

The logo for 'Killearn Courier' is displayed in a stylized, white, serif font with a blue outline. The word 'Killearn' is smaller and positioned above 'Courier'. The background of the logo area is a blurred image of a rural landscape with a house and a chimney.

Killearn. Courier

ISSUE 37

SPRING 2017

£1





Nicola Stewart from Killearn married Philippe Noël from London on 22 October 2016 at Duntreath Castle. Family and

friends from far and wide enjoyed a beautiful day. The couple are based in London, and both work in the banking industry.

Back to Basics for the Market



The popular Killearn market is going back to basics this spring, with a focus on food. The fabulous pop-up tearoom run by Tennis Club is back. We will have bread, regularly supplied by the village delicatessen, Hewitt & Aker, and we are busy sourcing new food stalls.

We are also liaising with Balfour High School fundraising group to facilitate a ‘bring-and-buy’ uniform stall. And why should occasional workshops only be for Christmas?

Of course, we could really use a few volunteers, and we’d really welcome any budding (or retired) marketing mogul on board.

Find us on the first Saturday morning of the month in the Village Hall, from 10am–1.30pm.

Hello and welcome to the first *Courier* of 2017. Who would have thought that we would still be going after all these years? Well, we are and with the team we’ve got, which includes our Cubs, I reckon we’ll be around for a few years yet.

Believe it or not, we get letters, emails and such from readers which we don’t necessarily publish. What! I hear you cry. Well, the reason is because modesty sometimes forbids. For example, we got one Christmas card last year in which the sender wrote, ‘Thank you so much for the *Courier*; it just keeps getting better and better and lets us know what’s happening in the Village.’ This sort of recognition makes it all worthwhile.

This being the spring issue, we thought we would get away from the traditional bluebells and come up with something else which is a harbinger of the season and what better than newborn lambs? I hope you like our front cover.

This then led on to giving this issue a sort of nature feel and inside you will see stunning wildlife photographs, some of which took many hours of sitting still waiting for the right moment to take the shot (see page 19). (...not me personally, you understand!)

We have articles from our regular contributors, one of which is particularly apposite to the current situation regarding our rubbish bins (see page 5); tongue-in-cheek stuff, but very topical.

In this issue, we have managed to include everything which has been sent to us, plus the articles we had to hold back from the last issue, and I think this is due in no small way to contributors keeping their submissions mainly to no more than 500 words. We’ve been able to get back down to 40 pages, which will please our volunteer deliverers no end.

Once again, this issue has all sorts of interesting material between its covers, which I hope you will find informative, enjoyable and useful. After all, the *Courier* is your newspaper and you make it what it is.

Enjoy this issue.

Ian

Our thanks go to Lucidity Images (www.lucidityimages.com) for kindly providing the cover image.

Noticeboard

- 13 Mar **Strathendrick Rotary Club** meeting. Club Room, Village Hall, 6.30pm for 7pm, thereafter the first and third Monday of every month. Contact Ali McLean (550826; alimclean@hotmail.co.uk).
- 15 Mar **Killearn Kirk Guild AGM** followed by evening meal and entertainment by Joyce Begg. Kirk Hall, 7.30pm.
Killearn Community Council meeting. Primary School, 8pm.
- 16 Mar **Thursday Club** meets in the Kirk Hall, 2pm–4pm, and thereafter every Thursday. For all over 60s. Contact Peggy Gardner (550558).
- 17 Mar **Strathendrick Film Society** showing *The Butler*. Balforn High School Theatre, 7.30pm. £4 entry.
- 23 Mar **Drymen & District Local History Society** Talk by Dr Clare Wilson, ‘An Illicit Whisky Chaser: rediscovering the hidden history of whisky production’. Drymen Village Hall, 7.45pm. Non-members welcome, £2 admission. www.drymen-history.org.uk
Killearn Kirk Messy Play. Kirk Halls, 9.30–11.30am for ages 0–5 years.
- 26 Mar **Strathendrick Singers** 40th Anniversary Spring Concert. Carl Orff’s dramatic cantata *Carmina Burana*, and the première of a new work written specially for the choir by Aran Browning, a very talented young graduate of the Royal Conservatoire of Scotland. Killearn Kirk, 7pm. Tickets £10 from choir members, at door or contact secretary@strathendricksingers.org.uk.
- 29 Mar **Killearn Health Centre** closed for staff training.
- 31 Mar **Killearn Golden Years Club** Annual Dinner. Kirk Halls, 6.30pm for 7pm.
- 4 Apr **Killearn Kirk Mini Messy Maker**. Kirk Halls, 1pm–2.30pm for ages 0–5 years.
- 7 Apr **Strathendrick Film Society** showing *Brooklyn*. Balforn High School Theatre, 7.30pm. £4 entry.
- 13 Apr **Killearn Kirk** Maundy Thursday Service, 7.30pm.
Killearn Kirk Messy Play. Kirk Halls, 9.30am–11.30am, for ages 0–5 years.
- 14 Apr **Killearn Health Centre** closed. Online prescription ordering service available throughout holidays at www.killearnhealthcentre.com.
Strathblane Church Good Friday Service, 7.30pm.
- 16 Apr **Killearn Kirk** Easter Service, 10.30am.
- 17 Apr **Killearn Health Centre** closed.

- 19 Apr **Killearn Community Council** meeting. Primary School, 8pm.
- 22 Apr **Killearn Country Market**. Killearn Kirk Hall, 10am–1.30pm. Contact Gwenda Watt (gwendawatt@yahoo.co.uk).
- 24 Apr **Monday Music** summer term starts. Kirk Hall. For children 0–5 years. Also in Fintry, Balforn and Strathblane. Contact Clare Cushing (550166 or cecushing@btinternet.com).
- 27 Apr **Drymen & District Local History Society** members’ night and AGM, preceded by cheese and wine. Drymen Village Hall, from 7.15pm. We hope to be able to show copies of old films of local interest recently acquired from the Moving Image Archive. www.drymen-history.org.uk
Killearn Kirk Messy Play. Kirk Halls, 9.30am–11.30am, for ages 0–5 years.

- 1 May **Killearn Health Centre** closed.
- 2 May **Killearn Kirk Messy Play**. Kirk Halls, 1pm–2.30pm, for ages 0–5 years.
- 17 May **Killearn Community Council** meeting. Primary School, 8pm.
- 20 May **Killearn Horticultural Society** plant sale and coffee morning. Village Hall, 10am–12 noon.
- 25 May **Killearn Kirk Messy Play**. Kirk Halls, 9.30am–11.30am, for ages 0–5 years.

- 6 June **Killearn Kirk Mini Messy Maker**. Kirk Halls, 1pm–2.30pm, for ages 0–5 years.
- 8 June **Killearn Kirk Messy Play**. Kirk Halls, 9.30–11.30am, for ages 0–5 years.
- 10 June **Killearn Golden Years Club** Annual outing to St Andrews. Leave Spar at 10.30am, back at 7pm.
- 21 June **Killearn Community Council** meeting. Killearn Primary School, 8pm.
- 22 June **Killearn Kirk Messy Play**. Kirk Halls, 9.30–11.30am, for ages 0–5 years.

- 19 Aug **Killearn Country Market**. Killearn Kirk Hall, 10am–1.30pm. Contact Gwenda Watt (gwendawatt@yahoo.co.uk).
- 26 Aug **Killearn Horticultural Society** Annual Show. Village Hall, Kirk and Kirk Hall, 2pm–4.30pm. Teas from 2.45pm. Entries to be staged Friday, 7.30pm–9pm, or Saturday, 7.30am–10am. For schedule and enquiries contact Glenda Asquith (550142).

If you have any dates for the Summer 2017 issue of the Noticeboard (end of August until mid November), please contact Heather McArthur (550137; heather.mcarthur@virgin.net).

Grease is the Word!

Last autumn the pupils of Balforn High School staged a highly successful production of *Grease*. For a week in November 2016 the school became Rydell High. Months of rehearsals and preparation culminated in seven high-energy performances of the Broadway musical

In total, 310 pupils were involved in the show. A cast of 165 took to the stage for five nights and two matinees. All principal roles were double cast as there was such a huge range of talent seen at the auditions. Set design,

costumes and make up, front of house and choreography were led by students. A live band was made up of teachers and pupils. The huge involvement from across the school gave everyone a chance to showcase their skills to the community and gain experience in different areas of the production.

A special thank you must go to Mrs Shaw and Suzanne Teed, as without their direction (and countless sleepless nights!) the shows would not have been possible.

KIRSTY MCARTHUR



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

Through your pages, may I ask that the person who seems to regularly exercise their (given the remains) large dog when walking up Station Road pick up after the animal? It has become very unpleasant for walkers, but imagine the difficulties for anyone pushing a pram or other wheeled vehicles negotiating the mess, not to mention runners who discover the 'leftovers' too late!

Yours aye

A. Dog-Lover

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Abbeyfield Killearn News

Abbeyfield continues its busy programme of events and many future events are in the pipeline. Four new members have joined the Friends Committee – Jennifer Anderson, Linda Astley-Jones, Maureen Royston and Irene Sloan – recruited as a result of our request in the last edition of the *Courier*. This brings the total to 14 and makes a welcome extension to our team. We can spread the workload and benefit from the talent and experience from our new colleagues.

Judy McGeachy, who is on the permanent staff of Abbeyfield Scotland, recently completed 12 years service at the House in Killearn. This is no mean

achievement – length of service with one employer is all too short these days. The occasion was marked by a special coffee morning attended by all the residents, Friends and guests, and Judy was presented with a bouquet of flowers and a special certificate of congratulations from Abbeyfield Scotland Ltd signed by the Chief Executive.

Recent activities include Dorothy Gladstone's 90th birthday when a most enjoyable party was held at the House with all her family, an outing to the excellent production of *Grease* at Balforn High School and the FADS pantomime *Jack and the Beanstalk* at Fintry.

The residents have also arranged

some of their own in-house activities with Isobel Roach (Mrs Motivator) organising well-attended weekly exercise classes which are not for the faint-hearted. The residents work very hard with their training programme and Abbeyfield Killearn must have the fittest and most supple residents in the organisation. Just before Christmas, Fiona Glass supervised a couple of art classes which culminated in the residents producing their own Christmas card design with Fiona's guidance.

Friends of Abbeyfield Killearn look forward to another busy year working with our residents and enjoying regular events and also some new activities.

abbeyfield
scotland

A Bevy of Bins



Nostalgia is a great thing, isn't it. I remember seeing two elderly ladies being interviewed on telly on the morning after the European Referendum, saying how wonderful it will be to go back to the way things used to be. Of course things are never going to go backwards. Whatever were they thinking of? Who wants to go back to no central heating and ice on the inside of the windows? Who wants the choice of winter vegetables to be turnips and carrots and a bit of cabbage? I'm not suggesting that membership of the European Union saved us from all that, but folk do tend to look at the past through rose-tinted glasses, myself included, I suppose.

Am I the only person who thinks longingly of the time when we tossed all our rubbish into one bin, and a friendly scuffy came and took it all away? Of course, Stirling Council are to be congratulated for their policies on recycling – there's no argument about that – but if they give us any more bins, we may end up with no space in our gardens for flowers. At our house, we are lucky in having a small niche beside the garage where we can stand them, with only one or two spreading on to the actual garden. But not everyone is so blessed. And on collection day, whole streets can look terrible. I happened

to be driving back from Gartmore recently, and passed one lane which debouched on to the Aberfoyle road and had at least 12 assorted bins lined up along its length. Tourists will think they've hit the breeding season.

It's not so bad in winter, when a general drabness covers the land. They can actually look quite appealing in the snow, with a jaunty white cap covering their functional dullness, but they're never going to be bonny, are they? And come the better weather, and the possibility of sunshine, their lack of glamour is going to be even more apparent.

Could that be the reason for the Council's foray into bright blue? What other reason could there be for giving us the colour of bin that borders on blinding? Is it so that the bin men can pick them out amid the general gloom? Perhaps they wish to discourage us from the demon drink by giving us a bin that necessitates donning Ray-Bans every time we puts the beer cans out – particularly challenging at the festive season. Surely there is a middle ground between dull and painfully bright.

There may be a solution to the problem. We could turn the bins into garden ornaments. Who needs a water feature or a gazebo when we could have an installation of bins? Each garden could have a lawn or rose bed dedicated to high art of a plastic kind, which would have the added benefit of cutting down on the gardening. Of course, the thing would have to be dismantled once a week as each bin takes its turn standing on the pavement, but that might well stimulate our artistic senses to create a new design every time. There could be any number of variations on the wheelie bin theme, especially if you include the blue box. It would give a whole new meaning to the 'Best Garden Viewed from the Road' category in the Flower Show. There could even be a new class entirely for the piece of garden architecture most likely to win the Turner Prize.

JOYCE BEGG

Beware Telephone and Email Computer Scams

There has been another spate of scam telephone calls, allegedly from Microsoft, BT or even Apple, about internet faults. They suggest you might have been experiencing slow speeds or the need to reset your router (hub). The cold caller also suggests an internet problem: either your computer is causing issues or you've experienced the computer running slowly. The caller may claim to be working for the 'BT Technical Department' and is even willing to give you a telephone number. People have reported the caller rings back several times and threatens that you will be cut off if you don't follow their instructions.

Now, we've all experienced slow speeds from time to time so

the problem is known and the call is therefore more likely to seem genuine. These calls have nothing to do with BT, Microsoft or Apple. None of these companies or your internet service provider (ISP) will cold call you in this way.

These criminals have added a new twist to an older scam: they can now hold your computer for ransom. If you give them access to your computer, they will modify the system and add a password only known to them and they will demand payment to allow you back into the machine. Worse still, they could gather personal or financial details, or compromise information from your files. It may be possible to sort out most of these problems

afterwards without affecting the rest of your system, but you'll probably need a specialist and that isn't free, either.

How can you stop this scam? You can ask them for a phone number, *but don't call it* – pass it on to Trading Standards eCrime Team (tradingstandardsecrime.org.uk/report-fraud/), BT or your ISP. Even if you just hang up, please do report it.

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App of the Issue: RingGo

Paying for parking can be annoying. Sometimes it can be downright infuriating. Maybe the only ticket machine in sight isn't working; or you aren't sure whether you should pay that extra £1.20 for another hour, in case you're 10 minutes late, or take the risk and end up with a beautiful new parking ticket decoration on your car. Whatever the problem, I'm sure you'll be glad to know there might just be a solution: RingGo.

You see, RingGo allows you to buy or top up your parking ticket from your phone. No longer will you have to sprint out of a café meeting with a friend to top up at a ticket machine or nervously powerwalk back to your car with your fingers crossed, eyes peeled for the traffic warden. Now, because RingGo texts you when you have 10 minutes left, you can stay in your seat and comfortably extend your ticket using your car registration number, leaving yourself with peace of mind instead of out of breath.

RingGo doesn't just let you buy tickets, it also shows you where all the parking using RingGo is situated and can give you directions, too, making them swift and easy to find. RingGo is set up to work with over 100 local authorities across the UK, including Glasgow and Edinburgh, making it useful all over the country. And to top it all off, the app itself is free. So, what are you waiting for?

KAY MACKENZIE



360 Property Services

You may have noticed a couple of vans with smart green and black graphics – 360 Property Services and 360 Electrical Services – parked outside properties in the area. The business was formed six months ago by directors Billy MacFarlane, a Balforn-based electrician with over 20 years experience, and Andy Wilson, who was the man behind the successful local business, Handy Andy.

The thinking behind the collaboration was to bring the trades together so customers can have work done professionally and efficiently. Billy explained, 'Customers can struggle when organising repair, maintenance or renovation projects around their property. Each job needs different tradesmen in at different times. Trying to get independent tradesmen just when you need them can be impossible, so we had the idea to bring the trades under one roof, and can now offer a unique and comprehensive service to our customers. We can take on a job and project manage so that everything is completed as and when it should be, at no extra cost to the customer.'

The result is a company that can take on a job, and see it through from start to finish, using a reliable and skilled handful of friendly local tradesmen. The team at 360 adhere to old-fashioned principles when it comes to their work and the company ethos is based on trust, competency and integrity in all the work they undertake. The result is a forward-thinking company with the skills and values that most homeowners look for when choosing reliable tradesmen. (See ad opposite for contact details.)



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Home-Start Stirling



Home-Start Stirling is a local independent charity that supports families who have at least one child under the age of five and are experiencing difficulties within their life. An established charity within the urban areas of

Stirling, Home-Start supports about 59 families a year – this equates to about 125 children.

Home-Start has recently been awarded funding to expand their service to include families from the rural areas and increase the number of supported families to around 73.

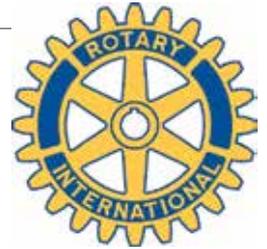
The service is managed locally, but is supported by the national organisation which offers training, information and guidance to ensure consistent and quality support for parents and children.

Home-Start relies on volunteers and is keen to recruit volunteers from the rural areas. The home visiting service volunteers are parents themselves and are trained and supported by the Stirling coordinators. Volunteers provide weekly support within the family's own home with practical help, listening and companionship.

Visit www.homestartstirling.org.uk for more information about the service or contact Rachel Keenan (01786 476782, admin@homestartstirling.org.uk).

Rotary 'Weighs' in for Charity

In early 2016, Pamela Maxwell – very proactive Rotarian – decided to start a new fundraising project for research into motor neurone disease following the diagnosis of one of our members.



Pamela led the Club organising a sponsored weight loss among members and friends, regularly weighing folk and keeping records of participants' weight losses. At the end of the event the Club had raised £500 which was donated to MND Scotland.

Strathendrick Rotary Club continues to meet on the second and fourth Monday of the month at 6:30pm in the Village Hall Garden Room. Following the meeting, members and guests may then enjoy a two-course set dinner for £12 followed by tea/coffee in The Old Mill's yurt.

Anyone who is interested in joining us and discussing charitable projects or fundraising events would be very welcome.

Contact Ian Dickie (550639) or Ali McLean (550826) or visit strathendrickrotary.org.uk.

ALI MCLEAN

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- General maintenance

Trade references available for all aspects of work.

From the Archive: A Killearn–Kiwi Romance

This origin of this article involved two entries which we spotted in the Stirling papers. First, in June 1918, a Mrs Kent-Johnston of The Spittal reported that her husband had been gassed and was in hospital. Second, the notice of the birth of a son on 19 September of that same year at Spittal to the wife of Lieutenant W.F. Kent-Johnston.

Robert Hunter managed to track down Walter Frederick (Fred) Kent-Johnston in the World War I records. He was the son of the Town Clerk of Otahuhu, near Auckland, New Zealand, who at the time of his enlistment in October 1914, was working for the New Zealand Post Office in Palmerston North. He enlisted as a signaller in the New Zealand Field Engineers, but transferred around 1917 to the Royal Field Artillery, based in Woolwich.

The next discovery was a record of the marriage of Fred to Agnes G. Brown (Nan) in November 1917 at Woolwich. A search of the 1901 census produced an Agnes Brown in Killearn and further work on the 1891 and 1881 censuses confirmed that her mother was a Gilmour from Burnfoot Farm at Glengoyne (so 'G' was a likely middle initial). This has been confirmed by the inscription on her parents' graves in the Old Killearn Churchyard, which gives their then address as Spittal.

A query to one of the Imperial War Museum volunteers about a possible identification for Nan, led to finding her biography in the Dictionary of New Zealand Biography.

During World War I, Nan helped on the farm and did some nursing assistance, but she probably met Fred while working in a club in Glasgow, providing meals and entertainment for soldiers on leave. She also worked in a munitions factory, which was probably at the Woolwich Arsenal, before returning to Killearn for the birth of their first child. Charles Walter was baptised at Spittal by Rev. Gordon Mitchell on 20 October 1918. A daughter was born subsequently.

Fred returned to Auckland with his new family in 1919 and resumed his job with the Post Office. At various times, they were based in Hamilton, Christchurch, Napier, Hastings and New Plymouth. In 1947, they settled in Napier, when Fred became the chief postmaster.

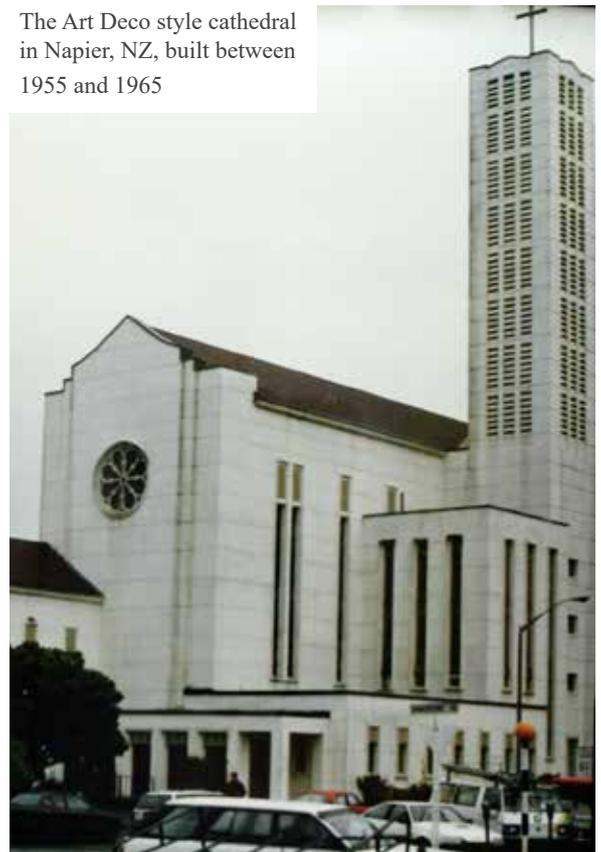
Nan involved herself in many community matters. In Hamilton, she became the first woman to serve on both a YMCA board of directors and a school committee. In Christchurch, she gave weekly cookery broadcasts, led a deputation to the Parliament calling for a new obstetrical hospital and served on a government Committee of Inquiry into maternity services.

During World War II, she organised clubs entertaining soldiers on leave and assisting the wives and mothers of serving men. In Napier, she became involved in the Napier Rehabilitation Committee, which was helping to restore the city after the devastating earthquake of 1931. She also founded the Council of Good Neighbours for St John's Cathedral and published a cookery book in 1950, to raise funds for the rebuilding of the cathedral.



The Brown gravestone in the Old Churchyard

The Art Deco style cathedral in Napier, NZ, built between 1955 and 1965



Nan was awarded the Coronation Medal in 1937 and the MBE in 1946 for her community work.

In 1972, Fred and Nan returned to Christchurch, where they celebrated their diamond wedding in 1977. Fred died in 1979, aged about 86 and Nan in 1981, aged 87.

Major Charity Award for Killearn Vet

Professor Derek Knottenbelt from Killearn has been awarded the Point of Light Award by Prime Minister Theresa May. The award, founded in 2014, recognises 'outstanding individual volunteers' across the country. Derek was given the honour for his work raising more than half a million pounds for charity.

In 2012, he and like-minded colleagues set up 'Vets with Horsepower' to raise funds to support charities that improve the welfare of children, horses and donkeys in some of the poorest parts of the world. Vets with Horsepower have travelled by motorbike on a series of expeditions around the UK, across Europe to Morocco and St Petersburg, and around South Africa. On each trip they stop along the way to give training to vets, nurses and horse owners. All the funds they raise go to charity.

So far, they've travelled over 15,000 miles on five different expeditions – covering an average of 200 miles a day – and visited dozens of veterinary schools and treatment centres.

These fundraising trips are not without their dangers. Derek came off his bike on a pitted gravel road in South Africa and broke his ankle.



The team completed the trip, and Derek was able to lecture with a plastered leg. His motivation is simple – to improve the lives of the world's horses and donkeys – the beasts of burden which people rely on throughout the developing world. Improving the welfare and health of these animals, he says, radically improves the lives of the families who rely on them.

Derek held the chair of Equine Medicine at Liverpool University until his retirement in 2010, and is now busier than ever as a consultant to Glasgow University and a director of Equine Medical Solutions in Stirling. He was awarded an OBE for his services to veterinary science in 2005.

Derek is already planning the next Vets with Horsepower expedition through Eastern Europe scheduled for the summer of 2017. This year's funding will go to the Ethelberg Children's Home in South Africa, which supports children who have suffered abuse, and the Gambia Horse and Donkey Trust's Educational Children's charity. The vets hope to raise £75,000 this year. Derek had been due to travel to The Gambia in January to open the Trust's 'Derek

Knottenbelt Veterinary Hospital' which was partly funded by previous Vets with Horsepower support, but the government declared a state of emergency and the visit had to be called off. However, the hospital opened on schedule.

You can follow the Vets with Horsepower adventures and support their work on Facebook (www.facebook.com/VwHP2016).



MINERVA

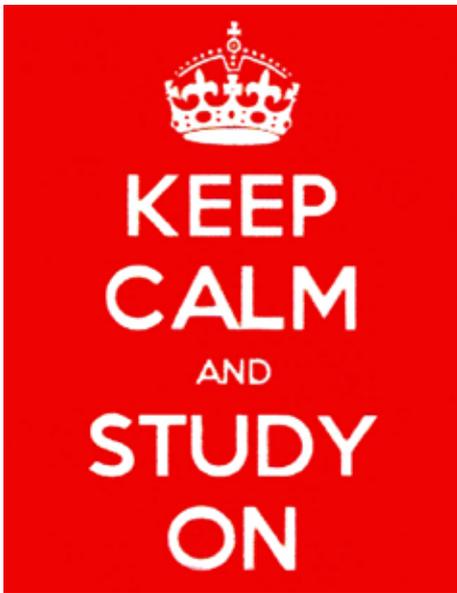
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When the time comes for me to write an article for the *Courier* I always struggle for inspiration. This time the article-writing period happened to coincide with my first-ever exams. This was making it even harder until I realised that maybe the thing I was stressing about so much could be the thing to calm me down. Figuring out why I was stressed and what I could do to stop it would help me and get my article sorted, too. Two birds with one stone.

If you break exams down to what they actually involve, they don't seem so intimidating – some pen scratches on paper. But it's not only words the scratches form, it's your whole future. Thrust upon these fleetingly written letters, numbers and symbols is a huge amount of pressure, power and your future possibilities. These are the most significant things you've ever done so far. You've been working towards them for nearly 11 years – 11 years condensed into about 90 minutes – quite a scary thought.

There's no doubt that pupils receive a huge amount of support from everyone – teachers, parents, and friends. From what I've heard from people who were in school 30 years ago (although it's a mere 15 according to them), we are getting a lot more help than they did in terms of support and supported study from school. There is still a lot of pressure.

Many more people go on to study at university, making it much more competitive to get a place.

Courses that required four Bs and an A before, may now require four As and a B! Many courses don't accept resits, so that means you only have one chance. There's pressure from school: what grades do you want? What grades do you think you can achieve? You need to be studying every night; you should have a study timetable by now.

The worst part is that it's so new. People say there's a jump from P7 to S1, and from S1 to S2 and so on, but everyone agrees there's really hardly any change. Then you move from S3 to S4, and the jump still isn't too bad, so you think, 'this is ok, I've got months till exams.' There is a step up, but it's definitely manageable.

Then it suddenly hits you: essays, assignments, tests, unit assessments. Then Christmas holidays come – finally a break! But no – you have prelims straight after you come back. You resolve to study every day, except Christmas Day and a few others (you need a break), but it doesn't happen and when you go back to school everyone's echoing the same words: 'I should have revised more.'

The stress piles on. You have so much to do, but how to study? You've never done it properly before. Your house is suddenly scattered with flash cards, sticky notes and study guides. You don't want to let anyone down, parents, grandparents, everyone. You're so fed up with looking at books. You never thought it would happen, but you miss being in class, you want to learn something new. You even feel under pressure from you friends, uttering the words 'Yeah, but you'll be fine. You don't need to stress.' This does not help! But remember: if you're stressed, worried and uneasy, then it's most likely that they are, too. All of this is flying around in your head.

In the end, everyone has to take exams at some point. The best thing you can do is try to stay calm and realise that although they are important, if you get a few questions wrong, it's not the end of the world. Talk to teachers if you're struggling, they do want to help. (No, really, they do.) Try studying in different

ways, see what works for you. Take a break. You do not need to study every minute of every day. Make the effort to put it out of your mind even for a few hours. Exercise is good, it's a great stress release and helps calm you down. Try not to make exams the best excuse ever to eat obscene amounts of chocolate, but make sure you get a little.

I hope this article has enlightened you, as it has helped reinstate my sanity. Everyone is feeling the same. And maybe it's helped those of you who were studying 30 years ago (sorry, 15!) to remember how you felt. Keep it in mind that during exam time we may all be a little tetchy.

All I have left to say... good luck!

KIM DENTON

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The Weather Channel

In early November snow fell in Killearn. Snow begins as ice crystals that form a cloud when water vapour freezes around minute solid particles in the middle and upper atmosphere. The individual ice crystals bond forming snowflakes. Once these snow flakes are heavy enough they fall to the ground.

A landscape draped in a mantle of snow is one of nature's finest sights, and many are happy to see snow cloak our mountains, but are less pleased when it lasts too long in the village. The early snowfall did not last long in November.

The Killearn weather year saw very high rainfall in January and February, but a much drier summer and autumn.

Temperatures exceeded 20°C in May through to September with sunny and warm weeks in May, August and September. I cannot recall any severe gale force winds, the highest gust being in August, a month normally relatively free of low pressure systems and their associated high winds.

Altogether we had a fairly typical, if drier than usual, weather year for this part of the West of Scotland.

Yearly Summary for Killearn (2016)

	Jan	Feb	Mar	April	May	June	July	Aug	Sept	Oct	Nov	Dec
Highest Temp	12.6	9.8	14.1	15.8	23.8	26.9	26.9	24.9	22.9	16.6	14.2	13.7
Lowest Temp	-1.3	-4	-3.2	-1.2	-0.1	5.9	7.7	9.2	7.1	1.8	-4.4	-1.1
Mean Temp	4.0	3.1	5.6	6.5	11.8	14.7	15.2	14.4	14.4	10.9	5.6	7.3
Days Below Freezing	9	16	5	5	1	0	0	0	0	0	5	2
Highest Wind Gust	39	25	19	30	23	18	22	43	33	29	30	42
Monthly Rain	206.1	174.4	83.3	85.2	80	48.4	59.0	75.0	67.4	7.0	74.7	84.7
Most Rain in 24 hrs	35.2	29.2	43.2	27.0	18.4	12.0	14.4	26.4	12.2	4.4	13.2	12.4
Days without Rain	4	5	15	13	19	14	14	11	9	25	10	12
Cumulative Rainfall	206.1	380.5	463.8	549.0	629.0	677.4	736.4	811.4	878.8	885.8	960.5	1045.2

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

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The Monzani Trio – Live at the Village Hall

If you were not able to get to the Village Hall on the evening of 10 December, then you missed a welcome musical treat. The inaugural Killearn concert by the Monzani Trio was a splendid advert for the live performance of light classical music.

Youthful and exuberant, this delightful threesome were extremely competent and musically assured. They are a new partnership between good friends, bringing together three outstanding graduates from the Royal Conservatoire of Scotland, the Guildhall School of Music and Drama and the Royal College of Music. As individuals, they are all now making their mark in the musical world. However, working together they chose the name 'Monzani' after Verona-born Tebaldo Monzani, a flute maker who came to London and manufactured many fine continental-type flutes from 1808–29. It is the Trio's leader, Lee Holland, that plays the flute as well as the piccolo, and is based in Killearn. Rachel Spencer, the violinist, and Feargus Egan, the cellist, both live in Glasgow.

The programme they presented was tailored to suit a variety of tastes. Although Haydn was represented by both the London Trio No 1 in C major, Hob IV:1 and Divertimento No 2 in G major, Feargus Egan proved to be a marvellous arranger of well-known Scottish tunes, especially for the Trio's combination of instruments. He also arranged some classical Elgar favourites that followed. One highlight of the first half was the Passacalle from *Mustica Notturna di Madrid* by Luigi Boccherini that was played with guitar-like strumming on the violin and pizzicato style on the cello. Yet another highlight was the performance of a novel Grand Trio for Flute, Violin and Cello, op. 35 by the French composer Eugène Walckiers. Besides being notably tuneful, this piece interspersed many virtuosic parts for each instrument and was particularly well received by the audience.



Besides a Trio Sonata no. 4 by Charles Stamitz, a memorable gem after the interval for refreshments was a performance of *Wake Up!* by the German composer Tilmann Dehnhard. This novelty piece featured both an alarm clock and Lee Holland on piccolo. A bit of play-acting was involved in the carefully choreographed interaction of the piccolo part with the regular beeping of the alarm clock. To finish, Lee simply stamped on the beeping clock to stop it, to much amusement in the audience.

Some further arrangements of Scottish and Irish dance tunes by Feargus Egan brought the concert to an end amidst much applause. If the Manzoni Trio can be persuaded to give a return concert here, come along to the Village Hall, the sound of music is very much alive and well in their hands.

Date for your diaries! The Monzani trio will perform again at 7.30pm on Saturday, 23 September at Killearn Village Hall. Tickets will be available from Lee Holland on 07742 439876 or from local businesses nearer the time

ROY BURDON

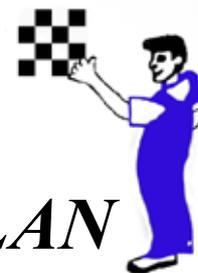
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Strathblane Pharmacy - Alternative Mondays
Torrence - Thursday 9am - 4pm

Village Hall Update

Our committee has expanded again with the addition of Fiona Rennie to help Joanna Donaldson with our booking system, and Duncan Clark is now providing back up on the DIY front. Our sincere thanks to both for their invaluable help and support.

On Sunday, 4 December nearly 130 people attended Nigel Pope and Jackie Savery's wonderfully entertaining presentation on 'The Making of *Highlands*' with dramatic clips from their BBC Scotland series. The surplus from the evening was donated to the RSPB and Strathcarron Hospice. We are now looking forward to their next project!

Killearn Youth Club, under the enthusiastic leadership of Archie Wilson, opened its doors to around 30 primary school youngsters on Sunday, 8 January. The club meets every Sunday from 3pm to 4pm in the Garden Room. We are hoping to include art and craft, theatre, and possibly photography among other activities, and are always looking for new ideas.

Killearn Enterprise Hub is a new venture aimed at promoting enterprise in the Killearn and Balforn area. It is open to anyone who is thinking of becoming self-employed or starting/growing a small business or social enterprise. There is no age limit and we aim to develop a hub which

is open to all. The Enterprise Hub brings together school pupils/leavers, graduates, those looking for a career change and 'mum-preneurs' with local businesses, organisations and the business world in general.

The main aim is to raise awareness of opportunities which might be available to anyone looking to develop a new business idea or grow an existing business, including the provision of work experience, volunteering, career options and apprenticeships.

Brian Simmers, Fiona Chautard, Iain Howie and Tracey Patrick (Balforn HS), with the support of Stirling Enterprise (STEP) are heading up this project. The initial network meeting is planned for Wednesday, 22 March.

The theme of our first event will focus on modern apprenticeships and social media for the small business. The event will be held in the Garden Room and at 12 noon with a sandwich lunch and a finish time at around 3.30pm.

It is hoped to have three or four events each year covering tourism and hospitality, agriculture and rural development, food and drink, and the creative arts.

If you would like to attend the first meeting or be informed of future meetings, please contact: killearnvinfo@gmail.com or iainhowie@gmail.com. Updates will also be provided on:

Twitter: [@KillearnVH](https://twitter.com/KillearnVH) and

Facebook: www.facebook.com/killearnvillagehall

Youth Club News



Killearn Youth Club meets from 3pm to 4pm every Sunday during term time. Currently, membership is limited to Killearn Primary School pupils, and we welcome new members.

Activities concentrate around 5-a-side football in the hall, table tennis and table football in the games room, and board games in the garden room. We hope to extend our range of activities to include art and craft as well as theatre.

We would like to thank the Killearn Village Hall Committee, in particular Brian Simmers, Joanna Donaldson, the Duke of Edinburgh volunteers, Duncan Clark, Jason Dawes, Neil Mackay, Graeme Nicolson and Archie Wilson and a big thank you to Three Sisters Bake for offering free refreshments during the break.

If your child is interested in joining the Killearn Youth Club, or you would like to volunteer, please contact Archie Wilson (archie@treesurgery.com). There is a charge of £2 per child towards insurance, etc. DC

Fibre Broadband Update

There is very little new to report, especially for Killearn, although definite progress has been made in some of the other local villages. As the current Upgrade programme nears its end, Digital Scotland report that the programme is still expected to deliver the expected percentage of 'number of properties passed' however this still leaves many 'passed' but without a significant speed increase or still not 'passed' (e.g. about 75 per cent of Killearn is still on EO lines). The current situation, and the last planned upgrades, are feeding into the R100 (extension) programme. This plans to deliver 30Mbps to every premise in Scotland.

Meanwhile, some mobile masts have been upgraded to provide 3G and 4G services. This will provide an immediate route to faster speeds for some premises, albeit at a cost. Check the Ofcom website for maps showing mobile coverage area and level of service.

Other independent rural initiatives continue to make slow progress, with some success in Gartmore utilising fixed-wireless that requires erection of a mast. Another is proposed for Ben Gullipen near Callendar. Killearn Broadband Group have also discussed this option in the past, however the local topography is very challenging and the properties concerned scattered. The R100 programme will have to address these anyway.

The Community Council has alerted developers Mactagart & Mickel that a BT Openreach initiative is

available to bring FTTP to the Blaressan development as it has more than 30 premises. This would clearly benefit these houses.

Stirling Council organised a second supplier event in Balfroun to bring together suppliers of alternative routes for a broadband service (e.g. fixed-wireless and satellite) and potential customers in the local area. Members of the public were able to discuss their individual circumstances and the event proved useful to those who attended.

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.

To explore where your premises stand in the fibre upgrade process, go to the Digital Scotland WhereandWhen or BT Openreach WhereandWhen websites.

Finally, monthly update reports continue to be provided to Killearn Community Council highlighting the status of all the known cabinets in each of the local villages. These are available at the meeting and from the KCC website along with links to the items highlighted above.

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Killlearn Health Centre News

Staff News

We extend a warm welcome to Dr Aodhan Glynn who joined us at the beginning of February. He will be training with us until August 2017 and will rejoin us in August 2018 for a further 12 months.

Training

We will be closed on Wednesday, 29 March 2017 from 12.30pm for staff training. Contact 111 should you require medical advice.

Public Holiday Closures

The Health Centre will be closed for Easter on Friday, 14 April and Monday, 17 April 2017. We will also be closed for the May holiday on Monday, 1 May 2017.

Out-of-Hours Access

If you require access to medical services when we are closed, the NHS 24 contact number has changed to 111.

Prescription Ordering

Please ensure you order prescriptions to cover the holiday periods. Prescriptions can be ordered 24/7 at killlearnhealthcentre.com. If you require assistance during this time please call 111.

Travel Vaccinations

We offer a full travel vaccination service at the surgery. Please contact Christine Montgomery, our Practice Nurse, with any questions you may have regarding travel.

Online Appointments

You can now book your appointments online at www.killlearnhealthcentre.com.

Test Results

Please call between 11am and 4pm for results of any blood tests, x-rays or similar investigations.

Stress Control

Six-week Stress Control classes run across Forth Valley throughout the year. Learn skills to control your body, your thoughts and actions, as well as your sleep. Call 01259 215048 or visit <https://bookwhen.com/imhs> for more details.

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A nurturing environment for our children provided by Heron House



Happy New Year! Our Christmas show "Whoops A Daisy Angel" was well attended and thoroughly a celebration for all. A very jolly time was had and together we raised £348.68 for the Beatson Cancer charity. FAB!

Some of our Christmas celebrations included Santa visits with presents for all, Christmas parties and we also created beautiful gifts for our families to enjoy.

At Heron House Killearn our focus is always on Nurturing and Learning

through play. Experiences are both planned and spontaneous. Our current priorities are Maths, Language & Literacy and Health & Wellbeing. We encourage our children to explore, investigate and extend their indoor and outdoor learning.

Our experienced, professional staff team is committed to and passionate about children's learning and development.

Heron House Early Years Killearn is in Partnership with Stirling Council Education Services as a recognised

Educational Nursery. We provide 15 hours of assisted Childcare for children aged 3-5 years. Application forms available.

We really all do have a genuine love of children, how they develop and learn and how we can extend their knowledge.

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Call Fiona or Gabi to arrange a viewing. We look forward to your visit!

Beech Drive, Killearn G63 9SD t: 01360 550 162 e: heronhousekillearn@gmail.com

959 Crookston Road, Glasgow G53 7DT t: 0141 810 5777 e: heronhousecrookston@gmail.com



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Possibly the Longest SCCC Classic Car Restoration?

When I retired from competing in The Scottish Rally Championship in 1987, I decided that I still wanted an interest in cars and that it would be fun to restore a classic car over the next couple of years. So when a 1970 Lotus Elan +2S turned up in the small ads of the *Herald*, I promptly set off for Largs and purchased it for £1,100. It was a complete 'basket case' needing a new chassis, dashboard, suspension, brakes, fibreglass crazing repairs and a complete re-spray – although allegedly the engine had been overhauled.

I immediately started purchasing parts whenever items appeared on 'special offer', and full of enthusiasm, I set about removal of the paintwork. It became clear that my car had a star-studded history – 11 coats of paint were uncovered in some areas.

Life then got in the way, including the purchase of a restored MGC Roadster and the decision to build a house in Drymen, so the Lotus sat in perfect peace for many years, although I continued buying new parts when good deals appeared. The move to Drymen made things easier space-wise, with a larger garage. After I retired in 2003, I had some time to get back to the Lotus, but as many retirees have found, I was still too busy to devote a lot of time to the project. I continued when I could, changing the chassis for a new space-frame unit and building it up with all new components.

The body shell was sent off to a recommended paint shop in St Andrews where previous accident damage to the rear end of the car resulted in a complete new rear



body section being grafted on prior to an excellent paint job.

While the shell was away I stripped the engine (which did check out OK) and it was rebuilt with all new components, although I got the opportunity to purchase a high-spec engine with big-valve cylinder-head, balanced crank, lightened flywheel, electronic ignition, etc. This was fitted to the car along with a competition clutch. An overhauled gearbox was also fitted, along with a stainless-steel fuel tank and Minilite wheels.

When I fitted the new dashboard I rewired large sections of the wiring loom and replaced most of the light units with new or good used components via eBay.

I finally set a target of running the car in Joe Norman's 2016 Rotary Run, but that went by the board when it failed its MOT with issues over the rear suspension units and the handbrake cable fouling the replacement high-torque starter motor, with matters compounded by the new clutch being faulty!

My friend Alaister kindly saved the day for the Rotary Run by lending his TR4, then I was back under the Lotus to rectify the faults.

This was duly done and the car finally passed an MOT test in May 2016, some 29 years after purchase for 'a two-year restoration'.

This winter should see the interior being completed and various 'niggles' sorted out, hopefully giving me a good usable classic for the spring.

BOB GILLESPIE



**STRATHENDRICK
CLASSIC CAR CLUB**



The Club is now enjoying the winter programme with the final run of the year to Portavadie last autumn enjoyed by our members. Our monthly evening meetings started in November at Buchanan Castle Golf Club.

The first meeting took the form of a virtual race night, thundering round the original Brooklands track in vintage racing cars such as a the Mercedes Silver Arrow. The track was projected on a large screen and operated by the 'driver' from a magnificent race car simulator constructed by Doug Ashworth. The simulator included a Recaro racing seat, Ferrari steering wheel, foot pedals and all-enveloping bodywork to enhance the realistic experience. This was such a successful evening that another took place this January.

In December, the Ladies Night after-dinner entertainment took the form of a quiz devised by Bob and Norma Gillespie. This very entertaining event included a motoring section which was fiercely contested by the three teams, with the victorious team winning by a whisker.

A busy year is planned with interesting speakers and outings. The two-day Spring Run to Portpatrick in May is followed in July by another CarBQ (a cross between a BBQ and a 'gymkhana', testing driver's skills in the manoeuvrability of their classic vehicles), and the Annual Run in August.

Membership is very strong with 43 members with a varied range of classics all within a local catchment area. New members are always welcome and you do not need a classic car to join – just an interest in cars and motoring. For more details about our up-coming events, please contact our Club Secretary Robin Johnston (robertjohnston432@btinternet.com). MM

Gardener's Corner

Jobs for March

- Sow seed in the greenhouse or on a sunny window sill
- Get your tools ready – Tim at Benview offers a sharpening service, including cleaning and oiling
- Start cutting the grass with the blades high
- Cut border edges with a half-moon edging iron and keep them trimmed through the summer with long-handled edging shears
- Hoe, hand-weed, spray or mulch to keep weeds at bay
- Bring your hanging baskets to Benview for planting up and we'll look after them till they're ready for collection in May
- Prune shrub roses
- Start an asparagus bed – it grows well in raised beds filled with a well draining, weed-free compost
- Protect fruiting shrubs and cherry trees from late frosts with fleece
- Try companion planting – marigolds and poached egg plants

attract hoverflies who feed on aphids; plant nasturtiums with broad beans outside and basil with tomatoes in the greenhouse

Jobs for April

- Sow hardy annuals, herbs and wild flower seed
- Sow salads, herbs and vegetables direct outside and get your

potato tubers planted

- Start dahlias off in pots in the greenhouse
- Feed hungry shrubs and roses
- Stake perennials, especially peonies
- Plant summer flowering bulbs such as dahlias, gladioli, nerines and lillies
- Sow new lawns or repair bare patches



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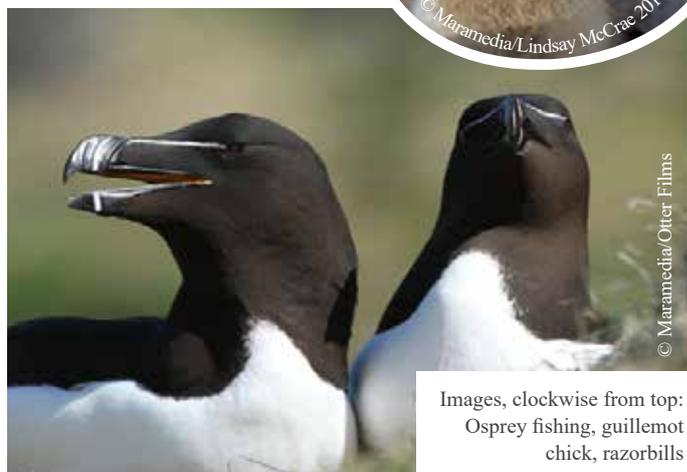
High-quality natural history programmes are one of the most popular and enduring genres of television programming pioneered by the likes of David Attenborough and the BBC Natural History Unit (NHU) and with big projects such as *Blue Planet* and *Planet Earth* co-funded by the giant American networks such as Discovery and National Geographic.

Killlearn is lucky enough to have two expert natural history programme-makers living in the village, making output that brings Scottish wildlife into focus. Maramedia's 2013 series *Hebrides – Islands on the Edge* was a huge success; this was followed in 2016 by *Highlands – Scotland's Wild Heart* which included the iconic shot of an osprey diving to catch a fish – the clip has been viewed on the BBC website over 19 million times (search for 'BBC osprey fishing' to view).

Who are the programme-makers and how are these spectacular sequences filmed? The founders of Maramedia are husband and wife team, Nigel Pope and Jackie Savery, who live with their young family in Killlearn. Jackie was trained as a conservation scientist before joining the BBC's Natural History Unit (NHU). Nigel worked in Bristol, making popular shows such as *The Really Wild Show*, *Big Cat Week* and *Springwatch*. He enjoyed an attachment to BBC Scotland's Children's department before returning to the NHU in Bristol in 2003, where he and Jackie met. In 2010, they took the plunge and left the BBC to set up their own independent company to be based in Scotland, Maramedia.

Natural history programming is challenging – the costs are high, and specialist skills and equipment are required. Lead times are long, each series taking at least two years to make. But Maramedia forged strong relationships with the BBC Scotland TV Commissioning Editor, a network of key camera and editing talent, producers, researchers and production management and international funding partners. *Hebrides* and *Highlands* were the outstanding results.

But how do these astonishing sequences come about – are they a matter of skill and judgement, planning and experience? Or good luck? Well, the simple answer is, all three. Two particular clips illustrate this: the osprey fishing; and the baby guillemot's perilous leap from its nest at 400 feet. To capture the bird of prey in action, the location – a known nesting site for ospreys – was carefully researched and recc'ed, but camera man Lindsay McCrae still had to spend a week in a hide waiting for just the right moment. The pictures are so spectacular and clear because they are shot on a super-



Images, clockwise from top: Osprey fishing, guillemot chick, razorbills

slow-motion camera (800 frames a second) known as a Phantom. However this specialist kit has a very short and fixed focal length and Lindsay was only seven metres from where the osprey hit the water. So at 4am, the spotter saw the bird hover, cued the hide, and as the bird dived, Lindsay anticipated the exact point and timing of impact and skilfully caught those magical pictures. Amazing!

Sea birds are often filmed as colonies, but the team wanted to tell the story of an individual guillemot chick. This sequence is filmed on the remote island of Handa and it took two years to negotiate permission to film there – where the baby birds leap from their nesting ledge to the sea below. The sea was reasonably calm, but the light was fading as the last chick to leave was clambering towards the edge, only to be attacked by voracious razor bills. Would it survive the predators and the leap into the Atlantic below? Precious moments captured on camera, enhanced by expert editing and evocative music.

What next? Maramedia are completing *Hotel Armadillo* for BBC2 and American network PBS, and a single on Shetland for BBC1 Scotland as part of an international co-production. But more is bound to follow. We wish them well.

By the way, the fire sequences in *Hebrides* were shot at the Killlearn Village Bonfire on the Glebe. NH

From Killearn to Kilimanjaro



Ken Allen recounts his experience of climbing Kilimanjaro, the highest mountain in Africa, and of his trip to Malawi.

Last year, I was persuaded by my brother to join him and a friend in climbing Kilimanjaro – at 5,898 metres the highest mountain in Africa. At 67, I realised that I was not in the first flush of youth, but then my brother would be 70, so I wouldn't be the oldest person on the mountain. I also wanted to raise money through sponsorship for the Killearn Malawi Group (KMG) of which I'm a trustee (and now Chairperson).

We booked our guides, and flights to Tanzania for October, and I set out to get myself in shape for the attempt. This involved a lot of mountain days locally, including Ben Lomond four times within three weeks. But there could be no preparation for coping with the altitude. I had skied at over 3,000m earlier in 2016 without feeling any effects apart from a slight breathlessness, so I was quite hopeful. There is also medication available which helps to alleviate altitude sickness.

I had decided that this trip could be combined with a visit to Malawi to see some of the projects with which KMG is involved. I had lived and worked in Malawi for two years more than 40 years ago and I visited it again in 2013. The son of one of my former students, Kondwani Chidziwisano, studied for an MSc at the University of Strathclyde, and stayed with me in Killearn for a few weeks. KMG has subsequently initiated some projects in his home village in the far south of the country.

I had an amazing two weeks in Malawi, travelling with Kondwani well over 1,600km from Nsanje District in the south, to Mzuzu in the north, where KMG have many contacts, including the Raven Trust, and with Rev. Levi Nyondo, General Secretary of the Livingstonia Synod of the CCAP, the main church in Malawi, who has also visited Killearn.

In Nsanje, I visited Kondwani's home village, where KMG has financed a borehole which has made



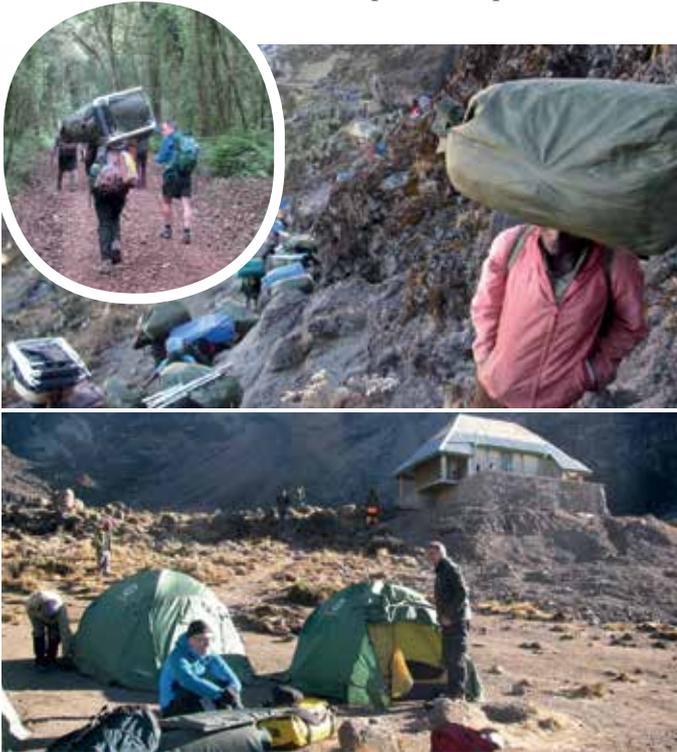
a significant improvement to people's lives. I had an excellent discussion with the Chief and the village development committee about their needs, and spoke to some of the destitute families for whom we had bought goats. I also visited a very poorly-equipped secondary school to discuss with the head teacher possible projects, and to deliver 60 badly needed chairs bought by KMG.

In Mzuzu, I stayed in Jamieson House, a base for visiting volunteer workers, built with money left by the Jamieson sisters of Killearn. I saw a pedestrian bridge which we're financing, wells which we're helping to repair and some agricultural developments. One Sunday, I attended the early morning service at St Andrews CCAP Church in Mzuzu, and was introduced to the 1,500 congregation as a visitor from Killearn. Rev. Levi spoke to the congregation about the long history of support which Killearn Kirk and KMG has given to local congregations, and he presented me with a Malawian shirt, which was quite unexpected. I visited Kileni (the Malawian version of Killearn) Nursery and Primary School, owned and run by Rev. Levi and his wife, Ruth, and I handed over

some materials which had been donated by the Mulberry Bush Nursery in Killearn. I also saw the distribution of recently-arrived clothes and materials sent out from Killearn in the Raven Trust's container. It was a very busy trip, but I also managed to have a few days rest at beautiful Lake Malawi with Kondwani and his family.

After flying to Tanzania, I had a day in Moshi to sort myself out, before we set off for Kilimanjaro. We had decided to take the Machame route to the summit, which has a reputation for being more scenic, but is also more challenging. Our itinerary took six days and involved camping. We were supported by a guide, an assistant guide, a cook, a waiter and nine porters.

It was quite an expedition.



Our guides, Bazil and Andrew, were exceptionally helpful, and full of good advice. The porters had to carry the tents, table and chairs and all the food and cooking equipment for the whole group, as well as our rucksacks. We were astonished at some of their loads. We only carried day sacks containing extra clothes, snacks and most importantly – three litres of water. The tents were always ready for us when we arrived in a camp, and a mug of tea as well as hot water for washing were soon produced. Food was freshly produced each day, but, unfortunately, one of the side effects I experienced from the altitude and from the medication to combat its effects, was a loss of appetite.

The first two days, starting from 1,800m, ascending 1,000m each day, were not too difficult. 'Pole-pole' was the constant refrain of the guides – it means 'go slowly'. The first day goes through beautiful cloud forest, where we saw monkeys in the trees, and large tree ferns among the lush foliage. The whole mountain area is a well-regulated National Park, which we had to sign into. By the second day, we had moved into more sparsely vegetated rocky ground, with strange cabbage palms. It was the dry season, so although the afternoons

were misty on the mountain, there was no rain. The mists disappeared at dusk, and the clear skies allowed the temperature to fall to below freezing – despite Kilimanjaro being almost on the Equator. A good sleeping bag was essential.

By the third day, we had ascended to 4,600m, but then descended to a lower camp. The fourth day was very tough, starting with the Barranco Wall, a very steep climb. After that we went up and down, as we worked our way around the southern flank of the summit cone. The final ascent of 1,200m started at midnight, and we climbed in the dark for the first few hours, using head torches. The path was very steep and rocky in places. We were very slow, and while still ascending saw the stunning sight of the sun rising behind Mawenzi, a volcanic ridge to the east of the main cone.

In the end, I was unable to reach the summit. I was having difficulty breathing and apparently I was turning blue due to lack of oxygen. I decided to turn back when I was only about 200m from Stella Point on the summit ridge. I was very disappointed, but felt that to continue would be dangerous for me. I'm glad to report that my brother continued to Stella Point, and Denis, who is a marathon runner, was able to reach the summit, Uhuru.

This was a very gruelling expedition, mainly because of the effects of the high altitude, and it took me a long time to recover when I returned home. The experience, however, was unforgettable, because of the extraordinary nature of the terrain high up on the mountain, and the stunning views of the surrounding plains. It was also exciting to be part of the large team, all of whom were really supportive and encouraging.



The sponsorship page in support of the Killearn Malawi Group (SC043555) is still open. We hope to build a combined science, library and computing block at Nkhande Community

Secondary School, among other projects. Your support would be very much appreciated, and would make my efforts and pain on the mountain worth it. Visit uk.virginmoneygiving.com/fund/kenkilimanjaro

If you want to be more in touch with the Killearn Malawi Group, become a Friend by emailing killearnmalawi@gmail.com. It doesn't cost anything, and you will receive occasional newsletters and invitations to events.

KEN ALLEN

Bridge by Zorro

Dealer: South East/West Vulnerable

Often in a contract, Declarer has to develop tricks in two suits (in this case, Hearts and Clubs) and it may matter which suit is attacked first.

Here South opens 1NT with a balanced 15 points to which North replies a forcing 3H. With his balanced distribution, South settles for 3NT in preference to 4H. A good decision as in Hearts there is a loser in each suit.

What would you do on this hand as Declarer with the South hand? Also as defenders, do you see a possible line to defeat the contract given a slight opportunity?

See page 36 for the suggested lines of play.

		North			
		♠	A 8 5		
		♥	A J 10 7 4		
		♦	8 2		
		♣	Q 7 6		
		West		East	
♠	Q 10 3	♠	J 9 4		
♥	8 5 3	♥	K 6		
♦	K 9 7 5 3	♦	J 10 4		
♣	A 5	♣	10 9 4 3 2		
		South			
		♠	K 7 6 2		
		♥	Q 9 2		
		♦	A Q 6		
		♣	K J 8		

Buchanan Castle Golf Club

On 1 February, Buchanan Castle Golf Club began an exciting new chapter in its history when the legal formalities were completed to transfer the management of the club from the Duke of Montrose and his company Montrose Estates to the members of the Club.

New management board chairman Tommy Gemmill said, 'This puts our new Board in full control to allow us to develop our golf course and membership offering, while maintaining the special feel and ambience of our James Braid-designed course set in the historic parkland of Buchanan Castle estate.' He added, 'We have secured an ongoing relationship with Montrose Estates and we will preserve the heritage of our club while moving our golfing affairs firmly on to a 21st-century basis.'

Andy Steele, incoming Club captain for 2017, said, 'There is definitely a buzz about the club. We will offer a warm welcome to members of all ages and abilities. I am particularly keen to develop our junior and youth sections. Given that each member can introduce a junior

free of charge, this makes a compelling offer for young people who want to progress in their golf.' Praising the Club's facilities, he also noted that their PGA professional Keith Baxter is well placed to help young people develop their skills.



Maureen McIntyre, incoming Ladies captain, is equally enthusiastic about the prospects for the Ladies section: 'In the past Buchanan Castle had one of the largest Ladies sections in Scotland and we want to get back to that position. The course is a great place to spend quality time with stunning scenery and good company which extends into our clubhouse, so we look forward to welcoming any new ladies of all ages.'

The message from Buchanan Castle is that its new arrangements herald a renewed vibrancy and enthusiasm within the Club and that anyone interested in exploring the possibilities is welcome to look on the website or, better still, visit the Club in person.

The clubhouse is open to all and details of the golfing offers are available in the Pro Shop. Visit buchanancastleclub.co.uk for further details.

What's in a House Name?

Another addition to the *Courier's* occasional sleuthing series



'Juanhill' in Lampson Road has nothing to do with Spain.

When the Gordon Estate was initially being developed, Lampson Road had a middle, accessible from Napier Road, but no lower end, exiting onto Station Road. There were no street numbers and the first few houses were only identifiable by their plot numbers.

Our new home needed a name. We looked at our family trees for inspiration.

The original Juanhill is a farm, east of Strathaven on the Kirkmuirhill Road, tenanted at one time by my great-great-grandparents. We later discovered that on old maps the name was 'Johnshill' which, when said in a strong Lanarkshire accent, was evidently misinterpreted by a later cartographer as 'Juanhill'!

The name plate also has a bit of history. It started out as a slate larder shelf in our first home in Beardsen, built in the 1930s. When we modernised the kitchen, it went out into the garden as a stepping stone onto the lawn before my husband decided to have it inscribed and set on the gable end of our new home.

SUSAN MILLER

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CANCER RESEARCH UK

Collection Dates

Our annual house-to-house collection will be earlier this year, from **27 March to 2 April**.

We rely on around 100 volunteers in all the villages to undertake this mammoth task which raises a fantastic sum of money each year for CRUK and the vital work it does.

In 2016, I was selected by the International Citizens Service – Balloon Ventures to spend 11 weeks in Mbale, Uganda. I worked with local entrepreneurs who were living on or below the poverty line, supporting them in starting up and growing their businesses. At the end of the process, they could pitch for a small interest-free loan. If their business plan was thoroughly researched and realistic, and they showed enough passion, they were generally successful. I worked alongside two Ugandan counterparts and together we partnered with six entrepreneurs ranging from a tailor to an ice-cream maker and a butcher. I lived in a host home which, although challenging at times due to the huge cultural differences, was an amazing experience.

I must admit that when I first considering applying to Balloon I was uncertain about how much lasting good the programme would do. Many volunteering programmes have done a lot of damage around the world, with the focus being on the volunteers and not the people they are supposed to be helping. However, as soon as I began the programme, it was clear that Balloon was different.

In the first week, we learned a detailed process for helping entrepreneurs grow businesses in the informal sector. We were told to encourage them to start very small and work out what their ‘affordable loss’ would be. The aim was to prevent them investing all their money

in a large-scale business venture that would potentially fail.

We also carried out testing rounds with new ideas the entrepreneur had for expanding their business. One of my entrepreneurs, Phoebe, wanted to rent a retail space with the loan. To show the pitching panel that her venture would be successful, Phoebe set up a stall outside her home and sold rice and other commodities. There was clear proof of demand for her products, so she was awarded the loan and her shop is now up and running.

The increased income earned by the entrepreneurs after working with Balloon means they can reinvest into their businesses, and also take home more to their families, meeting Balloon Ventures’ aim of ‘defeating poverty through sustainable business, not aid’.

I would encourage anyone who wants to volunteer with a charity to thoroughly research what exactly it is you will be doing and to judge whether the positive impact you want to have on the community will actually be achieved.

Balloon Ventures run programmes through ICS in Uganda, Kenya and Ghana. All of them do very worthwhile work. You need to raise £800. Strathendrick Rotary Club gave me a very generous donation towards this total, and I would like to thank them for helping me fund an unforgettable summer during which I know I made a difference. SARAH MCARTHUR



Killearn Beer Festival 2017

Saturday, 3 June, 3pm



The Killearn Beer Festival is happy to announce our sixth annual event, taking place at **The Old Mill**, Balfroon Rd, Killearn on Saturday, 3 June at 3pm. Once again this is a community and family-focused event with a relaxed atmosphere where you can enjoy great beers, ciders, food and music. In addition to local breweries such as Fallen, Loch Lomond and other past favourites such as Fyne Ales, this year we are looking forward to sampling some interesting beers from Scotland's East Coast.



An entry fee of £5.50 will get you a KBF glass and tasting notes. A full list of the beers and tasting notes will be posted on the Killearn Beer Fest website and Facebook pages.



As with all events so far, the majority of money earned will be targeted toward various local clubs, schools and charities which have already been the recipients of over £4,000 of such donations. Looking forward to seeing you.



£5.50 Entry



www.killearnbeerfest.org



National Park launches Gaelic Language Plan Consultation

Views are being sought on a plan setting out how the Gaelic language will be promoted and developed within Loch Lomond & The Trossachs National Park over the next five years.

This will be the National Park's second five-year Gaelic Language Plan and it outlines how the National Park Authority will use Gaelic in its operations and promote the use of the language to visitors and education groups.

Gordon Watson, Chief Executive of Loch Lomond & The Trossachs National Park said, 'For hundreds of years, Gaelic was the dominant language within the National Park area. Most place names in the

Park are in Gaelic, making the language integral to understanding and interpreting our unique landscape. The plan aims to keep that important Gaelic history and culture alive through developing engagement and educational opportunities as well as continuing to grow the range of Gaelic resources we have.'

People or organisations with an interest are invited to give their feedback on the draft plan during the 12-week consultation which runs until 5 April 2017.

You can read and give feedback on the National Park's website – search for Gaelic Language Plan at: www.lochlomond-trossachs.org/



Gordon Watson

Alternatively, you can write to: Gaelic Language Plan, Communications Team, Loch Lomond & The Trossachs National Park Authority, Balloch G83 8EG.

Hard copies of the plan are also available to read in the National Park headquarters and visitor centres as well as public libraries throughout the National Park.

Is our National Park the Winner?

Of course, we know how wonderful Loch Lomond & The Trossachs National Park is, but did you know it was shortlisted for the title of National Park of the Year 2017?

Loch Lomond & The Trossachs National Park was chosen by *Countryfile* presenter John Craven alongside impressive competition: the Yorkshire Dales, the Peak District, the South Downs and Snowdonia. It was the only Scottish national park named in the five finalists for the title by BBC's *Countryfile Magazine*.

Now in their sixth year, the BBC *Countryfile Magazine* Awards 2017 are a celebration of the British countryside and its people, from great heritage attractions and favourite holiday destinations to the best nature reserves and the finest rural pubs. This year's awards featured 12 categories, and experts in each field were asked to draw up a shortlist of nominees in each category.

Countryfile Magazine editor, Fergus Collins, says: 'The awards provide a wonderful opportunity to



pay tribute to the best of the British countryside. Our experts have nominated a range of exceptional contenders.'

Voting finished on 28 February, before the *Courier* went to press. The winners will be announced in mid-March.



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National Park in Line for Employment Award

Loch Lomond & The Trossachs National Park has been named as a finalist in the Scottish Top Employers for Working Families Awards in the Best Public Sector Employer category. The awards celebrate progressive employers who have successfully embedded family-friendly and flexible working practices, recognising best practice, innovation and sustainability.



Jaki Carnegie, the Park Authority's Director of Corporate Services, said, 'We believe that our staff are our most valuable asset and we are committed to attracting and retaining the very best people. We recognise that the "standard" working day is not always compatible with the conflicting demands for a better work-life balance where staff have other caring responsibilities or commitments. Every member of staff has the opportunity to work flexibly, in some shape or form and in return, we have dedicated, passionate, friendly, engaged and professional staff who want to give their best for this beautiful National Park.'

The award winners were announced on 9 March, after the *Courier* had gone to press. To find out how the Park fared, visit familyfriendlyworkingscotland.org.uk/employer-awards/.

FORTH VALLEY
artbeat 10-18 June 2017

Make a date in your diary – come and see Killearn-based artist, Kate Langley, who is exhibiting with a group of local artists at The Garden Gallery, Millhouse, Kippen Road, Fintry G63 0YD.

Pop along and enjoy some of the lovely landscapes, gardens and village scenes inspired by Killearn and the surrounding area!

Go online or email for full details of times, etc:
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Poet's Corner

After a Long Winter

It seems so very long, she said,
 Since last we saw the spring
 Or even saw the sun at all
 Shine through the everlasting pall
 Of mist and rain.
 But wait –
 The chaffinches are singing in the hedge,
 There's flower and leaf in bud,
 Frog spawn in the ponds again
 And peewits, wheeling, wheeling overhead.
 And about time, too, she said.

Killearn's Contribution to The Great War 1914–18 – Part 1: 1914

All Killearn Archives has carried out research into how the residents of Killearn responded to the call to support the war effort during World War I. The community provided men for the front and answered the many needs of serving soldiers and refugees.

The armed forces were entirely voluntary at this point, and within days the Stirling papers were carrying full-page advertisements appealing for men to enlist. 'An addition of 100,000 men to His Majesty's Regular Army is immediately necessary in this present grave National Emergency. Lord Kitchener is confident that this appeal will be at once responded to by all those who have the safety of our Empire at heart.' These appeals called for men aged between 19 and 30 to enlist for three years or until the war was concluded. The Rev. Gordon Mitchell, Minister of Killearn Kirk and poet, wrote a short verse, The Candid Recruiting Sergeant about the prospects of the recruits.

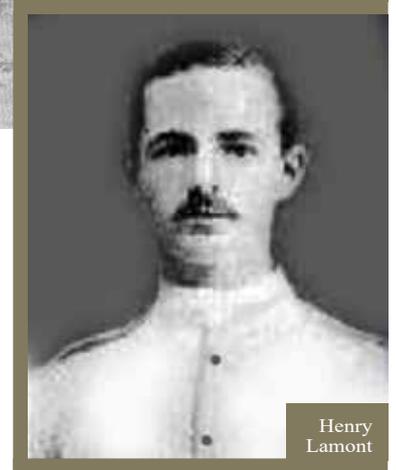
*Taint a rosy prospect fronts you, ye who
answer to the drum,
'Taint a bit o use denyin' thro' the hards that
ye will come,
'Tis 1914 we live in, and not much there is
to rob
Of the glamour of the colours – soldierin's a
ticklish job
Modern battles are infernos – there's the
truth without disguise
Do you wince my lads, to hear it! – let me
look into your eyes...
That decides it. You have counted all the
cost as best you can
Then, in spite of all the devils, stand to arms
and play the man!*

It was not long before the war touched Killearn directly. Pvt Henry Lamont, a post-messenger living in Killearn, had served as a regular soldier from 1906 to 1913 before passing to the reserves. He immediately rejoined his regiment at the outbreak of war and was killed in action barely three weeks later at the Battle of Le Cateau on 26 August. He was the first casualty from Killearn and has no known grave.

The people of Killearn soon began to support the war effort on the Home Front. On Friday, 11 September, Mrs N.P. Donaldson of Lettre Cottage and her committee



Recruits



Henry Lamont

organised a concert in aid of the Soldiers' and Sailors' Families' Association.

Mr C. Gardiner of Old Ballikinrain presided over a programme of songs, instrumental music and tableaux given by 15

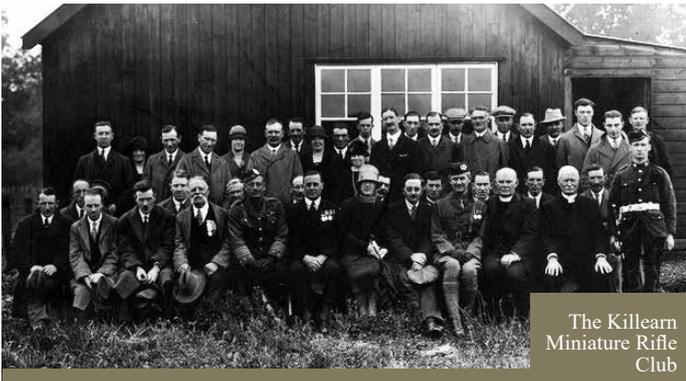
contributors. Mr Gardiner and Rev. Dr Mitchell addressed those present. The hall was crowded for this entertaining function which uplifted the villagers' spirits and raised £45 10s.

On Monday, 5 October, a united meeting of the Killearn and Fintry Sub-Committees of the County of Stirling (Western District) Relief Fund was held in Fintry, with Dr Wilson of Carbeth in the chair. Contributions from various sources were tabled, among which was the sum of £19 15s collected by Mr Gavin Moffat in the Eastern District of Killearn Parish. Mr W.G. Morrison, a Killearn grocer, had collected £25 2s 6d; Mrs Carrick, Dumgoyne, £4 15s 6d; and Miss Thomson, Killearn Post Office, £1 14s. The Killearn Ladies Committee had collected the sum of £90 17s for material for sewing and knitted work in connection with the war. Including the amount raised at the September concert, Killearn Parish had contributed the sum of £178 14s – about £14,200 today – to purposes in connection with the war in only two months.

In addition to collecting money, regular work parties took place to make items for the Red Cross, the soldiers at the front and the Belgium Relief Fund. Indeed, facilities were made available at Achnagowan for work to contribute to the Belgium Relief Fund at any time. By mid-October, 675 garments, including nightshirts, bed jackets and vests, pairs of socks and shirts, together with

60 bandages had been sent to the Red Cross. Additionally, four dozen garments had been sent to the Belgium Relief Fund.

Killearn also provided shelter for a number of Belgian refugees fleeing 'the rape of Belgium'. The directory held in the Mitchell Library lists two such families in Killearn at this time. The Milens family were living with the Donaldsons at Lettre Farm, and the Demaeseneer family with Dr Buchanan at Calibae. Miran de Veires is also known to have been living at 22 Main Street.



As well as national efforts, there were local efforts to recruit men to take up arms. A meeting of the Stirling County Miniature Rifle Association, which included the Killearn club, decided to throw open their ranges to everyone for training in rifle shooting. This was 'to encourage men, young, middle-aged, or old, to become proficient in the art of marksmanship in order that they may render some assistance in the defence of their country should such an eventuality as an invasion occur.'

The Killearn Miniature Rifle Club's AGM was held on 16 November and opened to the public in the hope that a large number of young men of the parish and district would attend as 'the serious state of the country at the present time makes it necessary that all who can should know how to handle a rifle and learn to shoot.' Lieutenant King of the Argyll & Sutherland Highlanders gave a speech extolling the Army as a profession and urging all who could to join the colours. Colonel Blackburn, with 29 years of service, endorsed Lt King's remarks. As a result, two young members offered themselves for enlistment, and it was noted that this practically exhausted the club of potential recruits as most of those who were eligible had already joined some branch of the services.

Two who enlisted were John and Hugh Sanderson, sons of the minister of the United Free Church. In October, the Stirling newspaper reported John's success in the MA degree examination in Latin and Greek at Glasgow University. By December the same paper reported his obtaining a commission as 2nd Lieutenant and his posting to active service. Hugh was in Australia and joined the Australian Expeditionary Forces. By the end of 1914, Killearn had contributed at least 21 men to the forces and one was already a casualty.

ALL KILLEARN ARCHIVE

**The Roll of Honour
published in December 1914 listed:**

James Aitken – Transport Service
George Allan – Highland Light Infantry
James Brown – Transport service (Navy)
Allan M. Connell – Yeomanry
George Darlington – Black Watch
David Fairlie – Argyll & Sutherland Highlanders
Andrew Hastings – Royal Field Artillery
Wm. Jenkinson – Grenadier Guards
Henry Lamont – 2nd Royal Scots
James J. Leitch – Fife & Forfar Yeomanry
John McLeod – Seaforth Highlanders
Roy Millar – Royal Army Medical Corps
James Morrison – Royal Engineers
John Morrison – Argyll & Sutherland Highlanders
William Morrison – Royal Engineers
Christopher Munro – Royal Engineers
Frederick Munro – Army Service Corps
Hugh Sanderson – Australian Expeditionary Force
John Sanderson – Highland Light Infantry
James Shaw – Scots Guards
Robert Shaw – Royal Field Artillery

A Scottish Mother

*'There's a spring in your step, there's a licht in your e'e;
O laddie, I'm wond'rin' whate'er it can be.
Has your team won at fitba! Has Bessie been kind?
Come, lad and tell your mither what joy's in your mind'
'O Mither! I'm taken: I'm gaun to the front,
Wi' Kitchener's army to share in the brunt,
And, whether I'm scatheless, or whether I'm hit,
I'm happy to think that I'm daein' my bit.'*

*'It whiles made me savage to fancy that Bob,
My canny schule-chum micht slide into my job;
But noo that I've 'listed, it costs na a thocht –
Thay stay-at-hame billies will ha'e their ain faucht.
Mair peety than anger is due the chiel
Micht answer; but winna, his kintra's appeal,
And whether I'm scathless, or whether I'm hit,
I'm happy to think I'm daein' my bit.'*

*'God bless my ain bairn! A prood woman am I.
I feel as aince mair; wi' a grane an' a sigh,
I brocht ye forth, laddie, this wonderfu' morn,
Wi' joy that a man into warfare is born.
Oh, heedna my tears – 'twas frae pride that they came –
Strike hard for your king, laddie! strike, and strike hame!
For, whether ye're scatheless, or whether ye're hit,
I'm happy to think ye're daein' your bit.'*

REV. GORDON MITCHELL

Police Report

PC Raymond Murphy and PC Steven Graham are the ward officers for the Forth and Endrick area, which incorporates Killearn and surrounding areas. They are based at Balfron Police Office, and can be contacted at the office, on 101, or at ForthEndrickCPT@scotland.pnn.police.uk.

They regularly publish information and appeals online. The local Twitter feed can be found at [@StirlingPol](https://twitter.com/StirlingPol), and the local Facebook page can be found at 'Forth Valley Police Division'.

The current ward priorities for the Forth and Endrick area are antisocial behaviour, road safety, theft, and community engagement and reassurance.

Anti-social Behaviour

Incidents of anti-social behaviour have been reported since the last *Courier* edition, however these have generally been of a minor nature and have been dealt with accordingly.

Theft

There have been a few thefts since the last issue, mostly of a minor nature. Local people are encouraged to report any suspicious activity, no matter how insignificant it may seem. If anyone would like crime prevention advice, please contact PC Murphy or PC Graham.

Road Safety

Static speed checks have been carried out by local officers, and enforcement action has been taken where applicable. Complaints have been received about parking around Killearn Primary School, including over residential driveways and on the zig-zag markings.

There have also been complaints received about vehicles parked on double yellow lines on Main Street. Officers will monitor the situation and take appropriate actions where offences are found.

Motorists have also been observed to drive around the mini roundabouts on Main Street in the wrong direction, causing vehicles to enter adjoining roads on the wrong side of the road. Enforcement action has been taken where applicable.

Community Engagement and Reassurance

As well as regular high visibility patrols in the area by local officers, PC Murphy and PC Graham visit Killearn on routine patrol, carry out road safety duties including speed enforcement, assist with local community issues, visit Killearn Primary School and other local businesses and attend Killearn Community Council meetings.

Air Weapons

From 31 December 2016, it is an offence to use, possess, purchase or acquire an air weapon in Scotland, without holding an air weapon certificate. The deadline for air

weapon applications being processed before the new laws were introduced was 31 October 2016. If you have applied on or before this date your application will be progressed and you will receive a payment notification which you should proceed with ASAP. The air weapons licencing team have received a significant number of enquires and as a result will not be able to provide a date when individual certificates will be granted. Should a person's application be refused they will be notified in writing. Any applications received on or before this date will be processed, and in line with legislation for the application process. All applications for an air weapon certificate, which were received by Police Scotland after 31 October 2016, will not be processed until 2017, which is after the new legislation takes effect. Should an individual not have sent an application form in prior to 31 October 2016 it will not be subject to processing in 2017.

While awaiting the new certificate and authorisation being granted, the individual must ensure that one of the following measures are taken, or they will be committing an offence:

- Store your air weapon(s) with someone who has an Air Weapon Certificate.
- Store your air weapon(s) with someone who has a current Firearm or Shotgun Certificate.
- Store your air weapon(s) with a Registered Firearms Dealer.

Police Scotland do not have any facilities for storing air weapon(s) which are intended for licensing and certification. Should you not wish to keep your air weapon you can continue to hand it in to the police for surrender and destruction.

If you have any queries regarding this matter, please contact the Air Weapons Licensing Team on 101 or email AirWeaponandLicensingProject@scotland.pnn.police.uk.

Scams

In recent months, members of the public have fallen victim of various types of scams. These have varied and have consisted of telephone calls, letters and pop-up messages on computer screens. Some have purported to be from banks, law enforcement or government agencies, and have made requests for money to be paid to avoid the recipient being arrested or fined. Many of these scams have requested payment in the form of vouchers or gift cards that can be purchased in most shops.

Please be vigilant if you experience any kind of contact from organisations asking for payment of this kind. No government or law enforcement agency will ask for payment of fines or debts in the form of such vouchers or gift cards.

If you are in doubt, contact the organisation using the telephone number found on official documentation, in a phone book or via a directory enquiries service for advice. (See also our article on page 5 for more information. Ed)

Plan Your Goal for the Killearn 10k

Back in January, many of us will have resolved to lose weight and, no doubt, to get fit. Now, as we head into spring, those New Year's resolutions will be erased from our memories. But wait, we'll make similar promises to ourselves for the spring! One of the more popular get (or keep) fit activities in Killearn is running and, as the host village of one of the most popular 10k trail races in Scotland, why not?

The Killearn 10k returns on Saturday, 3 June for what is set to be another successful race. With only 250 race places available, the event will inevitably sell out quickly and the 10k Committee want to encourage as many local entrants as possible. So put your excuses in the bin (who mentioned bins?) and make your spring resolution to get fit training for the Killearn 10k.

Goal setting is an important first step in making any resolution a reality, so you are more likely to start to exercise if you set specific exercise goals that include a target outcome. 'Completing the Killearn 10k' or 'running the full length of Beech Drive without stopping' fit the bill. People who make generalised goals, like 'start exercising', are usually resigned to the couch. In a recent research study, women with specific exercise



goals were four times more likely to have high levels of activity than women without goals in place. In addition, the women with exercise goals were more likely to remain active eight years later.

It's important to remember that goals are more likely to be reached if you have an action plan in place. This means specifying 'what' we need to do achieve our goal, 'when' we'll do this, 'where' we'll do it, and 'how' we'll do it. Take the example of the Killearn 10k. If we set the goal 'to complete the Killearn 10k' a plan might look like this:

- What I need to do: learn to run
- When: every Tuesday and Thursday after work for 1 hour
- Where: around the streets of Killearn or in the gym on a treadmill
- How: follow a 'couch to 10k app' on my phone or join a running group

Joining a group can be a good starting point. Studies have shown that exercising in groups is advantageous because it builds social relationships that help with motivation. Bonds that develop between group members mean that people are less likely to drop out of scheduled exercise time. When a group of people share the same goal, they are more likely to achieve it. For example, walking groups where individuals share the same aspiration for the number of daily steps to be achieved are more likely to reach their goal than groups where individuals have mismatched goals.

There are a number of groups of runners in Killearn with some great goals for 2017. In April a number of people will relay run the 53-mile Highland Fling race from Milngavie to Tyndrum. In May, a group of us Killearn folk are signed up to participate in the first Stirling Marathon.

Following that, of course, we hope to see as many local faces are possible on the start line of the Killearn 10k.

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www.killeartennisclub.org.uk

[facebook.com/killeartennis](https://www.facebook.com/killeartennis)

[@KillearnTennis](https://twitter.com/KillearnTennis)

The new tennis season is about to begin and Killearn Tennis Club (KTC) would like to encourage new members to come along. Look out for our Open Days – they are a great opportunity to come to the club, meet the committee, fellow members and venture onto the courts.

KTC caters for juniors and adults of all abilities. For beginners (of any age) and players who are keen to improve their skills, coaching is available from Head Tennis Coach, Hannah Pickford, and her two assistants, Tricia and Louise. Hannah and her team offer a coaching programme for children throughout the year starting with the coaching block from 20 February – 31 March, followed by the Easter Camp between 3–7 April. Look out for our posters with more information nearer the time.

We are looking forward to the new season at KTC with the chance to capitalise on the legacy of GB winning the Davis Cup in 2015. Children between the ages of 5 and 8 years who are new to tennis will have the chance to get a free six-week course and a tennis racket. Look out for the national launch towards the end of March or early

April. We will also take part in a national initiative, The Great British Tennis Weekend, which will be held on 14 May, when you are welcome to join us and get some coaching.

More competitive members have the opportunity to join teams which play in the Central District leagues. The Ladies' team will play matches on Tuesday nights and it is planned to start at 6.30pm. Congratulations to the Ladies team who have been promoted this year to the 2nd Division. If anyone with hidden talents is interested in dusting down their rackets and joining us, please contact me. We are always looking for more men to join the club and their practice night on a Thursday. Ladies' and Gents' social tennis nights will be starting soon on Wednesday evenings and all abilities are welcome.

For further information about adult coaching contact Hannah Pickford hannahpickford@hotmail.com.

For Junior coaching or membership information contact patsyhutchison@googlemail.com.

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Curling – Second Stones

The Main Club Autumn League was won by John Phillip's team of Sheila Sturrock, Richard Kingslake and Phillip Pain in a tight finish from Bob Glass's team of Keith Hyam, John Bowie and Sandy Park. John won 7 ends out of 8 played in the last game, to win the League by 1 end.

The Annual Ladies v Gents trophy was defended successfully by the Gents by 17 ends to 7 despite our secretary 'Alexandra' Park joining the Ladies. The bonspiel was followed by a supper when we were joined by partners and other members of the Club.

The Ladies Section played a triple round-robin Peat Trophy league up to Christmas. The run-away winners were Pat Rodger's team of Rita Harris, Maureen Royston and Gail Pain. Muriel Holroyd's team of Anne Lang, Elspeth Murdoch and various reserves were second.

The Ladies Section Christmas Bonspiel was won by Isabel Robertson's team of Heather Burns and Maureen Royston with 5 ends out of 7. This was followed by an enjoyable lunch at The Gallery in Stirling, where we were joined by some non-playing members.

Both the Main Club and the Ladies Section have held their pairs competitions for this season. The former was won by Fiona Glass and Jim Meikle, winning 7 ends out of 9, and the latter by Marie Elder and Isabel Robertson who won 6 ends out of 9.

In the Forth & Endrick Province leagues, Strathendrick are in the middle of the table in the Robert Paterson Shield but are in first place in the Forest Hills League, with two matches to go.

In the Jim Carswell knockout competition, Strathendrick lost to Buchlyvie in their first match so dropped down to the Low Road. They progressed to the Low Road final, only to lose again to Buchlyvie. In the Province Medal bonspiel, Strathendrick finished in third place behind Buchlyvie and Drymen. In the away day at Kinross, Strathendrick's team won by 1 shot from Balfon.

The Club have done well in the Forth Valley Area competitions. They were beaten in the knockout semi-final by the



Kim McLaren, John Phillips, Di Jackson (President of Forth & Endrick Province), Fiona Glass and Norman Robertson with the Forest Hills Trophy at Kinross

eventual winners, Buccaneers. They also won their match in the Bonspiel, with the best score of the Province clubs. This helped Forth & Endrick Province to second place, just 2 ends behind the winners.

Sadly, we need to mention the loss of two more members, following on from Betty Meikle, who was a former Ladies Section President. Stephen Holden was a former President of both the Club and Forth & Endrick Province and Rita Barth from

Thornhill was a long-time Treasurer of the Ladies Section.

On the social front, we had our usual successful meander on 2 January, which was very much enjoyed by the participants.

We are always looking for new members, so if you are looking for an activity to keep you busy during the winter months and have always fancied curling, please contact Sandy Park (440922) or Gill Smith (550726), or visit strathendrickcurling.org.uk.

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Success for Equestrian Vaulting Sisters

Katie (pictured left below) and Sally Henderson (pictured right below) have had another successful year competing in Equestrian Vaulting (gymnastics on the back of a cantering horse). Katie (12) competed at her first international competition, achieving her qualification scores in Belgium in May which allowed her to compete in the 2-star class in Rugby in June. She came second in the Scottish Championships and third at British Championships in Under-14 Child Individual and was also placed third in the 2016 British Rankings for Child



Rugby Round-Up – It's Looking Good...

All sections of Strathendrick Rugby Club are enjoying an outstanding season. At the time of going to press, the 1st XV have won all their 14 league matches except one (winning 13 bonus points along the way) and have only conceded 65 points to date – the lowest in the entire Scottish leagues. They are through to the semi-final of the BT West Regional Bowl with high hopes of making it all the way to Murrayfield.

The President's XV vs 1st XV, AGM and Annual Dinner are on Saturday, 13 May – who knows what they will be celebrating by then!

The Midi and Youth sections are run in close collaboration with Balfroun High School and the S1, S2 and U16 sides have all enjoyed successful seasons – often against stiff opposition. Next year the proposition is to enter the BHS teams into the Schools Black Conference with regular league fixtures at all age groups. In addition, the Balfroun U18 Girls won through to the final of the Scottish Schools Bowl competition and the Balfroun U15 Girls won through to the semi-final of the Scottish Schools Cup: outstanding achievements.

The S1 and S2 boys are planning a tour to France at the end of the season, and both the U18 Boys and U18 Girls are going on tour to Italy in the autumn.

Individual. Sally (10) came second in the Scottish Championships and fourth in the British Championships in the Novice Class which has no upper age limit.

Both girls also competed in team events (pictured right) as part of Scottish Equestrian Vaulting Team, gaining first place at both the Scottish and British events for the intermediate team. The novice team came first at the Scottish Championships and competed as a junior team at the British Championships, coming second.

The new season of competitions starts in April, so both the girls are now focussed on producing new routines as well as consolidating the compulsory moves required for the first round of each competition. Katie plans to compete in the Belgium and Rugby international vaulting competitions and both girls will continue to compete across Scotland. The British Championships are to be held in Scotland in September 2017, with both girls aiming to compete in the Child Individual classes.



Exciting times for all involved with the sport.

The Minis at Fintry are also on a high, with player and coaching staff numbers as good as they have ever been. Their end of season jamboree is the Strathendrick Minis Charity Festival on Sunday, 23 April when hundreds of young players from 14 different clubs descend on Fintry for a feast of fun and competition – raising money for local hospices in the process.

Visit www.pitchero.com/clubs/strathendrickrfc or Facebook (www.facebook.com/StrathendrickRFC) for more information.

NH

Killearn Football Club News

Killearn Football Club brought season 2016 to a close in early November with a Players Night in The Old Mill where, after an excellent buffet supper, club chairman, Donald Beaton, gave a report on a fairly successful season.

Despite not winning any trophies, the team mostly had played very well, and with the introduction of some new faces during the season, prospects for the future look very good. The chairman thanked all players and committee for their contribution to the past season.

The evening concluded with the presentation of the Club awards for 2016. Alan More was awarded the Dr Barclay Shield for top goal scorer. Ian Crawford was voted the Players' Player of the Year and won the Riverways Shield. The J. McColl Shield for Young Player Award went to Scott Cameron. Alan More was voted the Club Player of the Year, winning the Gladstone Cup.

The new season is fast approaching, and pre-season training is well underway. New players to the village will be made very welcome.

One newcomer that will help the team greatly in the future is the new changing facilities – the Community Sports Pavilion – with just the outside landscaping to be completed. An official opening is to be arranged prior to the season's start in early April. DB



l-r: Scott Cameron, Alan More, Iain Crawford

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Bridge by Zorro – the solution

The problem is on page 22

West (conventionally) leads his fourth best Diamond and East plays the 10 (i.e. lowest of touching cards). South is obliged to win with the Queen or face a return from East through the Ace/Queen holding.

Most tricks will come from Hearts, but if the finesse fails and Diamonds are cleared, Declarer will only have eight clear tricks. A Club trick is needed and will not come if the defence can take their Diamond winners first.

West is therefore the danger hand, so their entries should be attacked first. At trick two, South must lead the Jack of Clubs. Suppose, first, that West wins with the Ace and continues Diamonds. South should hold off until the third round and can later safely take the Heart finesse as East has no Diamonds left to return.

Alternatively, if West allows the Jack of Clubs to hold in order to preserve the Ace as entry, South should then take the Heart finesse. On this deal it loses, but the contract is now safe with four Heart tricks, two in Spades and Diamonds, and one in Clubs.

If South needed two Club tricks for the contract, it would be right to play a second round of Clubs before taking the finesse, but here it is an unnecessary risk. The best defence would defeat the contract. How?

If South now plays a second round of Clubs, West will win with the Ace and play a low Diamond to partner's Jack. South must hold back the Ace to exhaust East's diamond holding, but then East unkindly leads a third round of Clubs. The King of Hearts is still to be driven out, at which point the defence will take two further Club tricks to add to the earlier Club, Diamond and Heart tricks and defeat the contract.

(With acknowledgement to Terence Reese and Boris Shapiro.)

Z

Notice

It is with regret that the *Courier* has learned of the death of a former resident of the village, whose name will be well known to many and who will be remembered with affection.

Nicholas Chisholm Pennington died on 12 December 2016 in Pickering, North Yorkshire. He was a geographer and town planner who worked in Jamaica as well as for National Park authorities in the former Ross and Cromarty Council area, the Peak District, Yorkshire Dales and North York Moors, where he was Deputy National Park Officer. In 1989 he was appointed Park Officer of the Loch Lomond Park Authority and later Vice-Chairman of Scottish Parks, and was involved in the discussions which eventually led to the creation of the National Park in 2002.

He and his wife, Irene, who was a primary school teacher in this area, lived on Drumore Road before moving to Yorkshire after Nick retired.

NB



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Nancy Campbell 1939 – 2016



Nancy Campbell was born in Blaina, a village in the South Wales valleys. One of five children, conditions in the family were not always easy and Nancy was, for a period, looked after in an orphanage. Her first job was at Cheltenham Ladies College and whilst there she made a visit to her mother in Killearn which altered the course of her life. Here she met Alastair Campbell, soon to become her husband. It was a love-at-first-sight encounter for them both; Nancy stayed on in Killearn and in 1958, she and Alastair were married and made their home with his parents in Buchanan Road, and here she spent the rest of her life.

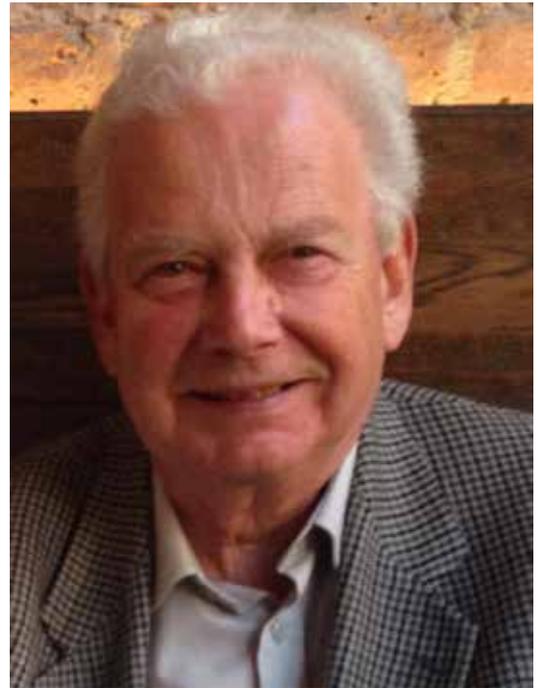
Twins were born to the couple in 1959 but, sadly, neither survived. The following year she gave birth to her daughter, Gail, who brought much happiness to the family. Only four years later, tragedy struck when, on a fishing trip, the boat capsized and Alastair, attempting to swim to the shore to get help for his companions, succumbed to the cold and drowned. Nancy, with the support of family and friends, lived through this time of tragic loss, brought up Gail, and found employment locally, first as a dinner lady at the primary school and then as an auxiliary nurse at Killearn hospital, from where she accompanied the last patients to Gartnavel. Following that, she worked in catering for British Steel and finally as an Assistant Housekeeper at Ballikinrain School, where she was well respected by the boys and the staff. Her mother-in-law, Anne Campbell, cared for Gail when she was at work and a close emotional bond was established between Gail and her grandmother.

In time, the arrival of a grandson, Ryan, brought joy into the family. With a new generation in the home, Ryan and his grandmother established their own deep and continuing bond which was in no way lessened when Ryan moved to Australia to pursue his career. Nancy became computer literate and Ryan would contact her daily via Facetime and in this way grandmother and grandson maintained a constant close touch.

Despite increasing mobility problems as she grew older, Nancy remained a well-known and well-liked figure in the village and could often be seen, making her way to the Co-op with her walking aid, sometimes with her dog, Cooper, at her side. Throughout a life that had dealt her some hard knocks, she battled on uncomplaining and faced what had to be faced with a courage and resilience that earned her much respect. Generous and hospitable to visitors to her home, caring and loyal to those dependent on her, she, in her turn, received the love and care of those closest to her – her daughter and her grandson – by whom she will be sorely missed.

BP

John Stephen Holden 1940 – 2016



What do we say when someone near us dies,
When in the face of death no comfort lies?
All we can do is think of those we've lost,
Remembering the pleasure, not the cost.
With Steve, we think of qualities he had,
A loyal husband and a loving Dad,
A kindly grandfather, a boss who cared,
A friend to all, with many interests shared.

He knew each jazz musician in the book,
From Louis to Count Basie and the Duke.
He loved to sail, his talent lightly worn.
He learned to curl, as to the manner born.
To walking friends his company was dear.
They laughed a lot, while ordering up the beer.
He loved the mountains, and he loved the stream
Where, fishing rod in hand, a man could dream.

For Stephen, Geoffrey Chaucer got it right.
He was a very perfect gentle knight.
His principles were high, his manner kind.
His dignity and grace stay in the mind.
We loved him while he lived. We love him still.
And in our hearts and minds, we always will.

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PRIZE COURIER CROSSWORD

Set by PeeWit

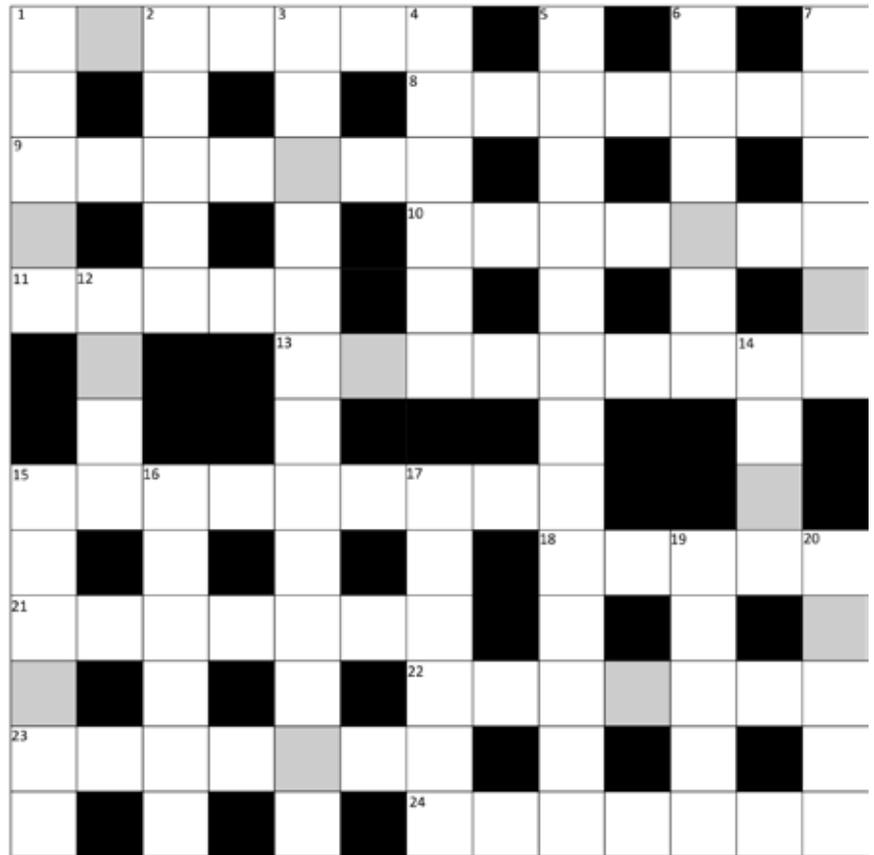
Our prize for the Prize Crossword is a Family Ticket to the Theatre Royal or the King's Theatre, Glasgow, subject to availability and restrictions on certain days. Our prize for the Children's Prize Codeword is a £10 voucher from the Co-op. Entrants must be 12 years old or under. The *Courier* would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

ACROSS

- 1 Told off when taxed by council (7)
- 8 Man with key unknown is regal (7)
- 9 Vulgar university in the corral – yes (7)
- 10 Church service is dull in start of Sunday (7)
- 11 Pale tree bent without BT (5)
- 13 Shower pin belongs to you (9)
- 15 Instrument may cause damage on art institute (9)
- 18 I change in cabs for charges (5)
- 21 Stop on haystack by local river (7)
- 22 Name walker needs before a whisky (7)
- 23 A stake before the French evangelist (7)
- 24 Perhaps shorten seats for 8 across (9)

DOWN

- 1 This is a cover up (5)
- 2 Animal feeder doesn't start uneven (5)
- 3 They have the coolest nights in the lab (13)
- 4 No wet pieces here (6)
- 5 Bird who nets shellfish (13)
- 6 Colour one in to be like another (6)
- 7 Plant a sharp sound on a short operation (6)
- 12 Piece of turf a drink (4)
- 14 Man is left in (4)
- 15 Hen say mixed with animals (6)
- 16 Sets finally hear Spanish goodbyes (6)
- 17 Printer needs writing fluid spray (6)
- 19 None up to kiss gas (5)
- 20 Gets rid of garden buildings (5)



Winner of the last crossword: Donald Retson, Buchlyvie

The letters in the grey squares make up an anagram of somewhere to stay in 4 Down (7,5).

Solve the crossword and find the answer to the anagram. This is the solution; email it or write the answer on a piece of paper and send it to the *Courier*. Instructions in the box below.

Solution to the last crossword: Across: 1 catatonic; 8 usage; 9 postwar; 10 emotions; 11 pets; 13 system; 14 retrim; 16 punt; 17 acrobats; 19 eternal; 20 Mecca; 21 hesitated
Down: 1 crevices; 2 topend; 3 task; 4 New Year Dance; 5 Christmas Day; 6 Queens Speech; 9 carol singers; 12 deformed; 15 ocelot; 18 knot.

CHILDREN'S PRIZE WORD SEARCH



You should find 10 words in the word search grid that are **names of countries**. Words can be found across, down or on a diagonal, forward or backwards, always in a straight line.

Nine countries are *Australia, Brazil, France, Germany, Indonesia, Morocco, Portugal, Spain and Zambia*.

Find the 10th word, write it down and post it or email it to the *Courier* for a chance to win a £10 voucher which you can spend at the Co-op.

Please give your name, your age and a contact address or telephone number. Entrants must be 12 or under.

Instructions for sending it are given in the box below.

We urge everyone who tries our competitions to send in an entry. Winners are selected at random from those received, so everyone has a chance to win.

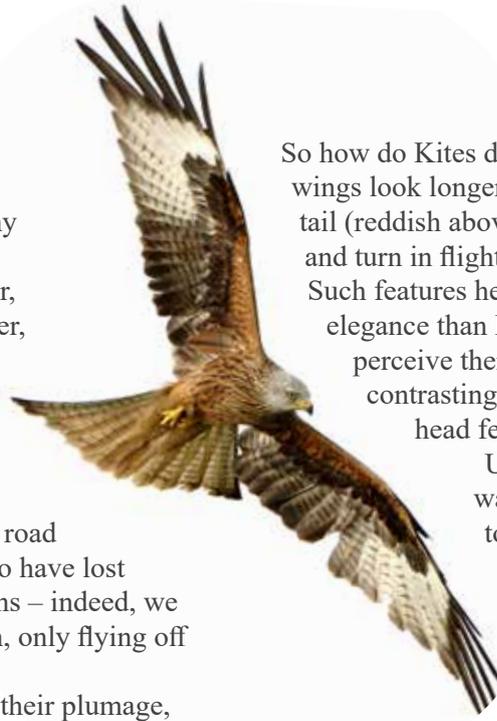
Place your solution(s) in the box in the Co-op, in the postbox outside the Village Hall, or email to competition@kfc.co.uk with your name, address and a contact phone number before **25 March 2017**.

We apologise to all the competitors who tried to send in their answers by email last time. The problem has been sorted! Please try again this time for our fabulous prizes.

Raptor Rapture

One very noticeable feature of the countryside in recent years has been the proliferation of Common Buzzards. In my youth it was a treat to see such a shy and retiring medium-sized raptor from the car, while the Kestrel (nowadays much scarcer, unfortunately) was the more likely bird of prey to spy hovering and hunting by the roadside. But these days Buzzards are to be found squatting proudly on trees, fences and lamp posts on just about every stretch of road across the country. Many of them seem to have lost their fear of passing traffic and pedestrians – indeed, we now have one that loafs about the garden, only flying off when you get very close!

Common Buzzards vary markedly in their plumage, with dark, pale and intermediate forms all occurring in the same area. There is also considerable size difference between individuals (females tend to be bigger), so it is a species that tricks you into thinking that you've just seen something very different – it's only when you study your quarry more closely that it reveals itself to be yet another 'common' Buzzard. Once this has happened a few times you can be forgiven for dismissing any similarly sized raptor as being yet another example of this variation on a theme. But in doing so you may just be missing out on something arguably a bit more special: the Red Kite.



So how do Kites differ from Buzzards? In flight, their wings look longer and narrower. A distinctly forked tail (reddish above) acts as a 'rudder' that they twist and turn in flight, fine tuning their position in the air. Such features help them fly with more buoyancy and elegance than Buzzards. With good views you may perceive them as prettier birds thanks to their contrasting reddish body plumage and pale head feathers.

Up until the early 1990s, if you wanted to see a Red Kite you had to travel to mid Wales to stake out favoured hotspots within a limited range. Then the RSPB and English and Scottish Natural Heritage began an ambitious reintroduction programme across Britain, involving birds of Swedish,

Spanish and German stock. Three locations in Scotland were chosen: the Black Isle, Dumfries and Galloway, and Stirlingshire. The Stirlingshire birds have been doing well and Lerrocks Farm, Argaty (on the Braes of Doune), where there is a feeding station and large hide, is a great place to enjoy them. However, I have also seen single Kites soaring over woods and fields on the outskirts of Killearn, so it's worth giving those Buzzards a second look after all!

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Gwen Stewart (01360 550856) or
Jo Edwards (07717 708108).

Contributions and letters to the editor should be in the hands of the editorial team by Friday, 30 June. Please send them to:

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