wedding on the contrary (5)

#### **DOWN**

- 1 Improved by putting money on the dogs (6)
- 2 Love rain about when broadcasting (2,3)
- 3,11ac,19,23 Here members serve (8,6,4)
- 5,13 High in the village (8,8)
- 6 A nude Di didn't need help (7)
- 7 I enter complete (6)
- 8 Hobo ends quietly on vehicle (5)
- 13 See 5 down (8)
- 15 Aged son about to fall in a hole (7)
- 17 A grave French one has a regional voice (6)
- 18 The finest contains a brute (5)
- 19 See 3 down (6)
- 22 Chicken with hat on (5)
- 23 See 3 down (4)

Name	••
Address	Phone No

Congratulations to the winner of our last Cryptic Crossword Competition:

Solution to the last edition. Across 8. Hip; 9.Congleton; 10 Ionic; 11 Courier; 12 Killearn; 14 Crow; 15 Flag; 16 Unheeded; 20 Oneness; 21 Toddy; 23 Erudition; 24 Tae *Down* 1 Shriek; 2 Open; 3 Icicle; 4 Anachronistic; 5 Flour; 6 Stair Rod; 7 Andrew; 13 Leave Out; 15 Flower; 17 Extent; 18 Drymen; 19 Benin; 22 Data

TOYTELGTRLG	1. Road with thatched-roofed house Loan				
MOTHEADRIGG	2. Minister's Surname				
E M E C N M L U E M O G G L O Y P O O C E D I G O L O S C C A G N M O L L G O N I N E M R L D A N N W T D B O	Rearrange MASPNOL to get a road  The Mill Inn  A place to play ballgames  What colour is the road at the END of the village?  Name the local distillery  This shop is all mixed up OCPO  Name the square where the garage is situated  The month the school starts back  Its a tree, a road and the opposite of younger				
L E N M E E I L C M N	12. What used to be on Wellgreen? A				
EADELTSUGUA	Find the answers to the questions about Killearn in the wordsearch				
$C\ A\ X\ L\ G\ E\ B\ M\ U\ R\ D$	and circle your answers in the grid. Enter your name and address, and place your completed word grid in the box in Spar.				
OLEEELGEUIE	Closing date – 30 September 2005				
The first correct entry pulled out of the box after the closing date will win a £10 Spar voucher.					
Name Ado	dress Phone No				

#### 1st Killearn Boys Brigade

This year has been a very successful one for the company. Apart from our normal programme, we have introduced new activities. Our annual trips of ski weekend and summer camps were both well supported and successful, helped by good weather.

This session we celebrated our 50th anniversary, at which many former BB boys and officers came along to join in the activities of the evening and renew old memories. The evening was an outstanding success and enjoyed by all.

As usual we held our fundraising event and plant sale in May. We also raised money for the *Erskine Veterans Hospital* by holding a car

wash. This year helped *Colourful Killearn* by planting bulbs at Main Street and Beech Drive. We also assisted the *Round Table* and *the Kirki*n the delivery of both the firework leaflet and church contact details.

Our numbers in the company have steadily increased over the years, but we still are keen for new boys join the company.

The start of the next session will be Thursday, 8 September 2005. We look forward to the next session being as successful as the year just past.

A. Smith



Peter Higgins receiving the President's Badge from The BB President John Neil. OBE on 14th June 2005

Sections meet in the *Church Hall* on a Thursday as follows: The Anchor Section (*ages 5 to7*) meets from 6:45pm; The Junior Section (*ages 8 to10*) meets from 6:45pm; The Company Section (*ages 11 to 16*) meets from 7:45pm



Killearn Football Club shows off its new strip, sponsored by The Black Bull Hotel. The team are currently top of their league and have already won the Margaret White Cup. Full report on the season in the next edition of the *Courier*.



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#### Would you like to try a new sport? Would you like to play badminton?

Come along to the Village Hall on Tuesday mornings (when school is in) between 9.15am and 11.15am.

Young children are welcome to come along. The players take it in turns with the creche to allow you to play. It is an easy way to meet people and get some exercise. Cost is £2 a morning. For more information contact Sue on 550485.

See you there



#### Published by Killearn Community Futures Company

All communications should be addressed to 20 Station Road, G63 9NU or courier@kcfc.co.uk



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## Fish and Chips a Great British Tradition "The Nations Favourite"

Black Bull Hotel's Fish and Chip Night Tuesday 5.00pm - 9.30pm £7.95 per person

There's nothing more British than fish and chips. Eaten with salt and vinegar, fish and chips is one of our Great British institutions.

#### **Humble Beginnings**

Where did this famous culinary delight originate? The simple answer is that no-one really knows. We do know that fish and chips developed Oseparately - the French invented chips or 'chip au pommes de terre a la mode' (from the humble potato commonly believed to have been bought to Europe by 5ir Walter Raleigh in the 17th Century) and in 1839 Charles Dickens referred to a 'fried fish warehouse' in Oliver Twist.

#### Deep Fried Fillet of Haddock

in a home made batter served with Garden Peas and Sauce Tartare with a twist of lemon. Slice of Bread and Butter and a Cup

#### Side Orders

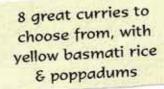
Curry Sauce	F0 95
pide zajad	F1 95
won & Butter	FD 95
Coffee	£2.10



## ... Happiness is chip shaped

## A Taste of India...

Black Bull Hotel's Curry Night Thursday 5pm - 9.30pm f6.95 per person



#### Chicken Korma \

A traditional, mild and sweet curry, made with chicken breast and cooked with yoghurt, coconut, cream and fresh

#### Lamb Dhansak

Tender pieces of lamb with lentils, onions and cumin, cooked in a rich, medium spiced tomato and yoghurt sauce.

#### Chicken Tikka Masala 👢

Tender pieces of chicken breast, marinated in Tandoon spices and cooked in a delicate masala sauce.

#### Vegetable Tikka Masala 💗 🐛

Stir-fried vegetables, seasoned in Tandoori spices, mixed with a creamy onion, tomato and fenugreek sauce, giving a slightly smokey taste

#### Lamb Rogan Josh 🕔

Tenderly cooked off-the-bone lamb with onions tomatoes and pimentos, in a rich, medium sauce.

#### Goan Prawn

A sweet and sour, medium spiced prawn curry, with flavours of fenugreek, cumin and gartic, plus a unique tang, from the use of malt vinegar

#### Beef Madras

Beef, cooked in an onion, mustard and curry-leaf-tempered sauce, with a unique flavour of coconut, combined with cumin, coriander and fenugreek.

#### Chicken Vindaloo

A very spicy and tangy dish of mannated chicken, cooked in an onion and tomato sauce, with cloves, cinnamon, vinegar

#### Side Orders

Bombay Potatoes	11.75
Onion Bhajis	£1.75
Chips	£1.75
Naan Bread	f1.25
Mango Chutney	£0.95
Spiced Onions	£1.75

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